

2009 FANS 12 & 24-Hour Race Information



The start of another adventure



Sue Olson reaches 2000 cumulative FANS miles



Is it a race, or a giant slumber party?

**The 20th Annual FANS 24-Hour Race
and 8th Annual FANS 12-Hour Race
Saturday June 6 - Sunday June 7, 2009**

benefiting the FANS Scholarship Fund, a program of



2009 FANS RACE INFORMATION

Welcome to the 2009 FANS 12 & 24 Hour Race: a test of the heart, soul, and human spirit, and a celebration of life!

We are again offering you the opportunity to run or walk in either of two races, a 12-hour or a full 24-hour. By joining us you'll help to support a worthy cause, the FANS project, which provides funding to inner-city kids for post-secondary education. The following detailed race information covers every aspect of the FANS event from pre- to post-race.

PRE-RACE DINNER & WEIGH-IN

5:00 pm to 7:00 pm on Friday, June 5 at the Nokomis Community Center at 2401 E. Minnehaha Parkway, Minneapolis. (See maps on pages 10 and 11). Some of the kids and volunteers from the FANS project will be serving dinner. We hope you will enjoy this pre-race dinner and perhaps meet some of the students you are supporting by participating in this event.

Dinner is \$10 per person and includes a variety of pasta dishes (both meat and meatless), bread, salad, dessert and beverages.

You may weigh in and pick up your race packet at the Center. You are encouraged to be there Friday evening, but if you are unable to make this pre-race function, you must check in at the race site no later than 7:00 am Saturday to get your number and weigh in. Once a weight is recorded in the official weight chart, no reweighing will be permitted.

PRE-RACE BRIEFING

All 24-hour and 12-hour participants must be at the start/finish line at 7:45 am on race day, Saturday, June 6, for a pre-race briefing.

RACE START

The 24-hour and 12-hour races will begin promptly at 8:00 am on Saturday, June 6. **This year, once again, we will start on time!!**

All races start at the north end of Lake Nokomis below the Nokomis Community Center (see map on page 10).

AID

The primary aid station (Aid #1) will be located near the start/finish and lap-counting area. Aid #1 will have an array of beverages and food that will vary with the time of the day: energy replacement drinks, defizzed pop, water, coffee, fruit, sweet and salty snacks, yogurt, bagels and sandwiches, soup and more. During the evening, we'll have pizza to lift your spirits.

A secondary aid station (Aid #2) will be located at the southeast corner of the lake and will have limited supplies.

Porta-potties will be set up near Aid #1 and public toilets are available at three other locations along the course. One porta-potty will be located near Aid #2 as well.

Medical support will be available throughout the race to assist in problems typically associated with ultras. Massage therapists will be available for most or all of the race.

RACE COURSE

We will begin each race with a 1.656 mile out and back stretch along east Lake Nokomis. We will then go counter-clockwise around Lake Nokomis (one lap around the Lake has been certified at 2.4217 miles) for the remainder of all races. The initial out-and-back stretch will allow us to give accurate 50 mile and 100 km splits at the start/finish area.

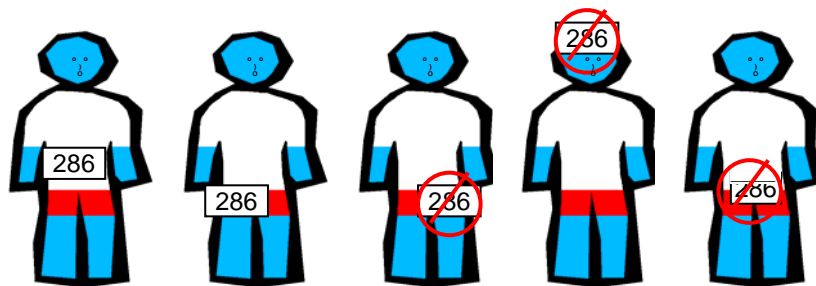
The course, which is only partially shaded, is generally flat with surfaces of dirt, grass, asphalt and one unavoidable stretch of concrete. It is free of vehicles and vehicle crossings, but throughout the race will be shared with non-participating runners, walkers, parents pushing baby strollers, etc. Most of the course follows the inner "pedestrian" path plus a grass margin beside this asphalt path; however there are also three places where you may take shortcuts. Come to the race expecting to encounter some pedestrian traffic, especially around the beach, concession area, and boat landing. One of the shortcuts uses the outer bicycle path, where you must yield to any cyclists you encounter. Do your part to make a Day at the Lake a pleasure for everyone.

