



# FANS

## U L T R A R A C E S

### FOUNDED BY BOB FRAWLEY

#### 2026 RACE INFO & PARTICIPANT INSTRUCTIONS v1.0

##### 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
9am	Live results available online.	Online
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
9:00 pm	Packet Pickup & Timing Chip Pickup for Marathon	Medical Tent
9:50pm	Marathon Pre-Race briefing	Boat Ramp Loop
10:00 pm	Marathon Start	Start Line

###### Sunday

6 am	Marathon course closes	
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

## Introduction

Thank you for supporting FANS Ultra Races. We are excited to have you at the race and hope that everyone has a smooth, fun, and safe race. To support that, we ask that everyone take the necessary time to familiarize yourself with these participant instructions. We have a very diverse crowd in terms of race experience and want to support those who have raced for decades with FANS and also those who may be racing their first ever ultra.

For those who have already raced at FANS Lake Normandale location, make sure you review Page 1 Weekend at a glance, Changes for 2026, underlined content throughout this document, and course maps posted alongside this document.

For those who are new to FANS or haven't raced at the Lake Normandale location, please read this entire document paying particularly close attention to medical and safety related information, and course maps posted alongside this document.

## Changes for 2026

- The start line has moved to be near the medical tent at the boat launch area. Use the boat launch behind the medical to queue up before the race starts. Arrive at the start area 10 minutes before your race begins.
- The first lap contains a short out and back section on the south side of the course. This will only be used on the first lap and volunteers will be present to guide you. The out and back allows for 100 mile split at main timing for timed races, and a 26.2 mile split at the start line for midnight marathoners.
- We removed the steep downhill leading to Aid 2. Instead of staying left and going down the hill, you will go around to the right which is a more gentle decline.
- Campsites will be marked. Please stay within your site (tents must be 10' x 10' or smaller).
- Video Cameras will be in use at out-and-back sections, and at short laps for timing. Make sure your bib is visible.
- A Midnight Marathon race division has been added. It goes from 10PM to 6AM.
- FANS Ultra Races is now USATF Certified!

## Race Day Issues & Emergencies Contact Info

Bruce Leasure, Race Director	651-330-9355
David Shannon, Race Director	763-360-5880
Doug Kleemeier, Race Director	651-402-4328
Sonya Decker, Race Director	612-940-3470
Dr. Ann McIntosh, Medical Director	612-600-8069

## Before the Race - Arrival, Setup, and Check-in

### 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. [Google Maps Link to Parking Lot on West side of the Lake](#)

### Camping Setup

Camp setup may begin starting at 6AM on Saturday Morning at locations marked. No Friday night camping.

Use designated camping sites that will be marked in Tent City locations on our race map.

Tents must be 10' x 10' or smaller. We ask that you stay within your space. This change was made to maximize the amount of campsites.

Do not pound stakes. Hand push only if you must use stakes and stay 8 feet back from the path with stakes. There is an irrigation system in the ground.

No campfires are permitted, but camping stoves or small portable grills are OK.

Your tent should be down before you come to Sunday morning's breakfast. Please be a good Scout and leave your campsite cleaner than it was when you set it up.

### Tent for the Tentless

A community use tent is located in tent city near the short course where you may place your belongings if you so choose. We do not want people crossing the road any more than necessary, so please use this area and do not use your car as a home base.

### Packet Pickup and Bib Placement

You may pick up your packet on Friday evening or Saturday morning (see Pg.1 for times). Marathon Packet Pickup will take place starting at 9pm on Saturday. This will happen next to the medical tent.

Place your bib on your front where it will not be obstructed from view. The best location is on the front of your right leg, low enough that a shirt or jacket will not obstruct view. Your human lap counter reads your bib number when you are coming toward them. We also have camera backup timing systems that need to see your bib. Make sure your bib is visible at all times.

### Timing Chip Pickup

Pick up your timing chip on race day and immediately put the chip on your ankle. (see Pg.1 for times). The chip is an ankle bracelet that uses velcro to secure. Some racers experience skin irritation if worn directly. It's wise to wear a taller sock or create a barrier using an ace-wrap material, especially for 24 hour participants.

If you remove the chip from your ankle, strap it on your wrist so you don't leave it behind. This is going to be the year where nobody leaves their chip at their campsite, right? 😊

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.

### Weigh-In and Tracking

Initial weigh-in is required for all 24 hour racers, and recommended for all racers. 24 hour racers will be stopped to weigh-in if not done pre-race.

Mid-race weight-checks are recommended every 3 hours for 6 hour and Marathoners, and every 4 for 12/24 hour racers.

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 with another tool at their disposal (checking to see if your weight had a significant change).

### **Start Assembly Area**

Assemble at the start area by 7:50AM (or 9:50pm for Marathon). The assembly area is behind the medical tent on the boat ramp loop road.

Attempt to stay off the walking path until instructed to move up. This will allow medical/packet pickup to operate and for the path to remain open as long as possible.

### **Weather & Emergency Preparedness**

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.

Emergency Situations including 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 and Bandshell. We will also send an email blast with updates. 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.

## **The Race is On!**

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 (except by the waterfall at Aid 2). The FANS course will be marked with directional arrows and/or cones. Additionally, there are course location signs every 1/16<sup>th</sup> 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.

## **Headphones**

Do not completely obstruct your hearing with headphones at any time during the race.

When completing the first lap out-and-back, approaching main timing tent, or anywhere on short laps, please turn off your music.

