

The Weekend at a Glance

Friday	4:30pm-7pm	Packet Pickup	Medical Tent
Saturday	6am	Tent Setup begins. No Friday night camping.....	Tent City
	6:30am	Packet Pickup, Weigh-In & Timing Chip Pickup	Medical Tent
	7:50am	Pre-Race briefing	Boat Ramp Loop
	8am	6/12/24 hour Start.....	Start Line
	1pm	Short Course Opens for 6-hour.....	Short Course
	2pm	Finish for 6-hour	
	2:10pm	Awards for 6-hour.....	Short Course
	7pm	Short Course Opens for 12-hour	Short Course
	8pm	Finish for 12-hour	
	8:10pm	Awards for 12-hour.....	Short Course
Sunday	7am	Short Course Opens for 24-hour	Short Course
	8am	Finish for 24-hour	
	8am	Tent removal begins	Tent City
	8:30am	Post-Race Breakfast – All events welcome	Bandshell Stage
	8:45am	Awards for 24-hour.....	Bandshell Stage

Race Day Issues or Emergencies

Please contact one of these people – usually at the Timing Tent or the Medical Tent

- Bruce Leasure, Race Director 651-330-9355
- David Shannon, Race Director 763-360-5880
- Dr. Ann McIntosh, Medical Director 612-600-8069

New Things for 2025

Road Construction: There is significant construction on interstate 494 at all of the exits used to access Normandale Lake. Keep your eyes open for detours from the normal route. Allow at least 15 minutes of extra travel time.

New Start Line & Pre-Start Assembly Area: We moved the start line to just south of the Medical tent, and we will use the boat ramp loop road on the lake side of the Medical tent as the pre-start assembly area. This new location is closer to tent city and the main parking lot than the old start line was. It also provides a place for the racers to gather that is off the shared path around the lake, so we will not be holding up public users of the path prior to the start. Just prior to the start, we will move from the start assembly area to the start line itself.

Moving the start line shortens (partial) lap 1 and moves each split a little bit further around the course.

The Short Course has moved slightly closer to the main timing tent. This was done so the timing mat for short laps (at the midpoint of the short course) aligns with the new location of the 100 mile split.

Support Crew can provide you support (food, drink, companionship) almost anywhere on the course, with these restrictions:

- When short laps are active (1-2pm, 7-8pm and 7-8am) crew members may not accompany their racer thru the short lap course, even if the racer is not doing short laps. The goal of this rule is to reduce congestion on the short lap course, where there is two-way traffic involving racers doing short laps.
- When a crew member is accompanying a racer thru the Lake Lap timing area and Aid Station 1, crew members should keep to the left, allowing the human lap counters to have a clear view of the racers.

Weight Tracking begins with initial **Weigh-in** at the Medical tent on Saturday morning before the race. Weight tracking provides you and the medical staff with another piece of information your condition as the event proceeds. For weight tracking to work, it must be enabled by a pre-race weigh-in.

- **24-hour racers are required to enable Weight Tracking by doing the pre-race weigh-in.**
- We recommend that all racers enable Weight Tracking by doing the pre-race weigh-in.

We recommend additional weight checks for participants in the 12-hour and 24-hour event at about 4-hour intervals.

We recommend an additional weight check for participants in the 6-hour event at about 3 hours.

If you notice that your body is misbehaving during the event and you stop by the medical tent for advice, weight tracking provides the medical staff has another tool at their disposal (checking to see if your weight had a significant change).

It only takes a few moments to take your weight, and if there is a line and you don't want to rest, just go do another lake lap.

We realize that the weights taken during the event are not precise, but since we are screening for large (5%-7%) changes (loss or gain) in weight, the only thing you need to put down prior to stepping on the scale is a water bottle/vest. We will not say your weight out loud, but will show you the weight if you want. We can also show you a graph of your percent weight change over time.

The medical staff uses trends in percentage change in weight and their experience to recognize conditions early on – often hydration, electrolyte balance, or food absorption – and give advice on corrective action. If your weight change approaches 5% (gain or loss), the medical staff will make recommendations to reverse the trend. Please consider their suggestions carefully. If your weight changes by more than 7% (gain or loss), the medical staff will have a more serious discussion with you.

