

# **SHEELS** Healthy Human Race

## Participant Guide Scheels Healthy Human Race

*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.

### Packet Pick-Up

All events – live and virtual

#### Thursday, August 21

- 3:00 – 7:00 p.m.
- Scheels, located at Apache Mall - [1220 12 Street SW, Rochester](https://www.scheels.com/locations/rochester)

#### Friday, August 22

- 3:00 – 7:00 p.m.
- Scheels, located at Apache Mall - [1220 12 Street SW, Rochester](https://www.scheels.com/locations/rochester)

#### Saturday, August 23

- 6:00 – 6:45 a.m.
- Start/Finish line, Soldiers Field Track - [300 7th St SW, Rochester](https://www.scheels.com/locations/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.
- Participants are responsible to find parking, however we have a few suggestions:
  - Parking space available on western portion of Soldiers Field, along Gibbs Drive and west of pool
  - A small parking lot is available west of Broadway Ave. near 9<sup>th</sup> St. SE
  - A larger parking lot is available east of Broadway Ave. North of 9<sup>th</sup> St. SE.
    - The locals call this the “old K-Mart parking lot.”

## 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; <b>Same day registration available (New in 2025)</b>
6:45 a.m.	Packet pick-up closes
6:50 a.m.	All half marathon/relay participants to the starting line
<b>7:00 a.m.</b>	Start of half marathon/relay
7:05 a.m.	All 5K participants to the starting line
<b>7:15 a.m.</b>	Start 5K
11:00 a.m.	Course closed

Awards will be awarded during the race as 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place finishers are determined. Overall winners will be announced. Age group winners will be posted with the official timing sheets. Awards can be picked up at the awards table. Sorry, we will not mail missed awards to individuals/relay teams.

## On the Course

- Be familiar with the course. [Maps](#) are provided on the HHR website under the Course Maps tab.
- Course Marshals and 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 2-3 miles.
- 5K – 1 aid station at approximately 1.5 miles.
- Port-a-potties are located at the start/finish and strategically throughout the course.
- 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 after the race.
- Only clean, unworn shirts can be exchanged.