Flashlights and spare batteries are strongly recommended for nighttime, as portions of the course are not well lit. For the 2009 race the darkness will be alleviated by a rare treat: a full moon!

LAP COUNTING & TIMING

We will have two independent timing methods including our fabled lap counters, as accurate timing is clearly of critical importance to all involved. The second timing system involves live keyboard entry feeding into an Excel spreadsheet recording bib numbers and lap times. ***Because no chips are involved, it becomes critically important that timing volunteers see your bib number as you complete each lap.***

The lap counting team will once again be the first cheerleaders that you will see as you finish each lap. Be sure to display your number clearly AND announce yourself verbally, then check for confirmation that they identified you correctly: it is your responsibility to confirm your lap counter has documented your arrival. If at any time you fear that there has been an error, simply tell us about it, then continue competing while we compare the duplicate systems. Please wear your bib number clearly visible on the front of your clothing, not hidden by t-shirts or trimmed. If you attach your bib to your shorts, use the right leg rather than the left and make it easier for the timers and lap counters to identify you. Visibility at 2 am is not the greatest.



FINAL HOUR

During the final hour of both races, we will shift to a certified 440-yard course (220 out, 220 return). Participants will have the option of continuing around the lake during the final hour, but

must make it all the way around the lake to have the lap count. Those finishing on the 440-yard "short" laps will have their mileage rounded off to the last completed 220 half lap. The 12-hour competitors may begin this short course at 7 pm Saturday, and the 24-hour competitors may begin at 7 am Sunday.

SPLITS

All 50-mile and 100-kilometer times will be recorded at the start/finish. All 100-mile times will be recorded at the second aid station (41.6 laps) for those who reach 100 miles prior to the beginning of the short laps, or at the start/finish line for those who achieve 100 miles during the short laps. 200 km will be marked on the long course at 51.7 laps, but will not be recorded.

LATE STARTS

Any participants who arrive late for their start may be directed to skip the initial out-and-back lap at the discretion of race officials. Late starters will have accurate final distances for the time remaining, but no intermediate splits.

WEIGH-IN

To ensure your safety, we will be weighing everyone before the race and at 4-hour intervals during the day. We will try to move you through these checks quickly. Dehydration can be a serious problem in summer ultras, so if you lose more than 5% of your pre-race weight, you will be held up and expected to eat and drink until the weight loss is less than 5%. All decisions of the medical staff to hold back or remove participants are final. We care about you and want you to live to become old runners and walkers.

WEATHER

The normal high and low temperatures for race weekend are 77° and 56°F. (record high: 95° in 1987, record low: 35° in 1998). In the 19 years of the FANS race we have had every kind of unpleasant weather except snow. Even a perfect Minnesota summer evening can quickly get cold when one's body is depleted of most of its energy. Eat and drink regularly, and be ready for any kind of weather.

SAFETY PRECAUTIONS

The FANS race puts safety ahead of records. After dark, you should consider hooking up with another runner/walker or asking a friend to accompany you. The path is not well lit and tired athletes can be vulnerable. If, during the race, specific situations arise that make you feel less than safe, let a member of the Race Committee, any lap-counting or aid station volunteer, or the Race Directors know immediately. Everything possible will be done to correct the situation. Safety patrols equipped with walkie-talkies will walk the course during the night in a clockwise direction, against race flow.

Thunder and lightning represent an immediate life-threatening situation to racers, volunteers, and every person at the lake. The Race Directors or an appointee has the authority to suspend or even call off the race for the safety of everyone involved.

The Nokomis Community Center, which is immediately adjacent to the race course, is open for our use throughout the entire 24 hours of the race. Public restrooms and showers are available in the Center. In case of inclement weather all race participants, their support crews, families, friends, and volunteers are encouraged to take shelter in the Center. The following rules govern all race suspensions:

- Participants may choose to finish only the lap they are currently completing when the race is suspended, but do so at their own risk. Only completed laps will be counted.
- Any such lap is to be reported to race officials in the Community Center and will be based on the honor expected of all athletes.
- All announcements pertaining to the resumption or cancellation of the race will be made at the Community Center.
- The race will be restarted based on information given at the Community Center.
- If the race is restarted, it will begin at the start/finish line. Regardless of the length of the suspension, the 24-hour race will conclude at 8 am on Sunday, and the 12-hour race will conclude at 8 pm Saturday.

