

## Welcome to the Surly Brewing Trail Loppet . . .

The Surly City of Lakes Trail Loppet is coming up Saturday, September 10. A few pre-race announcements . . . All participants receive a “wooden nickel” good for a free beer after the race – but bring an identification card or no beer for you! Plan to enjoy the band after the event, bring some cash for a bratwurst and beer or ride your bike, bus, carpool or walk to the event and receive a coupon for a free brat.

**Parking and Transportation.** Registration has been very strong. With record participation numbers, we expect parking to be extremely tight. Please plan to bus, bike, walk, run or – at the very least – car pool to the event. Those that bus, bike, walk, run or carpool *with at least four participants* in the car will receive a free brat or hot dog for their efforts . . . Those who drive can expect to find the best parking options on Xerxes or Washburn to the east of the start/finish area.

**Directions.** The Hoigaard’s Nordic Walk, the Finn Sisu 5K, the new 13.1K and the Half-Marathon start and finish at Wirth Beach. Wirth Beach is on Glenwood Avenue between Wirth Parkway and Xerxes Avenue.

- From South Minneapolis:
  1. Bike around Cedar Lake to Theodore Wirth Parkway. Follow Theodore Wirth Parkway north to Glenwood. Take a right (east) on Glenwood and Wirth Beach is about ¼ mile.
  2. Take the 9 to Glenwood and Penn Avenue North (walk about .5 miles to Wirth Beach).
- From Downtown Minneapolis, take Glenwood Avenue west about 2 miles to Wirth Beach or take the 9.
- From North Minneapolis, take Victory Memorial Drive to Theodore Wirth Parkway. Take Theodore Wirth Parkway south to Glenwood Avenue (first intersection after Highway 55). Left (east) on Glenwood Avenue. Wirth Beach is about ¼ mile.

### Saturday Schedule:

- 7:00 a.m. – registration and packet pick-up open (Picnic Pavilion at the top of the hill)
- 8:00 a.m. – start of the Hoigaard’s Nordic Walk
- 9:00 a.m. – start of the Half Marathon
- 10:00 a.m. – start of the Finn Sisu 5K and 13.1K events
- 10:30 a.m.- beer, brats and hot dogs go on sale, band starts playing – start/finish area
- Noon – Finn Sisu 5K, Salomon Half-Marathon and Hoigaard’s Challenge awards ceremony – start/finish area (with door prizes as well).
- For those runners who have participated in all three 2011 Nordic Ski Foundation events – the Loppet, the Tri-Loppet and the Trail Loppet – Hoigaard’s Challenge participation pins will be available at the awards ceremony as well.

### Course:

**Maps.** Updated course maps with topography charts and Google Earth capabilities have been added to the website under Race Info.

**Markings.** This year we are using a combination of blue flagging, blue arrows and white flour to keep runners on course. All four events follow the same course for the first 2.7 miles. The races split at that point, with the 5K heading to the right and the Half-Marathon, Nordic Walk and 13.1K to the left. The Nordic Walk and the 13.1K diverge from the Half-Marathon course at the second aid station – with the Nordic Walkers and 13.1K participants heading straight into the finish from there. Runners are responsible for following the markings and staying on the course at all times. Because of the nature of this course there are many intersections. We try to mark all of the intersections well, but runners will need to stay focused in order to stay on course. There is one short two-way section. Runners should stay to the LEFT (like the British) in this section.

**Aid Stations.** There are three aid stations along the course – but runners will hit the second and third aid stations twice, so there will be a total of five opportunities to get food and drink along the Half-Marathon course. Runners will hit the aid stations at 2.7 miles, 6.2 miles, 7.5 miles, 8.7 miles, and 12 miles. The first aid station will have water and energy drink only. The other aid stations will have water, energy drink, fruit and cookies.

**Road Crossings.** The Half-Marathon course has four road crossings. Police officers and/or course marshals will be posted at each road crossing. They will try to stop traffic for the runners. But please use caution in crossing the roads. In the end, it is not worth the extra second to try to beat a car across the intersection.

**Door Prizes.** As usual, we have some great door prizes at the Trail Loppet this year, including free entry to Surlyfest later in the day. But to get a door prize participants must sign up. Sign up at the Surly tent before the awards ceremony starts.

**We still need a few volunteers!** Have family and friends coming to cheer? Encourage them to do double-duty: volunteer at an aid station, course marshal or help with set-up and take-down. All volunteers receive a Trail Loppet Volunteer hat, a free brat or hot dog, a Surly Beer (for those with ID), a big thank you from the organization, and a chance to cheer the runners on . . . Sign up directly at [www.trail-loppet.com](http://www.trail-loppet.com) , call or email Volunteer Coordinator Ingrid Remak at 612 604-5334 or [volunteers@cityoflakesloppet.com](mailto:volunteers@cityoflakesloppet.com).

**Have a friend that has not registered yet?** On-line registration for the Half-Marathon closes on Thursday, September 8. Walk up registration will be available Saturday as well – but at the higher last-minute price.

See you Saturday!

The Trail Loppet Crew