

2021 FANS Ultra Races

Race Information



Name another race with an interactive turn-around cone. We dare you.



After 22 years, Sue Olsen passes her course record title to Courtney Dauwalter.



Gearing up for another frolicsome Day at the Lake.

32nd Annual FANS 24-Hour Race
20th Annual FANS 12-Hour Race
8th Annual FANS 6-Hour Race
Saturday August 28 - Sunday August 29, 2021

benefiting the FANS Scholarship Fund, a program of



2021 FANS RACE INFORMATION

Welcome to the 2021 FANS Ultra Races: a test of the heart, soul, and human spirit, and a celebration of life!

You have the opportunity to run in either of three races, a 6-hour, a 12-hour, or a full 24-hour, and to walk in the 12- and 24-hour events. By joining us you'll help to support the FANS project that provides funding to inner-city youth for post-secondary education. The following detailed race information covers every aspect of the FANS event from pre- to post-race.

THE WEEKEND AT A GLANCE

August 27	5:00-7:00 pm	Pasta dinner, Fort Snelling State Park - Beach Pavilion
August 28	6:00 am	Fort Snelling State Park open for tent set-up and packet pick-up
	8:00 am	Start of the 6, 12 and 24 hour races
	1:00 pm	Short course available to 6-hour participants
	7:00 pm	Short course available to 12-hour participants
August 29	7:00 am	Short course available to 24-hour participants
	8:00 am	Official finish of the 2021 FANS Ultra Races
	8:15-9:30 am	Post-race breakfast and awards

PRE-RACE DINNER

5:00 pm to 7:00 pm on Friday, August 27 at the Beach Pavilion at Fort Snelling State Park. (See the map on page 12). Pillsbury United Communities staff will be serving dinner. We hope you will enjoy this pre-race meal and meet some of the students you are supporting by participating in this event.

Dinner is \$15 per person and includes a variety of pasta dishes (both meat and meatless), bread, salad, dessert and beverages.

You may pick up your race packet at the Beach Pavilion during the pre-race dinner. You are encouraged to be there Friday evening, but if you are unable to make this pre-race function, you must check in at the race site no later than 7:00 am Saturday to get your number and weigh in. Racer weigh-in will be Saturday morning only, so be sure to arrive as early as possible.

There will also be a walkthrough of the course and the short course departing after dinner, for those who are interested in getting some course tips from some veteran FANS runners and walkers. Course walkthroughs will be offered at 5 pm, 6 pm, and 7 pm for those who are interested.

PRE-RACE BRIEFING

All participants must be at the lap counting area at 7:50 am on race day, Saturday, August 28, for a pre-race briefing.

RACE START

All races will begin promptly at 8:00 am on Saturday, August 28. **This year, once again, we will start on time!!**

All races start at the east end of Snelling Lake at the swimming beach/lap counting tent (see map on page 12).

AID

The primary aid station (Aid #1) will be located near the lap-counting area. Aid #1 will have an array of beverages and food that will vary with the time of the day: energy replacement drinks, defizzed pop, water, coffee, fruit, sweet and salty snacks, yogurt, bagels and sandwiches, soup and more. During the evening, we'll have pizza to lift your spirits. Porta-potties will be set up near the swimming beach and public toilets are available at the nearby Beach Pavilion.

A secondary aid station (Aid #2) will be located at the southeast corner of the lake and will have limited supplies. Two porta-potties will also be located near Aid #2.

Medical support will be available throughout the race near Aid #1 to assist in problems typically associated with ultras.

RACE COURSE

We will begin each race with an out-and-back from east Snelling Lake, and then continue going counter-clockwise around the lake for the remainder of the day. The added distance from the start line will allow us to give accurate 100 mile splits at the lap counting area. One lap equals 2.28 miles, plus or minus, and we will have a mileage chart, by lap, at the lap counting area.

The course, which is generally shaded, is fairly flat with surfaces of packed dirt and gravel, asphalt, and grassy path edges. It's free of vehicles but runs on the state park access road (facing oncoming traffic) for approximately 0.5 miles. That stretch will be coned to enhance your safety, but remember we can't force motorists and cyclists to stop – be alert and be safe. The course will be shared with non-participating runners, walkers, cyclists, folks headed to the swimming beach, etc. The course follows a shared pedestrian/bicycle trail plus a grass margin beside this asphalt path. Come to the race expecting to encounter some pedestrian traffic, especially around the beach area. Do your part to make this Day at the Lake a pleasure for everyone.