Things every racer should know

Please place your bib number on the front – not on your back and not on the side of your leg. Your human lap counter reads your bib number when you are coming toward them. If your shirt or jacket covers your bib number, please uncover your bib number when you approach your human lap counter at the main timing tent and the short course mid-point.

If you approach the tables where the human lap counters reside, be aware that your bib number may go below table height and become unreadable to the human lap counter, as it can be screened by the table top.

Write important medical information on the back of your bib with indelible ink: Emergency contact info, drug allergies and preexisting conditions, In the event something happens, this information will assist our medical staff in helping you.

24-hour racers must have a lighting system, as must any crew member accompanying them. Please be considerate of the volunteers when interacting with them after dark – dim your lights. Please bring adequate replacement batteries for your lighting system.

Headphones: do not completely obstruct your hearing with headphones. When approaching the main timing tent on Lake Laps, or anywhere on Short Laps, please turn off your music.

Directions & Parking: From either direction on Interstate 494, use exit 8 for East Bush Lake Rd and turn south. Go straight through the stoplights and you will be on Chalet Road, which goes down the west side of Normandale Lake. There is a big parking lot on your right for you to use.

Tent City is directly east of the big parking lot. Please do not pound stakes – hand push only if you must use stakes. There is an irrigation system in the ground.

You may start setting up your tent at the time listed in “The Weekend at a Glance”. Your tent should be down before you come to Sunday mornings breakfast.

Tent for the Tentless is located just south of the mid-point of the short course (north of the Medical Tent) where you may place your belongings if you so choose. We do not want people crossing the road any more than necessary, so please don’t use your car as a home base – use the Tent for the Tentless instead. If you did not bring a tent, remember that the Medical tent is not a place to sleep.

Medical Tent is directly east of the big parking lot, at the boat launch.

Medical Observation of each participant occurs on each lap of the lake (about every 2 miles) as their tent is right on the course, in the middle of tent city. If the medical staff observes unusual or concerning behavior, they will talk with you.

Packet Pickup is in the Medical tent on Friday evening or Saturday morning (see schedule).

Timing Ankle Bracelet Pickup is in the Medical tent on Saturday morning. When you pickup your timing ankle bracelet, immediately place it around your ankle. The timing ankle bracelet enables electronic lap counting.

Please return your timing ankle bracelet after your race is complete. Buckets are available at the main timing tent, at the short laps, and at the Medical tent. Timing ankle bracelets cost \$120 each.

Timing and Mileage Tracking is done electronically (you must have your timing ankle bracelet on) and manually (we have human lap counters who read your bib number). The two systems are cross checked at frequent intervals. If you forget to put your timing ankle bracelet back on when changing clothes, you will appreciate your human lap counter.

Please confirm your Lake Course lap count with your human lap counter at the main timing tent on each lap. It is better to correct lap counting problems early. **If you are stop doing Lake Course laps for any reason**, please notify your human lap counter at the main timing tent so that we know not to look for you somewhere on the course.

Live Results are provided during the race: <https://fansultraraces.org/LiveResults>. Your timing ankle bracelet is the link between you and the timing loops, and hence electronic lap counting. There are timing loops around the course enabling us to provide live results for each lap of the Lake Course and each lap of the Short Course. When you complete a marathon or 100 miles on the Lake Course, we record your exact time for that distance in the Live Results.

Award Presentation. Please come to your award ceremony. We hold them immediately after the completion of your selected time (6-hour, 12-hour, or 24-hour). See the “The Weekend at a Glance” for times and places.

Sunday Breakfast begins at 8:30am on the Bandshell stage. All racers from all events are welcome to attend.

Fundraising is not over at the start line! We encourage all racers, fundraisers, and otherwise to continue to drive donations to the FANS Scholarship Program on race day. Please post a link to your personal fundraising page, or to our general donation page <https://fansultraraces.org/Donate> . We find that sharing videos gets the best response, so if you are able to take a video (SAFELY!) during the race, please give that a try.

