

Running the Rapids | 2022 Race Day Information

Hello Runners,

To help ensure that everyone has a rewarding experience at the 5th annual Running the Rapids we wanted to send a quick update with key weekend details to help you plan accordingly.

Packet pick up

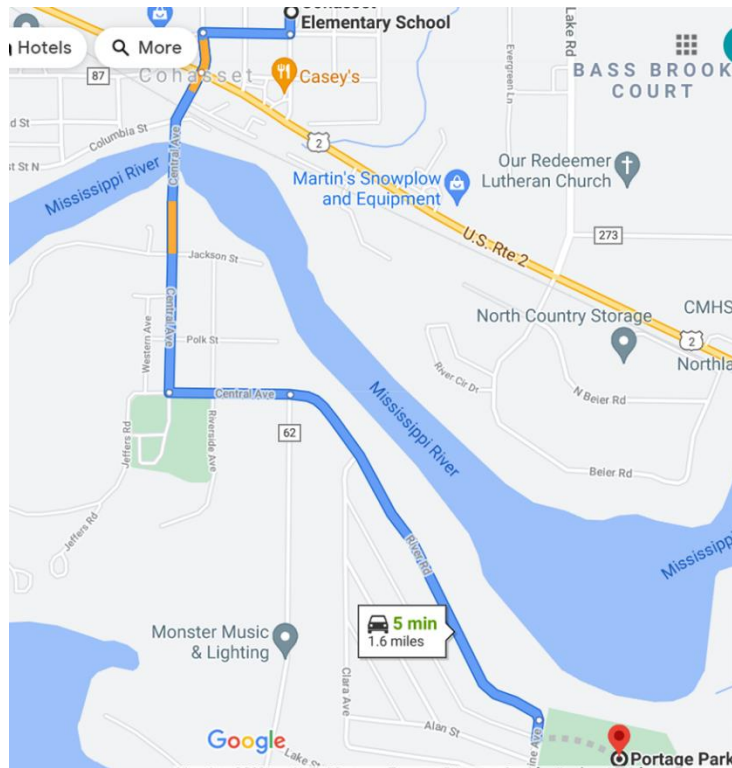
- Packet pick up is scheduled for **Friday, August 26th, from 4:00-7:00 p.m. at Itasca County Family YMCA Classroom, 400 River Road, Grand Rapids, MN 55744.** If you are unable to pick up your packet, you can *have a friend or family member pick it up for you that evening, or you can pick up Saturday, August 27th at Portage Park (the starting line) beginning at 6:00 a.m.*

Parking

- To help manage the limited parking availability at Portage Park 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 a.m.. 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 the 2nd runner of the relay team in the Portage Park Parking lot. 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). **Note, that parking is available on both the east and west sides of Cohasset Elementary.** A shuttle bus will be running between this location to Portage Park and back from 6:00 – 12:00. *If you're carpooling with someone who is running the half marathon you may park at Portage Park.*



5 min bus route from Cohasset Elementary School to Portage Park



Road Closures

- To help promote runner safety [Lake Street](#) and [Katherine Ave.](#) will be closed for the duration of the race thru traffic 6:45 – 11:00. 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 a.m. We recommend that participants arrive at Portage Park no later than 6:30 a.m.
- 5K: This race will start at 7:30 a.m. We recommend that participants arrive at the busing area at [Cohasset Elementary School](#) no later than 7:00 a.m. Busing will begin at 6:00 a.m. and will run until 12:00 p.m.

Recommended viewing areas for spectators

- Start/ Finish line at Portage Park: 25570 Katherine Ave, Cohasset, MN 55721 - Spectators can use the busing services from [Cohasset Elementary School](#) if they wish to cheer from the start/finish.
- [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 & Additional Info

- Online registration is now closed. 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.
- Runners will be able to drop a bag at the registration tent at Portage Park for safe keeping during their race if needed.

Volunteers

- If you have family and friends cheering for you, please know we are still in need of about 10 more volunteers! If they would be willing to help during the race, they can register at: <https://runningtherapids.com/get-involved/>

Running the Rapids After Party!

- New this year is the [Running the Rapids After Party](#) at Klockow Brewing! Please join us for a FREE drink (included in all race bags) and music with Koho and the Pedal Stompers from 6-9 p.m. on Saturday, August 27.

We look forward to seeing you soon! Good Luck!

Sincerely,

Your RTR Committee