TENTS

If you would like to set up a tent you may do so, but only for Saturday night. An area for tents west of the start/finish area will be designated; do not erect a tent north or east of the Timing/Medical/Aid #1 complex, as access to those functions is essential throughout race day.. Please stay within the designated area as we want to continue our good relationship with the Parks and Recreation Board that sees all and gives or denies permission for events such as ours. If you can double up with someone, that may forestall the future likelihood of having to limit the number of tents.

For those who choose not to set up a tent - they are a pain to take down and repack after 24+ hours on your feet - there will be a communal tent where you may place your belongings if you so choose. We will also have a canopy and tables available if you just need to stash a bag.

This is a public park and our race area will not be guarded or secured, so we suggest you do not leave valuables in your tent or stowed race gear.

All tents must be taken down and removed before the post-race breakfast and awards ceremony. The Parks and Recreation Board does not allow us to leave tents up for race participants to use after the race has been completed.

NO CAMPFIRES are permitted, but camping stoves are okay. Please be a good Scout and leave your campsite cleaner than it was when you set it up. Thanks!

PARKING

There are two parking areas available to FANS competitors and their support crews.

Parking area #1 is immediately adjacent to the start/finish area. There are a limited number of spaces in this lot; it is to be used by *people who are not setting up tents* and official race vehicles. Parking area #2 is about a half mile counter-clockwise around the Lake and is adjacent to the race course. Area #2 may be barricaded on Saturday morning to secure our rights to the lot, please move the barricade and replace it after you've parked.

If you are setting up a tent, please unload it and your supplies in parking area #1, then move your car to the parking area #2. (See Lake Nokomis map on page 10.) Some participants prefer parking area #2 because it is adjacent to the course and can be very convenient.

To avoid the probability of a parking ticket, be sure to put the FANS Parking Permit, which you will receive with your pre-race materials at packet pick-up, in your front window. All-night parking is permitted only with this permit and only in the designated parking areas. After 10 pm, cars parked any place other than the two prescribed parking areas may be ticketed.

VOLUNTEERS NEEDED

We need to fill around 150 volunteer slots. If a family member or friend is coming with you and would be available to pitch in, let us know by e-mail or phone before the race or even by contacting someone at the volunteer check-in desk on race day. We always need help on the fourth shift, 1:30 am to 8 am. Contact Tom Lundgren at tom55410@gmail.com or 612.929.7607 to sign up in advance. All volunteers receive a T-shirt, and prize drawings for a variety of gift certificates and other cool stuff are held throughout the day.

SHOWERS

The Nokomis Community center has a limited number of showers, and of course everyone will want to use them simultaneously. Please bring your own soap and towel.

POST-RACE AWARDS BREAKFAST

We will host a post-race breakfast and awards ceremony at the Nokomis Community Center, immediately adjacent to the race course, beginning at 8:15 - 8:30 am on Sunday, June 7. Runners, families, crew, and volunteers are all invited at no charge.

We encourage everyone to come to this post-race event to celebrate the accomplishments of every athlete. Knowing that everyone will be tired, we will get started promptly and move along quickly. There will be no long-winded speeches. We promise!

AWARDS

For the 24-hour event, awards will be given to the top five male runners, top five female runners and the top 3 walkers regardless of age or gender.

For the 12-hour race, awards will be given to the top three male runners, top three female runners, and the top walker regardless of age or gender.

Plaques and T-shirts will be given to all participants. "Director's Awards" will go to those who add something special to the race weekend.

Special shirts will be awarded to those who complete 100 or more miles in the 24-hour event and who complete 100 km or more in the 12-hour event. Those reaching 500, 1000, or 2000 cumulative miles in the FANS race will receive truly special commemorations.

LODGING

Lake Nokomis is located 5 miles northwest of the airport and 4 miles north of the Mall of America. Below is a partial list of hotels that are within 5-10 miles of the lake. For further info, see: www.bloomingtonmn.org/accommodations.asp.

