

Sour Grapes Half and Half Trail Run

Saturday, June 10, 2017



7:30 AM: Kids ½ Mile and 1 Mile
(Awards at Finish Line)

**8:15 AM: Half Marathon Run
& 'Half of a Half'(10.55K) Run/Walk**
(Awards Start at Approximately 9:45 AM)

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.

REGISTRATION: Print a form from the website and mail it in or register online. A fee schedule with deadlines is on the form and online. Online advanced registration closes at 10:00PM, Thursday June 8th. Mailed registrations must be **RECEIVED** by Thursday, June 8th. There is race day registration.

PACKET PICKUP & LATE REGISTRATION: Pre-registered Race Packet pick-up and late registration will be at the Northland Arboretum on Friday, June 9th from Noon - 8:00pm and on Saturday, June 10th from 6:30 am - 8:00am. Adult registrations will close when the limit of 500 entries is reached. There is no limit for the children's races. T-shirts are guaranteed only for those registered by June 1st.

CHIP TIMING: The Half Marathon Run and the 10.55 K Run/Walk will be chip timed by Pickle Events.
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 9 times. Those running or walking the 10.55 K will pass water stops 4 times.

REFRESHMENTS: Post race refreshments will be available at the HQ Building. In case of inclement weather they will be 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 at the Arb building. Children's awards to the top 3 male and female finishers in each race will take place at the finish line immediately after the race; Adult awards presented as soon as available, approximately 9:45 am for the 10.55K and 10:30 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 after the races. Complete results will be posted on www.sourgrapesrun.com as soon as possible and on www.pickleevents.com on race day.

PICTURES: Will be posted on our facebook site approximately one week after the race. Like us to get notifications.

CONTACT US: email: sourgrapes.half@yahoo.com or phone: 218-829-8770.