

SCHEELS Healthy Human Race

Participant Guide Scheels Healthy Human Race August 26, 2023

Volunteers and participants are responsible for supporting, implementing, complying with the following regulations for participation in the Scheels Healthy Human Race

The Scheels Healthy Human Race will be run mostly on paved city trails. Short portions are on city sidewalks, primarily in residential neighborhoods.

Packet Pick-Up

All events – live and virtual

Thursday, August 24

- 3:00 – 7:00 p.m.
- Scheels, located at Apache Mall - [1220 12 Street SW, Rochester](#)

Friday, August 25

- 3:00 – 7:00 p.m.
- Scheels, located at Apache Mall - [1220 12 Street SW, Rochester](#)

Saturday, August 27

- 6:00 – 6:45 a.m.
- Start/Finish line, Soldiers Field Track - [300 7th St SW, Rochester](#)

People may pick up packets for a friend or family member. Please be sure to have their permission.



Race Day Parking

- **NO PARKING** in the parking area in front of the Soldiers Field golf clubhouse.
- There is street parking available around Soldiers Field, however **NO PARKING** on Gibbs Drive.
- Participants are responsible to find parking. Please use other areas around the park.
- Parking is also available in the large parking lot across Broadway Ave. S, just a short walk away.

Race Day Schedule

Time	Activity
5:30 a.m.	Volunteer check-in at Soldiers Field Track
6:00 a.m.	Packet pick-up available at Soldiers Field Track; No same day registration
6:45 a.m.	Packet pick-up closes
6:50 a.m.	All half marathon/relay participants to the starting line
7:00 a.m.	Start of half marathon/relay
7:05 a.m.	All 5K participants to the starting line
7:15 a.m.	Start 5K
11:00 a.m.	Course closed

Awards will be announced during the race as 1st, 2nd, 3rd place finishers are determined.

On the Course

- Be familiar with the course. There are [maps](#) on the HHR website under the Course Maps tab.
- Course Marshals will be on the course to help direct runners.
- Directional arrows will be on the course to help direct runners.
- Aid stations will have water and Gatorade available.
- Half marathon/relay - 7 aid stations approximately every 3 miles.
- 5K – 1 aid station at approximately 2.25 miles.
- Port-a-potties are located at the start/finish and adjacent to every aid station.
- Medical support is available along the course and at the finish line.
- If you need transportation to the finish line for a medical issue or equipment malfunction, notify any course marshal or aid station person and they will contact a race director.
- Any medical emergency should be directed to “911”. Any race volunteer can assist in making this contact.

T-Shirt Exchange

- Exchanges will only be allowed on race day after packet pick up has closed and also after the race.
- Only clean, unworn shirts can be exchanged.

Bag Drop

- The bag drop area will be monitored.
- Please mark your bag with your bib number and name.
- Scheels Healthy Human Race is not responsible for any content/item left in your bag.
- Please refrain from putting valuables in your drop bag.