[AmericInn of Bloomington/Richfield](#)

1200 East 78th St. 612.869.8600
Richfield, MN 55423 800.396.5007

[Comfort Inn Airport](#)

1321 East 78th St. 952.854.3400
Bloomington, MN 55425 877.424.6423

[Country Inn & Suites Mall of America](#)

2221 Killebrew Dr 952.854.5555
Bloomington, MN 55425 800.201-1746

[Holiday Inn Express Bloomington/Airport](#)

1601 American Blvd East 952.854.1687
Bloomington, MN 55425 800.593.5708

[Days Inn Airport by the Mall of America](#)

1901 Killebrew Dr 952.854.8400
Bloomington, MN 55425 800.329.7466

[Quality Inn and Suites Airport](#)

814 East American Blvd 952.854.5558
Bloomington, MN 55420 877.424.6423

[Embassy Suites Hotel Minneapolis-Airport](#)

7901 34th Ave South 952.854.1000
Bloomington, MN 55425 800.362.2779

[Ramada Mall of America](#)

2300 East American Blvd 952.854.3411
Bloomington, MN 55425 800.273.6232

[Fairfield Inn Mall of America](#)

2401 American Blvd East 952.858.8475
Bloomington, MN 55425 888.236.2427

[Super 8 Motel](#)

7800 2nd Ave. S. 952.888.8800
Bloomington, MN 55420 800.800.8000

[Hilton Minneapolis /St. Paul Airport](#)

3800 American Blvd East 952.854.2100
Bloomington, MN 55425 800.445.8667

[Travelodge Bloomington](#)

1225 East 78th St. 952.854.3322
Bloomington, MN 55425 800.578.7878

DIRECTIONS TO THE NOKOMIS COMMUNITY CENTER.

See page 11 for a map. For MapQuest purposes, the address is 2401 E. Minnehaha Parkway.

THE FANS PROJECT

Pillsbury United Communities initiated the FANS (Family Advocate Network System) project in 1989 with a group of sixth grade students from North and South Minneapolis. The FANS Project has a vision of sending inner-city kids to college/post-secondary institutions.

FANS works with the youth and their families in a wide variety of activities geared to providing support for this vision. Together, they work for a drug-free and sexually responsible life, a fulfilling educational experience and involvement in the communities where they live.

To date, 111 FANS students have graduated from high school and over \$400,000 in post-secondary education scholarships have either been distributed or promised to graduates. The project has expanded to over 100 students and now operates out of five Pillsbury centers.

Proceeds from the FANS 12 & 24 Hour Race benefit the FANS Scholarship Fund.

THE FANS PROJECT OFFERS:

- A guaranteed scholarship for up to \$10,000 upon acceptance by and enrollment in any post-secondary institution.
- Annual Project Components which encourage sexual responsibility, employment readiness, post-secondary readiness and community service.
- FANS Leadership Club which promotes leadership skills and civic involvement.
- Goal Setting with individualized action plans.
- Advocacy to help remove barriers to gaining greater access.
- Post-Secondary Support Services such as ACT preparatory classes, college tours and assistance with grant and aid applications.

CONSIDER OBTAINING PLEDGES

The FANS project would appreciate your support by obtaining pledges to help support the FANS Scholarship Fund. The FANS project guarantees its students a scholarship to any post-secondary educational institution upon high school graduation.

FANS WILL COLLECT YOUR PLEDGES. A electronic version of the pledge sheet is available on the FANS website at www.FANS24hour.org. Feel free to ask for more pledge sheets or make copies yourself. Please ask people to print clearly. An illegible address makes a pledge at best extra work and, at worst, worth nothing.

INFORMATION & TIPS FOR GETTING PLEDGES

- FANS will collect your pledges.
- Pledges are tax-deductible. FANS is a project of Pillsbury United Communities, a 501(c)(3) non-profit charitable organization that is registered with the Charities Review Council.
- Tell people about FANS and where the money is going.
- Inform potential pledgers that we strive to maintain our tradition of directing 100% of pledges and, if possible, registration fees to the scholarship fund, covering race expenses through cash and in-kind donations.
- Circulate your pledge sheet at work. Many employers offer matching gift programs to their employees; provide copies of matching request forms with your pledge sheet.
- Adapt your pledge sheet to make it more personal.
- If you can't answer someone's question regarding pledging and the FANS program, contact Leslie Vinson at 612.377.7000 or vinsonl@puc-mn.org.
- Following the race, if you want to write a thank-you note to your sponsors send it to Pat and Paul Sackett, 2200 Humboldt Ave So, Minneapolis MN 55405 (or e-mail to fans24hour@lycos.com) by June 15, 2009. We will make copies and include them in your sponsors' bills. Our goal is to send invoices to sponsors no more than two weeks post-race.

QUESTIONS NOT ANSWERED: Check out our web site at www.FANS24hour.org or e-mail us at FANS24hour@lycos.com. Contact Race Directors Paul and Pat Sackett at 612.377.1682 or psackett@umn.edu or write them at 2200 Humboldt Ave So, Minneapolis MN 55405.

