

Dear Running the Rapids Runners,

To help ensure that everyone has a rewarding experience at the 4th annual Running the Rapids we wanted to send a quick update with key weekend details to help you plan accordingly.

Packet pick up

- Packet pick up is scheduled for Friday, August 13th, from 4:00-7:00 at the Itasca County Family YMCA *in Classroom A* (400 River Rd, Grand Rapids, MN 55744). If you are unable to pick up your packet, you can *have a friend or family member pick it up for you that evening*, or you can pick up Saturday, August 14th at Portage Park (the starting line) beginning at 6:00 am.

Parking

- To help manage the limited parking availability at Portage Park (25570 Katherine Ave, Cohasset, MN 55721) we ask that only individuals registered for the half marathon and half marathon relay park there.
- If parking at Portage Park, you can enter via Lake Street until 6:45. After 6:45 we ask that you enter via River Road to keep cars off the racecourses.



- For those individuals participating in the half marathon relay, we will provide transportation for the second runner from Portage Park to the relay transition. The bus will pick up those runners at the parking lot to the south of the baseball fields, indicated by an "X" above. Runners completing the first leg of the relay will be transported back to Portage Park.
- We ask that 5K participants park at the Cohasset Elementary School (450 Columbus Ave, Cohasset, MN 55721). A shuttle bus will be running between this location to Portage Park and back from 6:00 – 12:00. *Please note, this is different from previous year's location. If you're carpooling with someone who is running the half marathon you may park at Portage Park.*

Road Closures

- To help promote runner safety Lake St and Katherine St. will be closed for the duration of the race to thru traffic 6:45 – 10:00. *We ask that any individuals parking at Portage Park to enter via River Road. To do so, proceed from Highway 2 (From Hwy 2 in Cohasset, turn South onto Central Ave at the stoplight, then turn East (left) at the stop sign onto Central Ave. Follow this and it will bring you to Portage Park). Please do not use the entrances from County Road 63 or County Road 62.*

Arrival Times

- Half marathon and half marathon relay: are scheduled to start at 7:00. We recommend that participants arrive at Portage Park no later than 6:30.
- 5K: This race will start at 7:30. We recommend that participants arrive at the busing area no later than 7:00. Busing will begin at 6:00 and will run until 12:00.

Recommended viewing areas for spectators

- Start/ Finish line: 25570 Katherine Ave, Cohasset, MN 55721 – Spectators can use the busing services from our alternate parking options listed above (*St. Augustine's or Cohasset Community Center*).
- Grace Bible: 2452 Co Rd 76, Grand Rapids, MN 55744
- Grand Dental Center: 1604 Golf Course Rd, Grand Rapids, MN 55744
- 14th St SW and Isleview Rd
- 16th St SW and Isleview Rd

Registrations

- Online registration is scheduled to close at midnight on August 11th. Paper registrations will be accepted during packet pick up and the day of the race.

For the safety of our runners, strollers and dogs will not be allowed on either racecourse.

We look forward to seeing you soon! Good Luck!

Sincerely,

Your RTR Committee