## **Share the Park**

The park is a shared space open to the public. You will encounter all varieties of obstacles, bikes, strollers, people walking 4-wide. Please be a model racer by exercising patience and kindness to everyone around you. It only takes one incident to put our ability to use this park at risk.

## **First Lap Out-and-Back**

On your first lap around the lake, you will be guided to a short out and back section on the south side of the course. Once you are back on course, continue as usual in a counter clockwise direction around the lake. Do not go back toward tent city and the start line. This is the first place that you will see video recording equipment.

## **Main Timing and Lap Counters**

On your first pass of the main timing tent, please be patient and walk to make contact with your human lap counter and confirm that they are recording your lap. The first 15 minutes of lap counting is often congested, so again, please be patient and walk through. Subsequent passes will be smoother and faster as racers spread out on the course.

On every subsequent pass of the main timing tent confirm your lap count with your lap counter.

Your lap counter is your primary point of contact regarding your distance, lap count, or any other timing questions. You can rely on them to follow up on any questions you have. Don't worry if they can't answer you on the spot, they will have an answer for you on your next lap if they cannot immediately answer.

Inform your lap counter if you are taking an extended break, or if you intend to drop from the race. We will come looking for you if you go absent without notifying your lap counter.

## **Aid Stations**

Aid Station 1, located after Main Timing Tent on North side of course, has Gatorade, water, soda, and a variety of food that will vary with the time of the day: sweet and salty snacks, sandwiches, pickles, and and more. During the evening, we'll have pizza to lift your spirits and soup to nourish you overnight. Coffee is also available at night on demand (just ask).

Aid Station 2, located at the Southeast Corner of Course, has limited supplies, gatorade and water and a small selection of snacks.

## Support Crew

Your 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 through 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 through 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.

## Medical Observation/Support and Safety

Medical Observation of each participant occurs on each lap of the lake (about every 2 miles at the medical tent). If the medical staff observes unusual or concerning behavior, they will talk with you.

Medical support will be available throughout the race at the Medical tent to assist in problems typically associated with ultras.

If a situation arises that makes 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.

## Racing At Night

24-hour racers and Marathoners 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.

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.

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 a lighting system is required for all racers and friends accompanying a racer.

## The Short Course

In the last hour of each event (6/12/24 hour), the short course opens. You may use the short course if you want. Inform or consult with 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.

To enter the short course, 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.

When you are done at the short course, please return your chip to volunteers with blue collection buckets.

## Midnight Marathon

There are no short laps for the midnight Marathon. The race is designed to be a Marathon that finishes at the Start/Finish line near the medical tent. You need 14 laps at the main timing tent, then finish the marathon by reaching the start line. Double check your live results to ensure that you completed the full marathon distance.

After finishing your Marathon, you are allowed to continue until 6AM if you so desire.. Additional distance will be measured exclusively at the main timing tent after the initial 26.2. This will allow you to get additional lifetime miles at FANS but is optional.

## Timing and Live Results

FANS timing is done with multiple systems. The main electronic timing only works if you have your timing ankle bracelet on. Manual lap counting is done via our 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.

Live Results are provided during the race starting around 9AM on Saturday: <https://fansultraraces.org/LiveResults>.

Be mindful of chip reader locations and make an effort to approach, cross, and clear the line by at least 15 feet before stopping. Never cross backwards. There are four chip readers on the course. Start/Finish, Near Aid 2, Main Timing, and the midpoint of the short laps.

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.

## Late Starts

Late starts are permitted. Start the race at the start line by medical and inform your lap counter of your start time.

If you miss the initial out and back section, your live results and overall mileage tracking will be off until results are finalized after the race and you can expect your mileage to go down slightly.

## Fundraising

We encourage all racers, fundraisers, and otherwise to continue to drive donations to the FANS Scholarship Program on race day and immediately following the race. 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.

## 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. 😊

## Post Race

### Return your timing chip ankle bracelet

Look for volunteers carrying blue chip collection buckets after you finish short laps or your marathon finish. Alternatively, you can drop your chip at the main timing tent if you intend to drop. Our chips are expensive and we will ask you to mail it back if you take it home.

### Awards Ceremony & Post-Race Breakfast

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 and marathon awards are presented at the post-race breakfast on Sunday morning at the Bandshell beginning at 8:30am. All racers, families, crew, and volunteers are invited at no charge. However, donations are welcome at <https://fansultraraces.org/Donate>.

### Standard Finisher Awards

- FANS Ultra Races Medal (personalized mileage tile mailed to you after the race)
- Single Day Mileage award for reaching: 100 miles (24-hour), 100 km (12-hour), or marathon (6-hour)

### Place Awards & Divisions

- Lifetime Mileage award for reaching 500, 100, 1500, 2000, 2500, 3000, 3500 miles at FANS
- Place awards for the top mileage are given by Division, Biological Gender, and Method of Propulsion (Run/Walk).
  - Award depth: 1st place (1-5 racers), 1st & 2nd (>5 racers), 1st-3rd (>10 racers).

### Director Awards

- 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)

### Special Recognition Awards

- **United States Centurion Award:** For completing 100 miles in the 24-hour walk following Centurion walking definitions.
- **RRCA MN State 24-hour Championship:** Top Male and Female in Open, 40+, 50+, and 60+ age categories.

## Risks 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.
- **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!

Please contact us if you have any questions: [info@fansultraraces.org](mailto:info@fansultraraces.org)