

# Sour Grapes Half and Half Trail Run

Saturday, June 9, 2012

**8:00 AM: Kids ½ Mile and 1 Mile**  
**8:45 AM: Half Marathon Run**  
**& 'Half of a Half'(10.55K) Run/Walk**



**LOCATION:** Northland Arboretum, 14250 Conservation Drive, Brainerd, MN 56401. For more specific directions and a map, see the directions page on our website, [www.sourgrapesrun.com](http://www.sourgrapesrun.com).

**REGISTRATION:** Print a form from the website and mail it in or register online. A schedule of received by due dates and fees is on the form. Online registration closes at midnight, June 7th. Mailed registrations **MUST BE RECEIVED** by Thursday, June 7th.

**PACKET PICKUP & LATE REGISTRATION:** Pre-registered Race Packet pick-up and late registration will be at the Northland Arboretum on Friday, June 8<sup>th</sup> from Noon - 8:00pm and on Saturday, June 9<sup>th</sup> from 7:00 am - 8:30am. Adult registrations will close when the limit of 500 entries is reached. There is no limit for the children's races.

**CHIP TIMING:** The Half Marathon Run and the 10.55 K Run/Walk will be chip timed by Pickle Events. Chips must be returned to volunteers at the finish line. **There will be a fee of \$30 for non-returned chips.**

**START:** There will be a mass combined start for the Half Marathon Run and the 10.55K Run/Walk just north of the Arboretum building. Participants should line up based on their normal pace with the fastest in the front and slower to the rear and 10.55K walkers at the back. The Half Marathon is a running race only.

**COURSE:** The 10.55K run/walk course takes participants through the beautiful, wooded trails of the Northland Arboretum. It is a challenging trail of uneven rolling terrain, sandy soil, and other surfaces with a couple of good hills. Half Marathoners will follow the same loop twice.

**WATER STOPS:** Half marathoners will pass water stops 7 times. Those running or walking the 10.55 K will pass water stops 3 times.

**REFRESHMENTS:** Post race refreshments will be available downstairs in the Arb building.

**AWARDS:** All participants will receive a unique finisher token. T-shirts are included for all who register by June 1 and as available for those who register after June 1. Race Awards will be presented in the downstairs room at the Arboretum. Children's awards to the top 3 male and female finishers in each race will take place at about 9:30 am; Adult awards at approximately 10:30 am for the 10.55K and 11:00 am for the half marathon. Adult awards go to the top 3 overall male and female finishers in each race. Age group awards go to the top 3 males and females in the following age groups: 0-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70+. **You must be present to receive your award or have someone pick it up for you. Awards will not be mailed.**

**RESULTS:** Will be posted in the building during the races. Complete results will be posted on [www.sourgrapesrun.com](http://www.sourgrapesrun.com) and on [www.pickleevents.com](http://www.pickleevents.com) within a few days of the race.

**PICTURES:** Will be posted on our website approximately one week after the race.

**CONTACT US:** email: [sourgrapes.half@yahoo.com](mailto:sourgrapes.half@yahoo.com) or phone: 218-829-8770.