This is an urban event with some city-related background light, but flashlights and spare batteries are essential for nighttime, as most of the course is not lit. Lanterns will be placed on the ground in the darkest areas, but please be self-reliant and plan ahead for nighttime visibility.

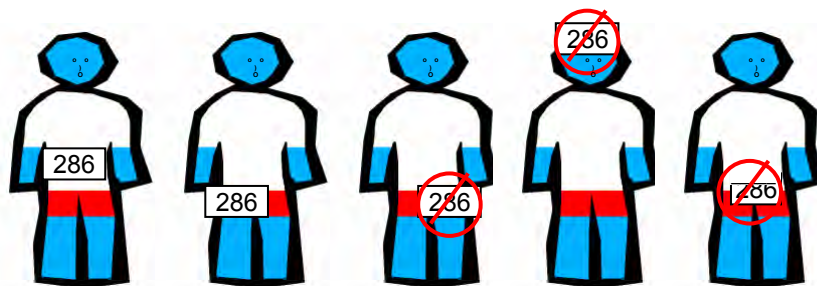
LAP COUNTING & TIMING

We've been working on some improvements for the 2021 race and are happy to share with you that we will use chip timing! The timing device will be an ankle strap that leverages some of the best timing technology available on the market today. With chip timing, we will be able to provide more frequent updates to leaderboards and will be able to finalize results more quickly for the awards ceremony on Sunday morning. But don't worry, we'll still have our amazing lap counters and plenty of cowbell.

The lap counting team will once again be the first cheering squad that you will see as you finish each lap. Be sure to display your number clearly AND announce yourself verbally, then check for confirmation that they identified you correctly: it is your responsibility to confirm your lap counter has documented your arrival. If at any time you fear that there has been an error, simply tell us about it, then continue competing while we compare the duplicate systems.

Please ensure your chip timer is securely fastened on your **right** ankle and with you throughout the race. There will be a \$120 fee if the chip is lost. Please also make sure that your bib number is clearly visible on the front of your clothing, not hidden by t-shirts nor trimmed. If you attach your bib to your shorts,

use the **right** leg rather than the left to make it easier for the timers and lap counters to identify you. Visibility at 2:00 am is not the greatest.



FINAL HOUR

During the final hour of all races, we will shift to a certified 115-meter (0.0715 mile) short loop course. Just a bit longer than running around a baseball diamond, very familiar to all of you who ran the Sandlot Marathon. See Map on Page 13. Participants will have the option of continuing around the lake during the final hour, but must make it all the way around the lake to have the lap count. Those finishing on the 0.0715 mile "short" laps will have their mileage rounded off to the last completed lap. The 6-hour competitors may begin this short course at 1:00 pm Saturday, the 12-hour competitors at 7 pm Saturday, and the 24-hour competitors at 7:00 am Sunday.

SPLITS

All 100-mile times will be recorded at the lap counting tent on lap 43 for those who reach 100 miles prior to the beginning of the short laps. 200 km will be marked on the long course at 54 laps, but will not be recorded.

LATE STARTS

Any participants who arrive late for the start may be directed to skip the initial out-and-back at the discretion of race officials. Late starters will have accurate final distances for the time remaining, but no intermediate splits.

WEIGH-IN

To ensure your safety, we will weigh everyone race morning, starting around 6:00 am when the medical tent is set up; we strongly advise that you not wait until 7:45 to weigh in. During the day, medical personnel will monitor your condition and you will be asked to weigh in every 4 hours to determine if you're experiencing dehydration or hyponatremia. You can, of course, step on the scale at any time if you're feeling not quite yourself. Dehydration can be a serious problem in summer ultras, so if you lose more than 5% of your pre-race weight, you will be held up and expected to eat and drink until the weight loss is less than 5%. All decisions of the medical staff to hold back or remove participants are final. We care about you and want you to live to become old runners and walkers.

WEATHER

The normal high and low temperatures for race weekend are 78° and 59°F. (record high: 94° in 1955, record low: 42° in 1934; sunrise is 6:32 am, sunset 7:58 pm). In the 30 years of the in-person FANS race we've had every kind of unpleasant weather except snow. Even a perfect Minnesota summer evening can quickly turn cold and threatening when one's body is depleted of most of its energy. Eat and drink regularly, and be ready for any kind of weather. Hypothermia is not fun, and let's face it, it's *Minnesota*.