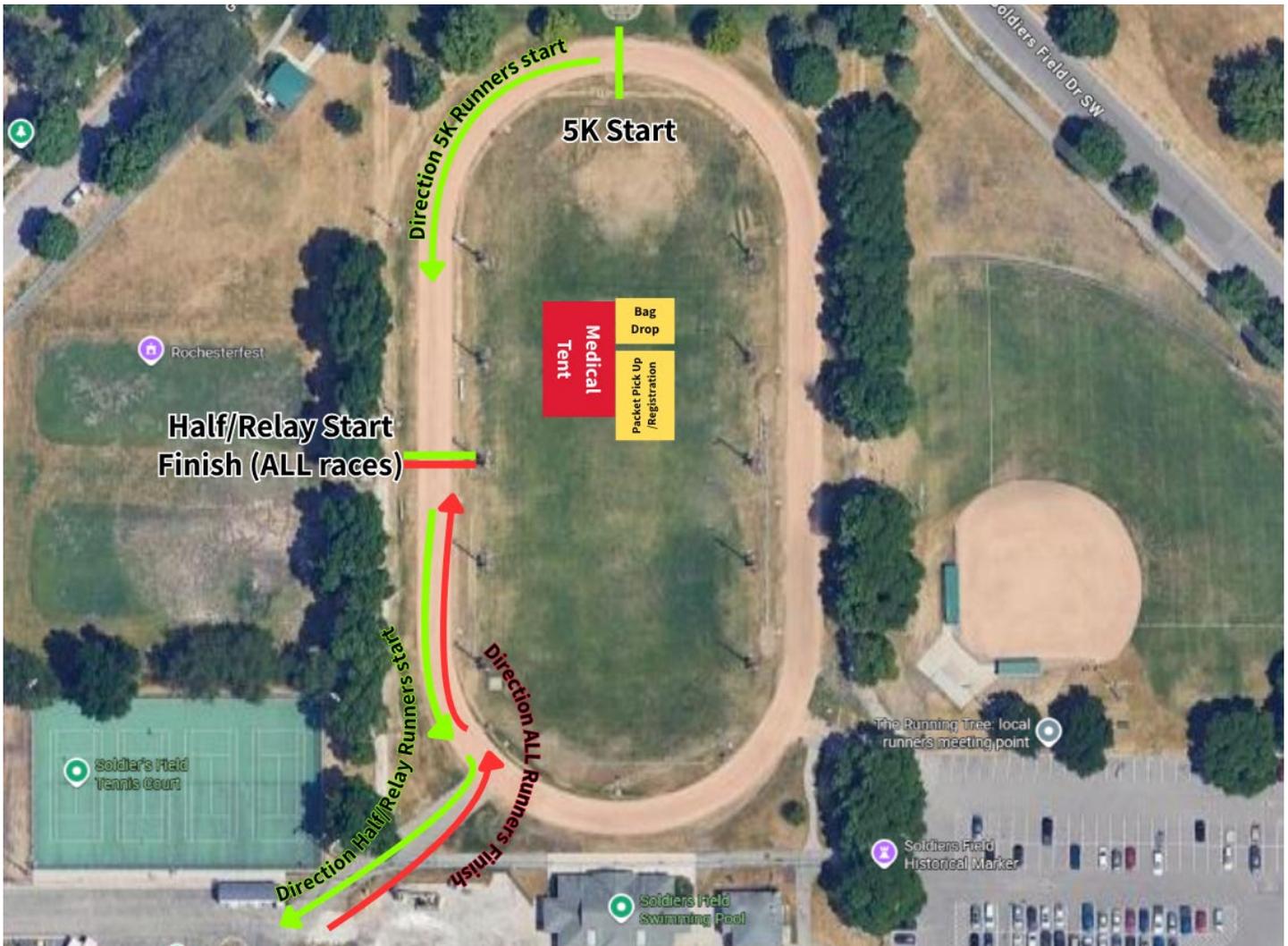
## Bag Drop

- 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 17, 2025.
- Please complete your virtual race by September 30, 2025.
- Virtual racers who have paid for shipping and handling will have their packets sent as soon as the packet materials have been received and prepared. Depending on shipping and handling, Packets may arrive after race day.
- Virtual racers who have not paid for shipping and handling must pick up their packets at packet pick up.

## Start and Finish



- Runners will start on the track.
- 5K and half marathoners/relay participants will have two different start locations on the track.
- Half marathoners and relay runners will start under the gantry at the north end of the track.
- 5K participants will start on the east side of the track as noted in the graphic.
- All participants will exit the track on the SW corner and finish their events by entering on the SW corner of the track and finish on the south side of the track.

## Restrooms

Porta-potties and multiple public restrooms are available at the start/finish area in and around the Soldiers Field complex. Porta-potties are located at the aid stations around mile 3, 5 and 7.5. A public bathroom is available at mile 10.3 and 11.5. Please note the photo below which explains the locations at the start/finish line.

## Results

- Participants can view their race results at [Athlinks.com](https://athlinks.com).
- [Overall and age group awards](#) will be given following the race. Overall awards will be announced during the race as the standings are finalized. Age group awards will be posted with the official times. Winners can pick up their award at the awards table.
- Awards will not be mailed.
- If you have a question regarding results please contact Tonya Dun at <mailto:tonyadunn2008@gmail.com>

## Relay Teams

### Rules

Each relay team consists of two members. The first team member will run 7.3 miles, the second team member will run 5.8 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

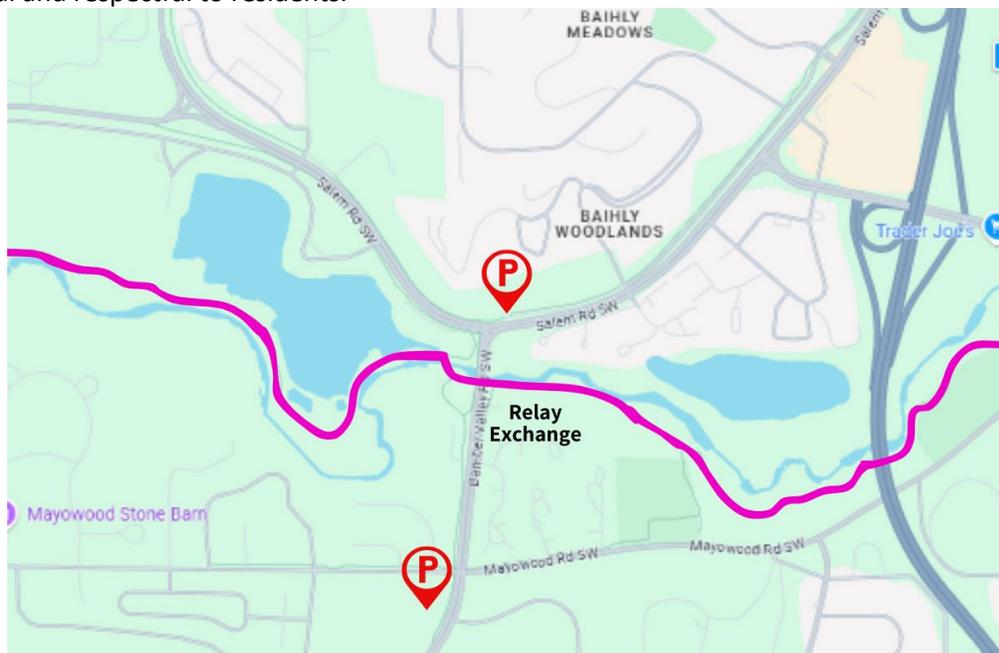
### Transportation/Exchange Zone

**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 the [Mayowood Trail goes under the Bamber Valley Rd bridge](#).

Parking is limited at the exchange zone.

- Parking is available on the frontage road north of Salem Rd. or at Bamber Valley Elementary School.
- Do not park on private streets, such as the neighborhoods with townhomes.
- Please take care and obey traffic laws when crossing streets.
- Be mindful and respectful to residents.



### Relay Race Belt Instructions

- Each team member will receive a bib. The bibs may be different and have different numbers.
- The team will receive a timing anklet.
- At the start of the race, the first runner will wear the timing anklet.
- At the relay exchange zone, the first runner will pass the timing anklet to the second runner. The second runner will secure the anklet around their ankle.
- The exchange point will be in the area where the trail intersects the 20th St SE sidewalk, approximately 6.5 miles from the start.
- The second runner will return the timing anklet at the finish line.

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