We love seeing our racers having a great day and enjoying some of the extra things that come along with the race such as enthusiastic cheering sections, fun camping sites, live music, and multiple photographers capturing the energy of race day. Please take it all in. ☺

Please contact us if you have any questions: info@fansultraraces.org

The Course: FANS Ultra Races uses the pedestrian path around Normandale Lake in Bloomington, MN. The race goes counterclockwise around the lake on the path closest to the lake.

The Start Assembly Area is the boat ramp loop road on the lake side of the Medical tent.

The Start is located on the path around the lake, just south of the Medical tent. Please do not wait on the path for the start ... rather wait in the start assembly area. We will request you move to the start a few minutes before your start time.

FANS Ultra Races uses a USATF Certified Course which contains both the Lake Course and the Short Course.

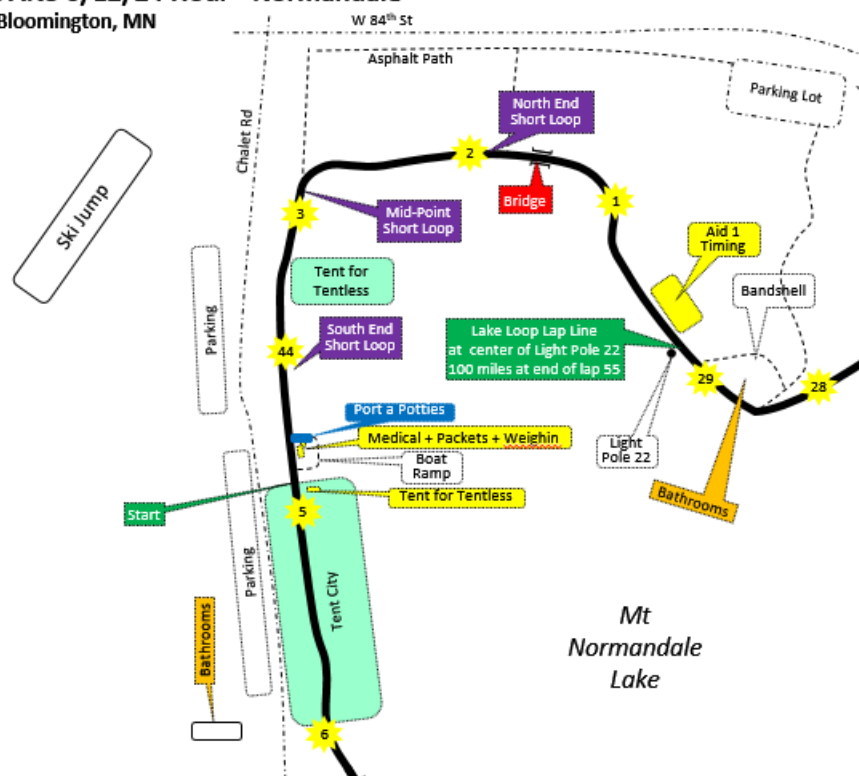
The Lake Course follows the asphalt pedestrian path around Normandale Lake in a counterclockwise direction. If you stay on an asphalt path and keep the lake on your left, you will not get lost. The starting line is adjusted so that completing 100 miles happens at the mid-point of the short lap course. This makes the first lap of the Lake Course a little bit shorter than subsequent laps. The initial Lake Lap is 1.506 miles. Each Lake Lap thereafter is 1.82 miles.

The path is open to the public during the race. Please be considerate of the public, other racers, and the geese.

The Short Course is just north of the Medical tent. In the last hour of each event (6/12/24 hour), the short course opens. You may use the short course if you want. It is nice to tell your human lake lap counter at the main timing tent that you are going to switch to the short course, but it is not necessary.

- Simply continue counterclockwise around the lake, past the cone at the north end of the short course, and you will encounter the cone at the middle of the short course. We count the distance from the lake loop lap line to the middle of the short course as your first short lap.
- Continue south $1/16^{\text{th}}$ of a mile to a cone that marks the south end of the short course. Go around the cone and return to the middle to complete your second short lap of $1/8^{\text{th}}$ mile.
- Continue north another $1/16^{\text{th}}$ of a mile to another cone that marks the north end of the short course. Go around the cone and return to the middle to complete your second short lap of $1/8^{\text{th}}$ mile.
- Repeat the previous 2 steps accumulating $1/8^{\text{th}}$ of a mile each step until time runs out.