COVID PRECAUTIONS

Our longstanding health and safety guidelines outlined below and in the Safety Precautions and Risk Factors sections are true this year as in years past. This year, the FANS Ultra Race committee will also

follow all CDC, State of Minnesota and Department of Natural Resources COVID-19 protocols for a large group outdoor gathering. All racers, volunteers, vendors, and race attendees affirm by your attendance that:

- You are not currently ill
- You have not tested positive for COVID-19 in the last 14 days
- You have not knowingly been exposed to anyone in the last 10 days who has tested positive for COVID-19

How can I tell if I'm ill?

1. If a person has a temperature over 100.4 degrees, feels sick or has any COVID-19 symptoms they should not attend the event.
- Or -
2. Do you have any of these other symptoms?
 - a. Shortness of breath or difficult breathing?
 - b. Fatigue
 - c. Muscle or body aches
 - d. Headache
 - e. New loss of taste or smell
 - f. Sore throat
 - g. Congestion or runny nose
 - h. Nausea or vomiting
 - i. Diarrhea

Reporting Confirmed COVID-19 Infections:

- Individuals should report any cases of participant or attendee COVID-19 infection to the Minnesota Department of Health at health.sports.covid19@state.mn.us.
- If anyone who has attended FANS becomes infected, please inform the race director at racedirector@fansultraraces.org.

SAFETY PRECAUTIONS

The FANS race puts safety ahead of records. After dark, you should consider pairing up with another runner/walker or asking a friend to accompany you. The path is not lit and tired athletes can be vulnerable; headlamps or flashlights are mandatory. If, during the race, specific situations arise that make you feel less than safe, let a member of the Race Committee, any lap-counting or aid station volunteer, or the Race Directors know immediately. Everything possible will be done to correct the situation. The state park closes at 10 pm, and only those involved in the FANS race will be allowed access after that time until 8 am opening on Sunday morning.

Thunder and lightning represent an immediate life-threatening situation to racers, volunteers, and every person at the lake. The Race Directors or an appointee have the authority to suspend or even call off the race for the safety of everyone involved.

The Beach Pavilion buildings, which are immediately adjacent to the race course, are open for our use throughout the entire 24 hours of the race. Public restrooms and open-air showers are available there. In case of inclement weather all race participants, their support crews, families, friends, and volunteers are encouraged to take shelter in the lap counting/medical tent at the start/finish area. The following rules govern all race suspensions:

Participants may choose to finish only the lap they are currently completing when the race is suspended, but do so at their own risk. Only completed laps will be counted. Any such lap is to be reported to race officials and will be based on the honor expected of all athletes.

All announcements pertaining to the resumption or cancellation of the race will be made at the lap counting tent.

The race will be restarted based on information given at the lap counting tent. If the race is restarted, it will begin at the lap counting tent in a counter-clockwise direction. Regardless of the length of the suspension, the 24-hour race will conclude at 8 am on Sunday, and the 12-hour race will conclude at 8 pm Saturday.

TENTS

If you would like to set up a tent you may do so, but only for Saturday night. An area for tents north of Aid #1 will be designated; do not erect a tent south or east of the Timing/Medical/Aid #1 complex, as access to those functions is essential throughout race day. Please stay within the designated area as we want to continue our good relationship with the Department of Natural Resources that sees all and gives or denies permission for events such as ours. If you can double up with someone, that may forestall the future possibility of having to limit the number of tents. Please allow at least a 2-foot gap between your tent complex and the asphalt path to give participants the option of stepping off the path in heavy traffic.

For those who choose not to set up a tent - they are a pain to take down and repack after 24+ hours on your feet - there will be a communal tent where you may place your belongings if you so choose. We will also have a canopy and tables available if you just need to stash a bag. The parking lot is about 0.1 mile away from the race course, so using your car as a base of operations will add considerable uncounted distance during the day – use the Tent for the Tentless instead.

This is a public park and our race area will not be guarded or secured, so we suggest you do not leave valuables in your tent or stowed race gear. All tents must be taken down and removed before the post-race breakfast and awards ceremony. The DNR does not allow us to leave tents up for race participants to use after the race has been completed. And, by the way, state parks prohibit alcoholic beverages. Take heed.

NO CAMPFIRES are permitted, but camping stoves or use of the park's grills are okay. Please be a good Scout and leave your campsite cleaner than it was when you set it up. Thanks!

