

Eugene Curnow Trail Marathon

Saturday, July 12th

Start Time: 6:00am

Start Location: Fairmont Park (next to the Lake Superior Zoo)

Parking

If you park your car at the finish line at the Carlton bike trail pavilion before the race, you can take the shuttle to the starting line. The shuttles will leave at 4:45am, so plan on parking in Carlton by 4:30am. Please note, the lot by the fire hall in Carlton is reserved for firefighters only. You may park at the starting line at Fairmont Park if you choose to, but you will need to provide your own transportation back to your car after the race. If you do choose to park at the starting line, please park in the gravel section of the parking lot. The paved section of the lot is reserved for zoo visitors. Directions to the starting line and finish line are available here: <http://www.curnowmarathon.com/course-information/directions/>.

Course

The course will be marked with orange ribbons and signs this year. This is a change from the pink and yellow we have used in the past. There will be signs at every turn, and the trail will be marked with ribbon every 200-300 yards. The course maps are available here: <http://www.curnowmarathon.com/course-information/course-map/>

Aid Stations

There are 7 aid stations on the course, all between 3 and 5 miles apart. Aid station workers will be logging your bib number and time at each one, so make sure your bib number is visible. The aid stations will be stocked with water, HEED energy drink, fruit, cookies, and a variety of other things to eat. They will also have bug spray, sunscreen, Vaseline, pain reliever, and bandaids if you need them. The list of aid stations and the distances between them is available here: <http://www.curnowmarathon.com/course-information/course-info/>

Water Bottles

It is important that you carry a 20oz water bottle or some type of hydration system with you during the race. Five miles may not seem like a long distance between aid stations, but those five miles can take a long time when you are going up and down hills and walking tricky sections. There are also a few areas of the course that are open and exposed to the sun. It will be important to have water with you to replace the liquid you are losing while sweating. You can refill your water bottle at each aid station before starting the next section.

Drop Bags

Grand Portage is the drop bag aid station – it is located 15.6 miles into the race. You will have about 11 miles to go after this point. If you have some special food or clothes you would like to access at Grand Portage, put them in a bag and bring the bag to the starting line. We will have stickers you can write your bib number on and stick to your bag. We will transport your bag to Grand Portage so you can access it during the race. We will then transport it to the finish line for you. Some people like to put energy bars or gels in their drop bags. Others like to stash an extra pair of shoes or other clothes in them. Others do not use drop bags at all – it's completely up to you.

Dropping

If you arrive at an aid station and decide that you can't continue, it is important that you let the aid station crew know. They will mark you down as having dropped, and we will know that you are not lost on the course somewhere. We will have volunteers checking in at the aid stations periodically. They will shuttle you to the finish line.

Crew

If you have friends and family members that would like to meet you at each station and cheer you on, they will be able to do that. Directions for crew to follow are available here (at the bottom of the page): <http://www.curnowmarathon.com/course-information/directions/>

Early Start

If you feel like you will be going at a pretty slow pace and would like to start early, we can accommodate you. We will offer an early start at 5am for those who need extra time to finish the course. If you would like to start early, please notify the race director ahead of time. All early starters will need to check in as usual on race morning, and they will all start together. Note that if you start early, the first couple aid stations may not be open when you go through them.

Awards

Everyone who participates in the race receives a t-shirt. You do not have to successfully finish the race to receive your shirt – it is part of your entry fee. You will receive your shirt at the finish line. If you drop out of the race, you will receive your shirt when you are shuttled to Carlton. Additionally, all those who successfully complete the course receive a medal. The medal is a pottery medallion hand-crafted by a local artist. We also have hand-crafted mugs for the top 10 male and female finishers.

After the Race

There will be one final aid station at the finish line where you will be able to get some snacks and rehydrate. When you are ready for something more substantial, the Streetcar Restaurant in Carlton is offering a pasta special. The Streetcar is located just a block from the finish and is visible from the pavilion.

Questions

If you have any questions about the race, feel free to contact Kris, the race director, at any time:

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