FANS 6/12/24 Hour - Normandale
Bloomington, MN



Risk Factors and What to Watch Out for as a Racer

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 race. You must train for ultras and should be knowledgeable about stress factors and effects.

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 running at the edge of the asphalt path or bumping into someone, or tripping over a dog leash. 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 heartbeat. 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, dry, 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. 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!

The Details -- How Things Work

All races (6/12/24 hour) Start at 8am Saturday.

The Start Assembly Area is the boat ramp loop road on the lake side of the Medical tent.

Please arrive at the start assembly area by 7:50am.

The initial lake lap is 1.506 miles. Each lake lap thereafter is 1.82 miles.

Race direction is counterclockwise (keep the lake on the left). At path junctures in the park, always stay on the path closest to the lake. The FANS course will be marked with directional arrows and/or cones. Additionally, there are course location signs every 1/16th of a mile (about 100 meters).

The course is on an asphalt path and has about 25 feet of elevation gain/loss per mile. Most elevation change is subtle, but there are a few sharper inclines and declines, so be prepared for that especially at night.

The park will be open to the public, and you should come to the race expecting to encounter some pedestrian traffic, dog walkers, strollers, and geese. Please remember that we are visitors at this park and 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 ***a lighting system with sufficient batteries is required 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 for nighttime visibility.

We use a dual entry timing system, electronic timing (using ankle bracelets) and manual lap counting. Electronic timing provides the ability for live results to be posted online during the race: <https://fansultraraces.org/LiveResults>. The two systems are cross-checked during the race to make sure you are credited with all of the laps that you completed.

Be mindful of chip reader locations and make effort to approach, cross, and clear the line by at least 15 feet before stopping. Never cross backwards. One chip reader is located at the Lake Lap line (where lake laps are counted). Another chip reader is located at the middle of the short course (where short laps are counted). There is an additional chip reader at the marathon split point.

The manual lap counting for the Lake Laps is done in the timing tent by our amazing lap counter volunteers. As you approach the tent, the lap counters need to see your bib number clearly. Please make sure your bib is on the front of your body and will not be obstructed by clothing. If on your shorts or pants, attach it to your right leg, facing forward. If your bib number is obscured by an article of clothing, please show your bib number to the lap counters.

With each lake lap, make contact with your lake lap counter and confirm the number of completed lake laps. If at any time you think that there has been an error, tell your lake lap counter what is wrong, and they will follow up on the issue while you are doing your next lake lap. The key is good communication! This personal form of verification cannot be done on short laps.

During the final hour of all races, the short course will be available to you. The short course is a 1/8th mile segment on the west side of the lake, north of the boat launch. On either end of the short course there is a cone where you turn around, and at the midpoint there is chip reader. Mind the chip reader and pass over it cleanly without stopping. Please notify your Lake Loop lap counter when you decide to move to the short course.

Lap counting for Short Laps is done at the midpoint of the short lap course. Your bib number is recorded when you pass that point in either direction (as you cross the timing loop). Please make sure your bib is on the front of your body and will not be obstructed by clothing. If on your shorts or pants, attach it to your right leg, facing forward.

The 6-hour competitors may begin this short course at 1:00 pm Saturday, the 12-hour competitors at 7:00 pm Saturday, and the 24-hour competitors at 7:00 am Sunday. Most racers choose to do lake laps until it is no longer feasible to complete another lake lap before the race is done. Reminder, there is no credit for partial lake laps – if you aren't sure, move on to the short course.

Any participants who arrive late for the start will be directed to start the race at the same location as the on-time start. Check in at the Medical tent to get your Packet and your timing ankle bracelet. Immediately put your ankle bracelet on. To start, simply go counter-clockwise around the lake. The time lost by starting late cannot be made up.

Weight tracking – see New Things for 2025

The primary aid station (Aid 1) is located near the bandshell and shares the large tent with Timing. Aid 1 will have an array of beverages and food that will vary with the time of the day: Gatorade, defizzed pop, water, fruit, sweet and salty snacks, and sandwiches, and more. During the evening, we'll have pizza to lift your spirits and soup to nourish you overnight.