STATE PARK ACCESS AND PARKING

FANS 2021 will be held on the grounds of Fort Snelling State Park, just east of Highway 5 near the Minneapolis/St Paul airport. When driving to the race, resist all temptations to follow the brown "Historic Fort Snelling" signs that will lead you to a different place entirely, but look for the Post Road exit, then travel East toward the Minnesota River. A rough map is on page 14, or see the DNR website at http://www.dnr.state.mn.us/state_parks/fort_snelling/index.html.

Because the race is on the premises of a Minnesota state park, all vehicles must display either an annual sticker or a daily permit. If you have an annual pass affixed to your windshield (good for you!) you'll just be waved through the park entrance. If you need a daily permit, one will be issued to you at packet pick-up. AFFIX THE PERMIT TO THE LOWER RIGHT WINDSHIELD OF YOUR CAR. If it's just sitting on the dashboard you may be ticketed. Seriously.

There is one vast parking area available to FANS competitors, their support crews, friends who might want to do a lap or two with you, and our fabulous volunteers. This series of seven parking lots is immediately adjacent to the swimming beach area, extending Northward. The parking lot is perhaps 0.1 miles from the race course, so again consider carefully whether you want to use your car as a repository for race-day essentials.

If you have friends or family coming to support you, they can pick up a daily permit at the Volunteer Check-in tent when the race is in progress.

VOLUNTEERS NEEDED

We need to fill around 150 volunteer slots. If a family member or friend is coming with you and would be available to pitch in, let us know by e-mail or phone before the race or even by contacting someone at the volunteer check-in desk on race day. We *always* need help on the fourth shift, 1:30 am to 8:00 am. Or better yet, please visit <https://www.fansultraraces.org/Volunteer/> to sign up in advance! All volunteers receive a T-shirt, and prize drawings for a variety of gift certificates and other cool stuff are held each hour.

SHOWERS

The beach area buildings have a few open-air showers, and of course everyone will want to use them simultaneously post-race. Please bring your own soap and towel. Another alternative: we're adjacent to a swimming beach. Think about that.

POST-RACE AWARDS BREAKFAST

We will host a post-race breakfast and awards ceremony at the Beach Pavilion (see Map on page 12), beginning at 8:15 - 8:30 am on Sunday, August 29. Participants, families, crew, and volunteers are all invited at no charge. People have asked if we charge for breakfast and we've always had a policy that this is a thank-you to our participants and their friends. However, if someone wishes to make a donation to help defray expenses (and increase the amount given to the scholarship fund), we sure won't say no!

We encourage everyone to come to this post-race event to celebrate the accomplishments of every athlete. Knowing that *everyone* will be tired, we will get started promptly and move along quickly. There will be no long-winded speeches. We promise!

AWARDS

For the 24-hour event, awards will be given to the top five male runners, top five female runners and the top three walkers regardless of age or gender.

For the 12-hour race, awards will be given to the top three male runners, top three female runners, and the top walker regardless of age or gender.

For the 6-hour race, awards will be given to the top male and female runners.

All participants receive medals for mounting mileage tiles (sent after the race, obviously) and T-shirts. "Director's Awards" are given to those adding something special to the race weekend. Special shirts will be awarded to solo runners who complete 100 or more miles in the 24-hour event or 100 km or more in the 12-hour event. Those reaching 500, 1,000, 1,500, 2,000, 2,500 or 3,000 cumulative miles in the FANS race will receive truly special commemorations.

LODGING

Fort Snelling State Park is located directly east of the airport off of Post Road, and 2 miles east of the Mall of America. Below is a partial list of hotels that are within 5-10 miles of the lake, and their rates as of July 1. For further info, see: <https://www.bloomingtonmn.org/plan/hotels>.

