

The Course

The course is the Lake Wobegon® Regional Trail from Melrose to St Joseph in central Minnesota. The course travels through rural Minnesota encountering interesting small towns, lakes, wet lands and farms. This is the area of Minnesota that provided the foundation for Garrison Keillor's "The News from Lake Wobegon."

In the middle of May, central Minnesota is green and growing. You'll have a chance to see a wide variety of birds, common farm animals, and if you are lucky a beaver, muskrat, or deer. Most of all, you'll get to experience the peace of rural Minnesota.

You'll encounter the main streets of small town Minnesota as you traverse Melrose, Freeport, Albany, and Avon before finishing in St Joseph. Just off the trail you'll see small shops, cafés and city parks. You might be tempted to stop for a snack, or to rest for a bit under a shade tree.

The Lake Wobegon Regional Trail is a 10 foot (3 meter) wide asphalt trail built on a no longer used railroad right-of-way. The trail surface is in good condition, providing a smooth walking surface. The whole trail is pretty flat, with the longest uphill gaining only 75 feet (23 meters) over 3½ miles (5.6 km). Not only that, but the start is at a slightly higher elevation than the finish, with a nice, long and gentle downhill taking you the last 5 miles (8 km) into the finish. There are no steep hills. There is no camber (side to side slope), making the course easier on the ankles.

The marathon course has USATF certification MN-8011-RR. The half marathon course has USATF certification MN-8010-RR. Certification ensures that the course is accurately measured.



For More Information

walkonmn.org/marathon



Why Walkers Only?

Walkers are different than runners. Most walkers look at a marathon or a half marathon as an achievement in itself — where completion is more important than the finishing time. The slower speed of a walker means less worry about the minor details that fixate a runner.

Sometimes walkers are treated as second class citizens, even though they paid full rate to enter. At the We Walk! Marathon, every walker is important. We offer a good experience for each walker, regardless of speed.

We offer Aid Stations every 4-6 miles rather than every 2 miles of the typical running marathon. Rather than just grabbing a cup of water or a power bar, we expect most walkers to take the time to fill their water bottle, stretch a little, and nibble on something a little more substantial. You'll find our Aid Stations look a lot like those you'll find in an all day bicycle ride.

Stocked with water, sports drinks, fruit and energy snacks, the Aid Stations are located in the heart of each town (about every 5 miles). Some have a real bathroom and the others have a port-a-potty. You can also drop into a quick mart for a snack, or into restaurant for some real food while you rest your feet. In between each Aid Station is a water stop.

For the few speedy racewalkers where time is of the essence, we have a splash & go section in each Aid Station.

Questions? Contact Us!

Event Director: Dave Daubert
Email: info@walkonmn.org
Phone: 952-446-9321



For More Information

walkonmn.org/marathon



We Walk! Marathon & Half

Saturday, May 15, 2010

7am start time
9 hour time limit!

An event for WALKERS
of all styles
of all speeds



walkonmn.org/marathon

We Walk! Marathon & Half Marathon

May 15, 2010 St Joseph, MN

Walking Events



Marathon – 26.2 miles
Half Marathon – 13.1 miles
50km – 31 miles

Styles of Walking

You must select the style of walking you will follow. **Walking** means that at least one foot appears to be touching the ground at all times. Strolling, hiking, fitness walking, power walking and ordinary walking all follow this rule. **Nordic Walking** means that you must use one walking pole in each hand on every step, in addition to following the Walking rule. **Racewalking** means that your leg must be straightened at the knee from the moment of contact in front of you until the leg is vertical, in addition to following the Walking rule. **Walk/Run** means that you walk part of the time and (gasp) run or jog part of the time.

Everyone Must Walk

You have to follow your selected style for the entire distance. We have walking judges on the course. If they see anyone running, they move them into the walk/run category. If they see a racewalker violating the "straightened at the knee" rule, they move them to the walking category.

Awards

Finisher awards for all finishers of the marathon, half marathon and 50km.

Event Hotel

The College of Saint Benedict in St Joseph is serving as the event hotel. Dorm rooms are available for rent on Friday and Saturday evenings. The College not only provides complete linen service, but also allows late checkout so you can shower after you finish.

Getting to the Start

Bus transportation is provided from the trailhead building in St Joseph to the starting line. This trailhead building is located about 100m from the finish line. The buses for the marathon and 50km leave for the starting line in Melrose at 6am. The buses for the half marathon leave for the starting line in Albany at 7:30am.

Everyone should take the buses to the starting line, as parking is extremely limited in these small towns and there is no shuttle service back to the start from the finish..

The Finish

Mile marker 82 on the Lake Wobegon trail is the finish line. This is just west of College Ave in St. Joseph. The trailhead building is located on the east side at 572 College Ave, about 100m east of the finish line.

Spectators

The towns of Melrose, Freeport, Albany, Avon and St Joseph provide the best viewing points. All other access points to the trail are rural cross-roads, and should not be used by spectators.

Pre-Race Events

Friday, May 14 Events
Student Union
College of Saint Benedict
St Joseph, MN

5pm-8pm	Packet Pickup
6pm	Pre-Race Dinner
7pm	Lake Wobegon Costume Contest

Pre-Race Dinner

The pre-race pasta dinner will be hosted by the College of Saint Benedict at 6pm the evening before the marathon and half marathon. Dinner is a \$10 extra cost option.

Lake Wobegon Costume Contest

All those wonderful characters in Lake Wobegon® created by Garrison Keillor. Could you be Ralph? Wally? Evelyn? Father Emile? Pastor Ingquist? Bertha? or perhaps Garrison himself?

To register for the contest, come in costume to the pre-race dinner and signup at the door. You must give the name of your character. If you want to say something "in character" or have a brief introduction we can read, our announcer will handle it all.

We'll have Lake Wobegon oriented awards for the lucky winners.



For More Information

walkonmn.org/marathon



For More Information

walkonmn.org/marathon



For More Information

walkonmn.org/marathon