The secondary aid station (AID 2) is located near the waterfall in the southeast side of the lake and has Gatorade and water and a limited selection of snacks. Feel free to take a moment to enjoy the falls from time to time. The course has generous shaded sections along with stretches of unshaded parts.

Medical support will be available throughout the race at the Medical tent on the west side of the lake at the Boat Launch to assist in problems typically associated with ultras.

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 racers can be vulnerable. This is why we require a lighting system is required for all racers and friends accompanying a racer.

If a situation arises that make you feel less than safe, let the race directors, the medical director, any lap-counting or aid station volunteer know immediately. Everything possible will be done to correct the situation.

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*.

Tornados 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.

If advised to take shelter, do so immediately in one of the following locations.

- Bandshell near the timing tent (preferred location)
- Your vehicle (next best)
- Your tent (last option, not the best)

All announcements pertaining to the resumption or cancellation of the race will be made at the Medical tent. If/when the race is restarted, it will begin at the Medical tent in a counterclockwise direction. Regardless of the length of the suspension, the end time of the race will not change.

Camping is allowed only in the area labeled Tent City on the map between Saturday at 6:00AM and Sunday at 8:15am. Please take down your camp immediately following the race and before breakfast and awards. Friday night camping is not allowed. TENT STAKES MUST BE PRESSED IN BY HAND AND MUST BE AT LEAST 8 FEET FROM THE SIDEWALK. The park has an irrigation system and we will do no harm if this guideline is followed.

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.

When setting up your tent, please orient your space so it is deep rather than wide. The space along the path is very limited.

NO CAMPFIREs are permitted, but camping stoves or small portable grills are OK. Please be a good Scout and leave your campsite cleaner than it was when you set it up. Thanks!

Awards and Celebrations

Awards Ceremonies are held shortly after the conclusion of each race. The 6-hour and 12-hour awards are presented at the Short Laps Midpoint. The 24-hour awards are presented at the post-race breakfast on Sunday morning.

The post-race breakfast is held at the Bandshell beginning at 8:30am on Sunday. All racers, families, crew, and volunteers are 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!

<https://fansultraraces.org/Donate>

We will celebrate the 2025 FANS scholars for whom the race is held. 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!

FANS Awards

- FANS Ultra Races Medal (personalized mileage tile mailed to you after the race)
- Single Day Mileage award for reaching:
 - 100 miles in the 24-hour event or
 - 100 km in the 12-hour event or
 - a marathon in the 6-hour event
- Lifetime Mileage award for reaching 500, 1000, 1500, 2000, 2500, 3000, 3500 miles at FANS
- Place awards for the top mileage in your division
 - Divisions are formed from
 - Time length (6-hours, 12-hours, 24-hours)
 - Biology (biological female, biological male, non-binary)
 - Selected method of propulsion (only walking or running [which also allows walking, skipping, ...])
 - The depth of place awards depends upon the number of participants in the division as of April 15
 - 1-5 racers only 1st place
 - 6-10 racers 1st and 2nd place
 - >10 racers 1st 2nd 3rd place
- FANS Ultra Races Director Awards:
 - Best Ultra Walker Story (Fern Anderson Award)
 - Longest Travel distance to FANS
 - Best Campsite (E. & Jon Drew Award)
 - Fastest First Lap (Bob Frawley Award)
 - Best Ultra Runner Story (Julie Graves Award)
 - Outstanding Volunteer (Tom Lundgren Award)
 - Not Quite 100 miles in 24 hours (So Close But Award)
 - Not Quite 100 km in 12 hours (So Close But Award)
 - Last lake lap in 24 hours (Feel Lucky Punk Award)
 - Highest Mileage for a Couple (Paul & Pat Sackett Award)

United States Centurion Award – any entrant in the 24-hour walk who completes 100 miles following the Centurion definition of walking

Road Running Clubs of America Minnesota State 24-hour Championship Awards (only 1 per person)

- 24-hour walkers and 24-hour runners are combined
- Top Male (by age: open, 40+, 50+, 60+)
- Top Female (by age: open, 40+, 50+, 60+)