Comfort Inn Airport

1321 East 78th St. 952.854.3400
Bloomington, MN 55425 \$76

Country Inn & Suites Mall of America

2221 Killebrew Dr 952.854.5555
Bloomington, MN 55425 \$131

Element Bloomington Mall of America

2400 East 82nd Street 952.854.1234
Bloomington, MN 55425 \$131

Embassy Suites Hotel Minneapolis-Airport

7901 34th Ave S 952.854.1000
Bloomington, MN 55425 \$124

Fairfield Inn Mall of America

2401 American Blvd E 952.858.8475
Bloomington, MN 55425 \$63

Hampton Inn and Suites

2860 Metro Drive 952.858.8475
Bloomington, MN 55425 \$109

Hilton Minneapolis /St. Paul Airport

3800 American Blvd E. 952.854.2100
Bloomington, MN 55425 \$109

La Quinta Inn Minneapolis Airport

7815 Nicollet Ave S 952.881.7311
Bloomington, MN 55420 \$62

Microtel Inn and Suites Bloomington

801 E 78th St 952.314.5289
Bloomington, MN 55420 \$74

Quality Inn and Suites Airport

814 E American Blvd 952.854.5558
Bloomington, MN 55420 \$83

Sheraton Bloomington Hotel

5601 West 78th St. 952.835.1900
Bloomington, MN 55439 \$99

Super 8 Motel

7800 2nd Ave S 800.454.3213
Bloomington, MN 55420 \$56

THE FANS PROJECT

Pillsbury United Communities initiated the FANS (Furthering Achievement through a Network of Support) project in 1989 with a group of sixth grade students from North and South Minneapolis. The FANS Project has a vision of sending inner-city kids to college/post-secondary institutions. FANS works with the youth and their families in a wide variety of activities geared to providing support for this vision. Together, they work for a drug-free and sexually responsible life, a fulfilling educational experience and involvement in the communities where they live.

To date, 280 FANS students have graduated from high school and over \$1,175,000 in post-secondary education scholarships have either been distributed or promised to graduates. The project has expanded to over 100 students and now operates out of five Pillsbury centers. Proceeds from the FANS Ultra Races benefit the FANS Scholarship Fund.

FANS PROJECT OFFERS:

- A guaranteed scholarship upon acceptance by and enrollment in any post-secondary institution.
- Annual Project Components which encourage sexual responsibility, employment readiness, post-secondary readiness and community service.
- FANS Leadership Club which promotes leadership skills and civic involvement.
- Goal-setting with individualized action plans.
- Advocacy to help remove barriers to gaining greater access.
- Post-Secondary Support Services such as ACT preparatory classes, college tours and assistance with grant and aid applications.

CONSIDER OBTAINING DONATIONS

The FANS project would appreciate your support by obtaining donations to help support the FANS Scholarship Fund. The FANS project guarantees its students a scholarship to any post-secondary educational institution upon high school graduation.

You will receive instructions about setting up your Personal Fundraising page in mid-July.

INFORMATION & TIPS FOR GETTING DONATIONS

- Donations are tax-deductible. FANS is a project of Pillsbury United Communities, a 501(c)(3) non-profit charitable organization that is registered with the Charities Review Council.
- Tell people about FANS and where the money is going.
- Inform potential sponsors that we strive to maintain our tradition of directing 100% of donations and, if possible, all registration fees to the scholarship fund by covering race expenses through cash and in-kind donations.
- If you can't answer someone's question regarding donations and the FANS program, contact Julie Graves at 612.455.0365 or JulieG@pillsburyunited.org.
- Checks can be sent to Chris McCallum.
- Following the race, if you want to write a thank-you note to your sponsors send it to Keith Hardy, 380 Wheelock Parkway East #135, St. Paul, MN 55130, at 651-497-8924, or e-mail to racedirector@fansultraraces.org by September 15, 2021. We will make copies and include them in your sponsors' invoices. Our goal is to send invoices to sponsors no more than two weeks post-race.

QUESTIONS NOT ANSWERED: Check out our web site at <https://www.fansultraraces.org/> You can also contact Race Director Keith Hardy at 651-497-8924 or racedirector@fansultraraces.org or write him at 380 Wheelock Parkway East #135, St. Paul, MN 55130.

A RECAP (AND ADDITIONAL RULES)

