



Safety Precautions and Emergency Plan

The Course

The course for each distance is on the Lake Wobegon Regional Trail. The Lake Wobegon Regional Trail is a mixed use trail (walking, running, biking, skating, etc.) and will be open for normal public use during the event.

All of the courses use a common finish line at trail mile marker 82, just west of College Ave N in St. Joseph, MN.

The marathon course is point-to-point, beginning in Melrose, MN.

The half marathon course is point-to-point, beginning just east of Albany, MN.

The 50 km course is the marathon course with the extra distance added by adding a loop between Norway Rd and trail mile marker 83.5 (roughly centered on Collegeville, MN).

Our permit from Stearns County Parks to use the Lake Wobegon Regional Trail informs the park police and the county sheriff of our event. They provide another set of eyes on the trail and on our participants.

Risk Reduction: Medical Support

We contract with an EMT service from Melrose for on-site medical assistance. The cell phone number of the EMTs is given to each participant. The EMTs watch all of the participants, with special attention given to those that look like they need it.

Risk Reduction: Aid Stations

There are aid stations with water, sports beverage, port-a-potties and trash containers every 2-3 miles, and at the start and the finish. The aid stations in the towns of Melrose, Freeport, Albany, Avon, Collegeville and St Joseph also provide fruit, other simple food items and sun screen. The aid stations in the towns of Melrose, Albany, Avon and St Joseph feature real bathrooms.

The aid stations in the towns of Melrose, Freeport, Albany, Avon, Collegeville and St Joseph are staffed with volunteers. The other aid stations are unstaffed.

Aid station volunteers have access to a cell phone and know the phone numbers to use for emergencies (911), non-emergency medical (the EMTs) and other issues (race management).

If a participant wishes to take care of a minor medical problem on their own, each staffed aid station has a basic first aid kit for participant's use.

Risk Reduction: Informed Adult Participants

The participants are adults. We keep them informed and let them make their own decisions.



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We request that each participant bring a cell phone. We provide each participant with 3 contact numbers: 911 for emergencies, the cell number of the on-site EMT service for non-emergency medical assistance and the cell number of race management for other issues. The participants can also contact an aid station volunteer for assistance.

Risk: Severe Weather

We have a NOAA weather radio tuned to the appropriate channel. We also use smart phone weather apps, as do many participants.

The morning of the event, before boarding the bus to the start line, the participants are informed of the weather forecast for the day and any delays in the start of any of the distances. Given the best information they have, and that includes information from participant's smart phones, each participant chooses to walk their registered distance, or to walk a shorter distance, or to not walk at all.

A sufficiently ominous weather forecast may cause the event to be cancelled. The event is never rescheduled to another day.

We provide updates on severe weather predictions to the aid station volunteers during the event. During the event, participants utilize their view of the sky, their own experience, information from their own smart phone, and information they can obtain from aid station volunteers to keep them informed and to keep themselves safe as the weather changes.

Risk: Excess Participant Clothing

As this event covers a long period of time, with normally increasing temperatures, an excess clothing drop-off/delivery service allows the participants to more easily adjust their clothing. For the marathon and 50 km distances, we provide this service at the start and at the aid stations in Freeport and Albany. For the half marathon distance, we provide this service at the start and at the aid station in Avon.

Risk: Sun Burn

The participants, spectators and race staff are informed that the sun is as strong in May as it is in July. They are encouraged to apply sun screen prior to the start. We also make sun screen available at staffed aid stations.

Risk: Ticks

The participants, spectators and race staff are informed that the ticks are present in the grass and brush along the trail. Wood ticks and deer ticks are common in this part of Minnesota. There is a potential for these ticks to contain Lyme's disease or other diseases that can be transmitted to humans. Everyone is encouraged to do a careful examination of their clothes and body for ticks when leaving the course.

Risk: Improper Hydration

The participants, spectators and race staff are informed that drinking too little, or too much, or not maintaining an appropriate electrolyte balance is a significant risk for long events. The size of this risk



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varies on the person, the weather, and the actions taken by the person prior to, during, and after the event. Under hot conditions or high exertion levels, some people will not be able to absorb water or electrolytes fast enough to keep up with sweat loss. All aid stations provide water and sports beverage to allow people to moderate their risk.

Risk: Road Crossings

Participants are informed that they must take the normal precautions when crossing a roadway, as we do not provide any additional traffic control.

Risk: Shared Use of Lake Wobegon Regional Trail

Participants are informed that our permit grants the event shared use of the trail. Participants are encouraged to be polite to other users of the trail. This includes not walking/running in a pack that blocks the entire trail and not giving the public an easy and obvious portion of the trail.

Risk: Encounters with Wildlife and Farm Animals

The course goes through rural Minnesota. Participants are encouraged to enjoy wildlife and farm animals from a distance, but not attempt to approach them. In the case where the animal is on the trail and do not move as the participants approach, the participants are encouraged to avoid close encounters with the animal. Usually, making noise by talking in a loud voice is sufficient to cause the animal to leave the trail. In the case where birds "dive bomb" participants on the trail, continuing walking/running down the trail will usually cause to behavior to cease, as the bird is usually protecting a territory. Participants must make their best judgment on what to do in their case.