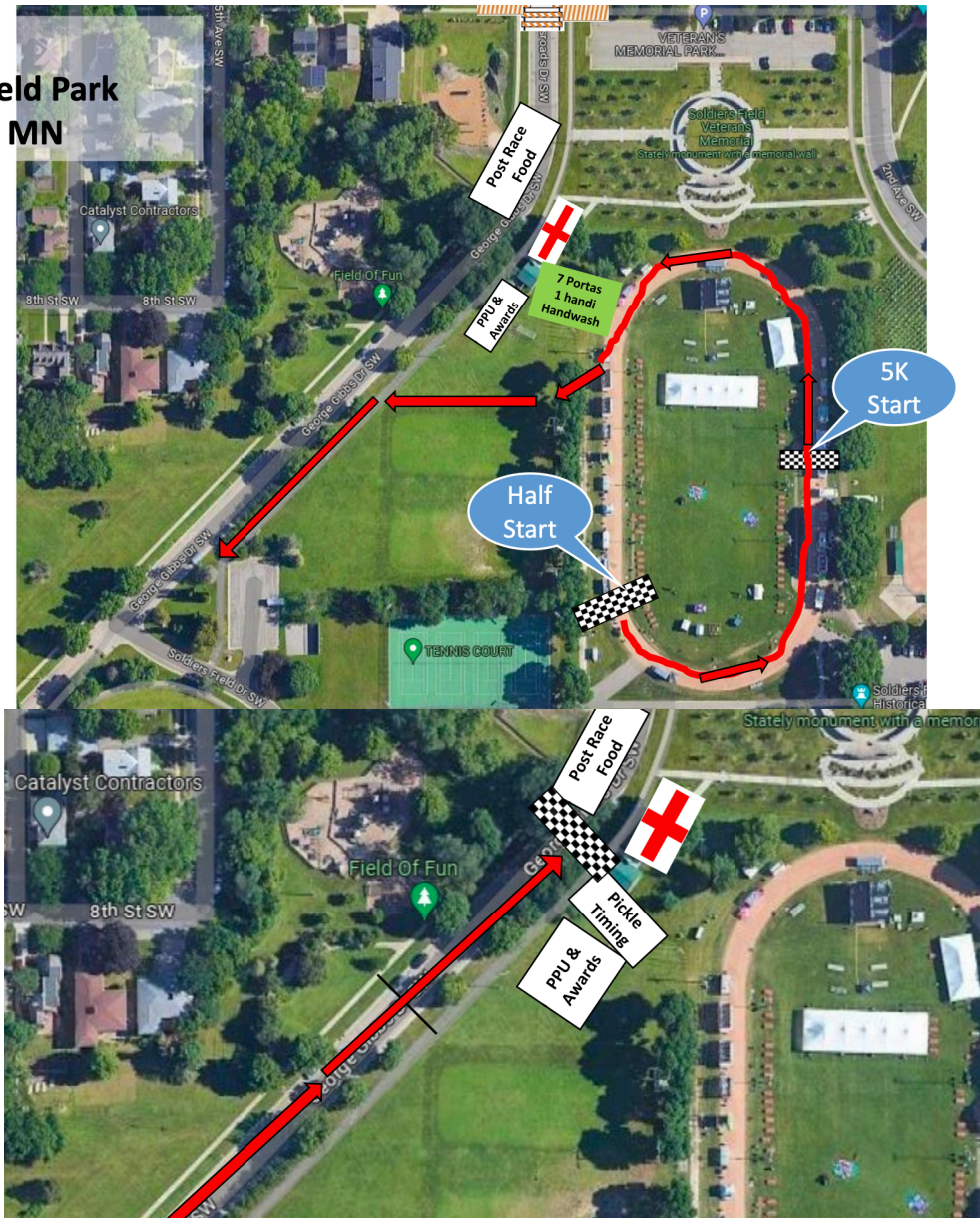
Virtual Participants

- You must register for your virtual race by Sunday, August 20, 2023.
- Please complete your virtual race by September 30, 2023. We will try to include virtual times with the official times, albeit in a separate tab.

Start and Finish

- Runners will start on the track.
- 5K and half marathons/relay participants will have two different start locations on the track.
- Half marathons and relay runners will start under the gantry at the SW end of the track.
- 5K participants will start on the east side of the track as noted in the graphic.
- All participants will finish their events on Gibbs Drive.

Start Line Soldiers Field Park Rochester, MN



Results

- Participants will get an email with a link to the race results. They can also be viewed at pickleevents.com/results.
- [Overall and age group awards](#) will be given during or following the race. All awards will be announced during the race as the standings are finalized.
- Awards will not be mailed.
- If you have a question regarding results please contact: brad@pickleevents.com

Relay Teams

Rules

Each relay team consists of two members. The first team member will run 6.7 miles, the second team member will run 6.4 miles. There are three categories for competing as a team:

- Male - two male team members
- Female - two female team members
- Co-Ed - one male and one female team member

Transportation/Exchange Zone

NO TRANSPORTATION WILL BE PROVIDED. All relay runners must find their own transportation to and from the relay exchange.

The [Relay Exchange Zone](#) located where Bear Creek Trail intersects 20th St SE and back again.

- Parking is limited at the exchange zone.
 - Please pay special attention to any parking restrictions along 20th St SE.
 - Parking is allowed in the soccer parking lot on the north side of the street.



Relay Teams Instructions:

- There is 1 bib per team.
- The runner doing the final leg of the Relay should wear the bib.
- Your strap number will match your bib number.
- The strap, which has the timing chip inside of it, must be worn on the ankle of the person starting the race.
- At the Relay Transition area, the strap should be taken off the first runner and must be secured around the ankle of the second runner.
- Failure to wear the timing strap around the ankle at all times may result in missed chip reads which could cause the team to be disqualified.
- The team member picking up the bib/strap is responsible for getting the timing strap to the first runner and the bib to the second runner as well as explaining the procedures to all runners.

Contingency Plan:

Races are rain or shine unless we determine that race conditions are dangerous. This will be based on a prudent decision made by race management in consultation with local safety officials. Every effort will be made to conduct the race; if the race is cancelled there will be no refunds. This position is consistent with USATF recommendations and with the protocol of sharing the risks associated with the sport of running. Each athlete must accept any such risk for their entry fee paid including other amenities paid for such as t-shirts, insurance, medals, perishables and online administrative fees. All fees

collected are used to develop and produce the event, including all race supplies. In the event of inclement weather, Acts of God, or unforeseen circumstances, we reserve the right to alter, cancel or eliminate any/all portions of the race.

- In the case of only rain or clear weather we will plan for an on-time start and complete all races as planned.
- In the case of lightning we will delay the race starts to at least 30 minutes after the last lightning strike within the area. We will not race on course if lightning is present, but will continue to race when the lightning ceases and has moved from the area.

**Have a great race and please run safely and stay healthy.
Thank you!**