- Please follow COVID precautions and do not attend if you are ill or have been exposed.
- Your race chip for chip timing must be worn on one of your ankles at all times. There will be chip timing checkpoints at the race start, near aid station #2, and for the short laps. Remember: There is a \$120 fee if you lose the chip.
- Race numbers must be worn on the front and be clearly visible.
- Run or walk through the lap counting area single file, especially when it's crowded. Get verbal confirmation from the lap counters that they've noted your completed lap.
- If you retire from the race or if you decide to take a rest break long enough that your laps would seem inconsistent to our timing crew, please notify the timing crew of your intentions. **This is very important!** We don't want to mount a search party only to find you sleeping in your tent.
- You specify at the time you enter the race in which you will participate. Contact us no less than one week prior to race day if you discover you need to change your race entry, but you may not change races once the race has begun. If you choose to run 12 hours or less, after having begun the 24-hour run, your results will be included with the 24-hour results.
- The race course is in the midst of a public park, and the race's future requires us to show good sportsmanship throughout the day. Please treat those sharing the path with respect, and follow the guideline that any person or group "owns" 50% of the path. If you're running in a wee pack, make sure your forward progress doesn't interfere with anyone else's. This is a long event, so take a few seconds to step aside and keep safety ahead of your competitive urges.
- The Race Directors have the authority to pull runners or walkers from the race for medical reasons or reports of unsportsmanlike conduct.
- While we encourage everyone to have a good time, participants and support crews alike, please be mindful that during nighttime hours some participants may opt to catch a few zzzs before heading out on the course again. Loud talking or music after 11 pm may result in disqualification of 'your' participant for unsportsmanlike conduct.
- Runners must weigh in before the race. If you lose 5% or more of your body weight, you may be held up until you get back to less than 5% weight loss.
- At exactly 1:00 pm Saturday for the 6-hour competitors, 7:00 pm Saturday for 12-hour competitors and 7:00 am on Sunday for 24-hour competitors, we'll open the short course (0.0715 mile loop on adjacent course). Either proceed on the short course or continue around the lake. If the 2.28 mile lap around the lake is not finished, no mileage will be counted for that lap. The same is true for each short lap; only completed laps (0.0715 mile loops) will be measured.
- Race officials will be wearing identification badges. If you have any problems or questions, please direct your inquiry to a race official for assistance.

RISK FACTORS

The FANS Ultra Races is a tough event (physically and mentally), and participation presents many medical risks, several of which can be extremely serious or even fatal. Participate in this event at your own risk. See your physician for a physical exam (including stress EKG) before the run. You must train for ultras and should be knowledgeable about stress factors and effects.

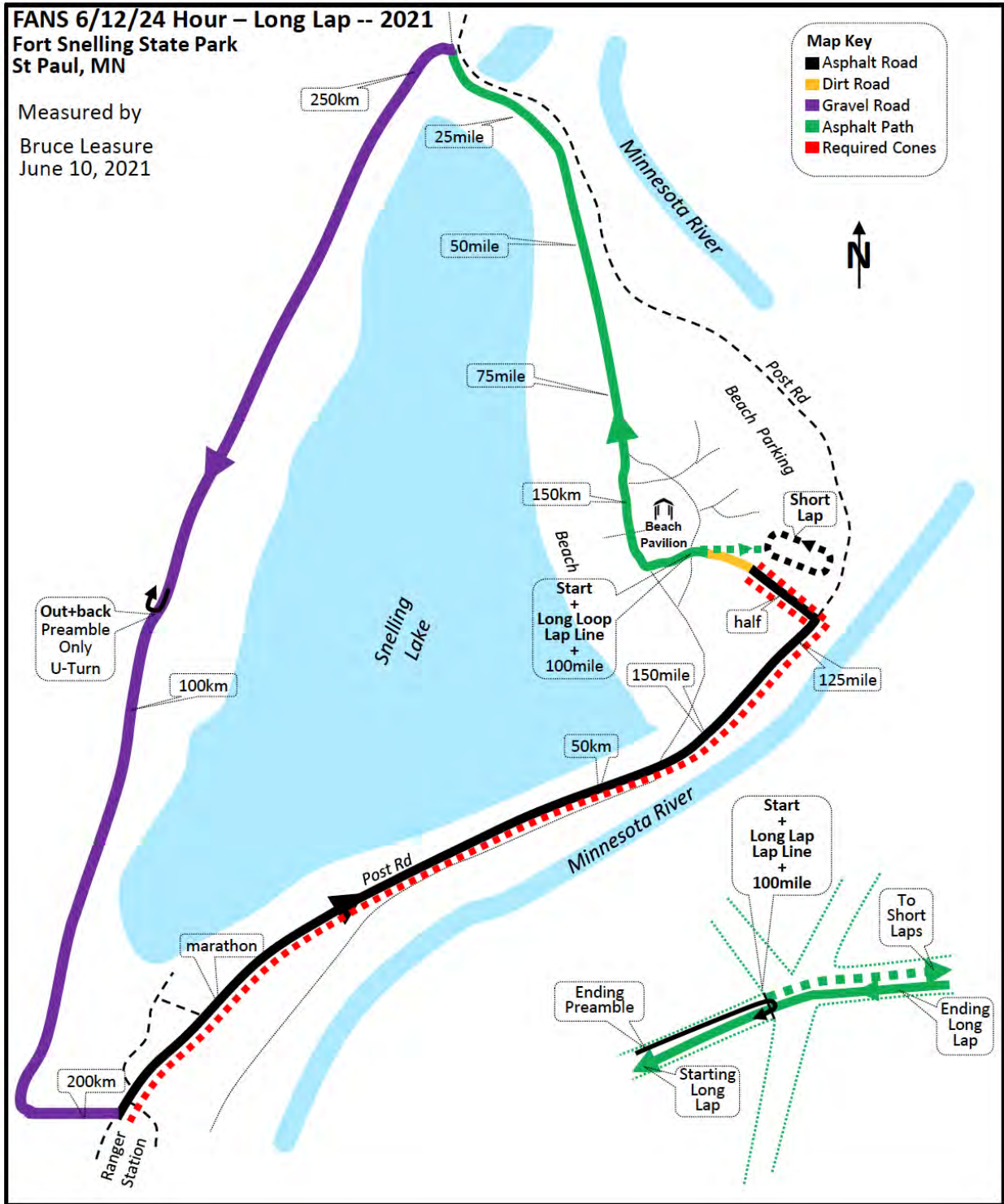
Weight loss will be one of the most important physiological criteria that medical personnel will be evaluating during the race. A 3% body weight loss indicates serious dehydration may be imminent. A 3-5% body weight loss indicates depletion of body fluids, with consequent gastro-intestinal and muscular skeletal dysfunction, and should be a sign to the racer to slow down and take more fluids. If you lose 5% or more of your body weight, you will be required to stop and drink fluids until your weight loss is less than 5%. Upon re-entering the race, you will be closely watched. A 7% weight loss could be grounds for immediate withdrawal.

It is important that you recognize the potential physical and mental stress that may evolve during participation in this race. You may be subject to extreme heat and cold, hypothermia, dehydration, hypoglycemia, disorientation, hyponatremia, and total mental and physical exhaustion. You must understand your own limitations, continuously monitor yourself, and know where to draw the line. Adequate physical and mental conditioning prior to the race is mandatory! **Be careful and be responsible.** The ultimate goal, after all, is to become an Old Runner. Some of the risks involved are listed below.

- **Injuries from Falling** can occur from tripping over tree roots, uneven sections of packed dirt road, or running at the edge of the asphalt path. The course will be shared throughout the race with pedestrians who may not even be aware there is a race going on. Do more than your share to avoid collisions. Exercise more care at night.
- **Renal Shutdown** (kidney failure) can cause permanent impairment of kidney function and even death.
- **Heat Stroke** can cause death, kidney failure, brain damage. Be aware of the symptoms of impending heat illnesses which are nausea, vomiting, headache, dizziness, fainting, irritability, lassitude, weakness and rapid heart beat. Preceding these symptoms may be a decrease in sweating and the appearance of goose bumps on the skin, especially on the chest. **Use of some drugs can increase the risk of heat stroke.** The faster the pace, the more heat is produced. Train in the heat, wear light-colored clothing and maintain a proper pace. If it is hot on race day, adjust your goals accordingly.
- **Effects of Hypothermia (cold)** can begin as the evening temperature dips, sometimes into the 50's. This, combined with rain and depleted energy reserves after 12+ hours, makes hypothermia a potentially serious problem. The major risk is a lowered core body temperature which may lead to confusion and lack of physical coordination. Have access to warm clothes such as sweatshirt, pants, hat, gloves, etc.
- **Dehydration** can lead to many problems, so be aware of your fluid intake and don't rely solely on water. Depletion of salts and electrolytes can lower the digestive system's ability to absorb liquids. Eating, especially salty foods, is part of staying hydrated. FANS will provide plenty of salt at Aid #1 to help you avoid this problem. We recommend you read the new fluid-replacement guidelines for long distance runners issued in April, 2003 by USA Track & Field (USATF). Especially for those completing a marathon in more than four hours, USATF recommends consuming 100% of fluids lost due to sweat while racing, rather than drinking as much as possible. Read the guidelines and related information at <https://www.usada.org/athletes/substances/nutrition/fluids-and-hydration/>
- **Hyponatremia:** Low sodium levels (hyponatremia) in ultrarunners have been associated with severe illness requiring hospitalization. It is important to use fluids containing electrolytes to replace the water and salts lost during exercise. DRINKING ONLY WATER IS NOT ADVISABLE, as water intoxication and possibly death may result. This problem may, in fact, worsen after the race, as the non-electrolyte-containing fluid which has been accumulating in the stomach is absorbed. Potassium and calcium replacement is also important, although these levels change less with fluid loss and replenishment. The best way to achieve proper electrolyte and fluid balance is to hydrate with fluids containing proper amounts of electrolytes. Potassium, while present in many electrolyte-replacement solutions, may also be found in fruit, such as bananas or oranges. Beer or other alcoholic beverages should not be taken at any time during the race. Electrolyte-containing fluids should be continued after the race until the gastrointestinal tract is fully functional, which may take several hours. Once the gut is working and adequate hydration has occurred, the normal balance of thirst, hunger, digestion and kidney filtration will maintain the proper balance of fluids and electrolytes.

LISTEN TO YOUR BODY, ENJOY YOURSELF, THE SCENERY and EACH OTHER! HAVE A SAFE RACE!

MAP OF RACE COURSE AROUND SNELLING LAKE

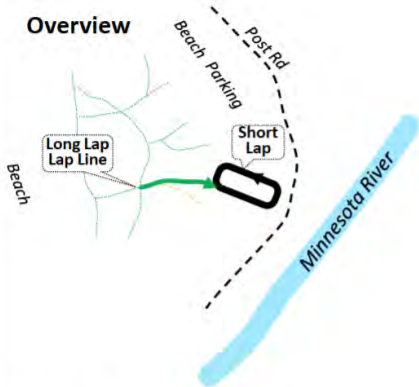


MAP OF SHORT COURSE

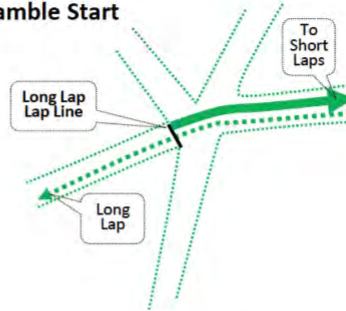
FANS 6/12/24 Hour – Short Lap – 2021
 Fort Snelling State Park
 St Paul, MN

Measured by
 Bruce Leasure
 June 10, 2021

- Map Key**
- Asphalt Road
 - Dirt Road
 - Gravel Road
 - Asphalt Path
 - Required Cones
 - ★ PK Nail

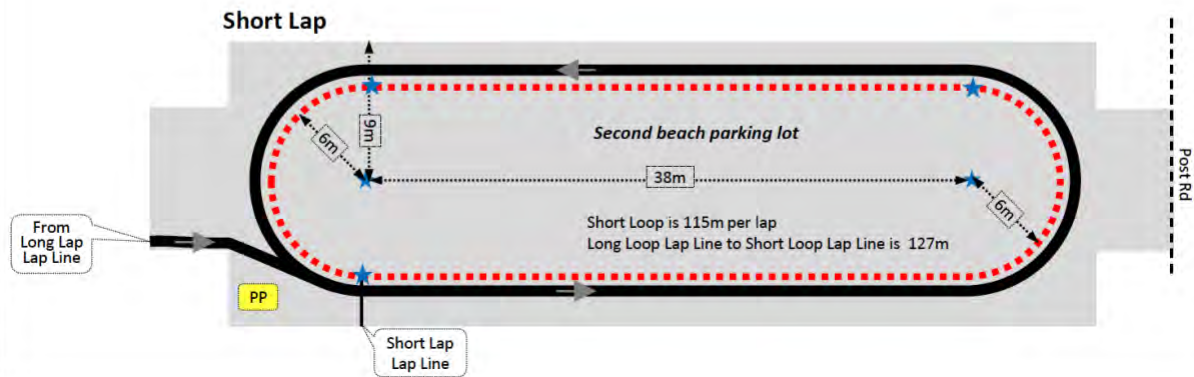


Short Lap Preamble Start



The Course
 During the final hour of each FANS event, each participant may elect to switch to short laps. This election is made at the Long Lap Lap Line after completion of a long lap.
Short Lap Preamble
 Any number of *Short Laps*.

Short Lap Preamble – 127m – done once
 From Long Lap Lap Line go east on asphalt path
 Enter the second beach parking lot
 Bear right to the Short Loop Lap Line
Short Lap – 115m
 one trip around the parking lot counter-clockwise



SIMPLIFIED MAP OF SNELLING LAKE AREA (Definitely not to scale)