A RECAP (AND ADDITIONAL RULES)

- Race numbers must be worn on the front and be clearly visible.
- Run or walk through the lap counting area single file, especially when it is crowded. Get verbal confirmation from the lap counters that they've noted your completed lap.
- If you retire from the race or if you decide to take a rest break long enough that your laps would seem inconsistent to our timing crew, please notify the timing crew of your intentions. This is very important! We don't want to mount a search party only to find you sleeping in your tent.
- You specify at the time you enter the race in which you will participate. Contact us no less than one week prior to race day if you discover you need to change your race entry, but you may not change races once the race has begun. If you choose to run 12 hours or less, after having begun the 24-hour run, your results will be included with the 24-hour results.
- The race course is in the midst of a public park, and the race's future requires us to show good sportsmanship throughout the day. Please treat those sharing the path with respect, and follow the guideline that any person or group "owns" 50% of the path. If you're running with one or more people, make sure your forward progress doesn't interfere with anyone else's.

This is a long event, so take a few seconds to step aside and keep safety ahead of your competitive urges.

- The Race Directors have the authority to pull runners or walkers from the race for medical reasons or reports of unsportsmanlike conduct.
- Runners must weigh in before the race and at 4-hour intervals during the race. If you lose 5% or more of your body weight, you may be held up until you get back to less than 5% weight loss.
- At exactly 7 pm Saturday for 12-hour competitors and at 7 am on Sunday for 24-hour competitors, we'll open the pylon short course (220 out + 220 back = 440 yards). Either proceed on the pylon course or continue around the lake. If the 2.42 mile lap around the lake is not finished, no mileage will be counted for that lap. The same is true for each short lap. Only completed half laps (220 yards) will be measured.
- Race officials will be wearing identification badges. If you have any problems or questions, please direct your inquiry to a race official for assistance.

RISK FACTORS

The FANS 12 & 24 Hour Race is a tough event (physically and mentally), and participation in it presents many medical risks, several of which can be extremely serious or even fatal! Participate in this event at your own risk. See your physician for a physical exam (including stress EKG) before the run. You must train for ultras and should be knowledgeable about stress factors and effects.

Weight loss will be one of the most important physiological criteria that race volunteers will be evaluating during the race. A 3% body weight loss indicates serious dehydration may be imminent. A 3-5% body weight loss indicates depletion of body fluids, with consequent gastrointestinal and muscular skeletal dysfunction. A weight loss of up to 5% should be a sign to the racer to slow down and take more fluids. If you lose 5% or more of your body weight, you will be required to stop and drink fluids until your weight loss is less than 5%. Upon re-entering the race, you will be closely watched. A 7% weight loss could be grounds for immediate withdrawal.

It is important that you recognize the potential physical and mental stress that may evolve during participation in this race. You may be subject to extreme heat and cold, hypothermia, dehydration, hypoglycemia, disorientation, hyponatremia, and total mental and physical exhaustion. You must understand your own limitations, continuously monitor yourself, and know where to draw the line. Adequate physical and mental conditioning prior to the race is mandatory! **Be careful and be responsible.**

Some of the risks include:

- **Renal Shutdown** (kidney failure) can cause permanent impairment of kidney function and even death.
- **Heat Stroke** can cause death, kidney failure, brain damage. Be aware of the symptoms of impending heat illnesses which are nausea, vomiting, headache, dizziness, fainting, irritability, lassitude, weakness and rapid heart beat. Preceding these symptoms may be a decrease in sweating and the appearance of goose bumps on the skin, especially on the chest. **Use of some drugs can increase the risk of heat stroke.** The faster the pace, the more heat is produced. Train in the heat, wear light-colored clothing and maintain a proper pace. If it is hot on race day, adjust your goals accordingly.
- **Dehydration** can lead to many problems, so be aware of your fluid intake and don't rely solely on water. Depletion of salts and electrolytes can lower the digestive system's

ability to absorb liquids. Eating, especially salty foods, is part of staying hydrated. FANS will provide plenty of salt at Aid #1 to help you avoid this problem. We recommend you read the new fluid-replacement guidelines for long distance runners issued in April, 2003 by USA Track & Field (USATF). For athletes in general and especially for those completing a marathon in more than four hours, USATF recommends consuming 100% of fluids lost due to sweat while racing. **This marks a significant change from the understanding most runners have that they should be drinking as much as possible and following the guideline to “stay ahead of your thirst,” which has been held as the standard recommendation for many years.** To read the guidelines and related information, see <http://www.usatf.org/coaches/library/>.

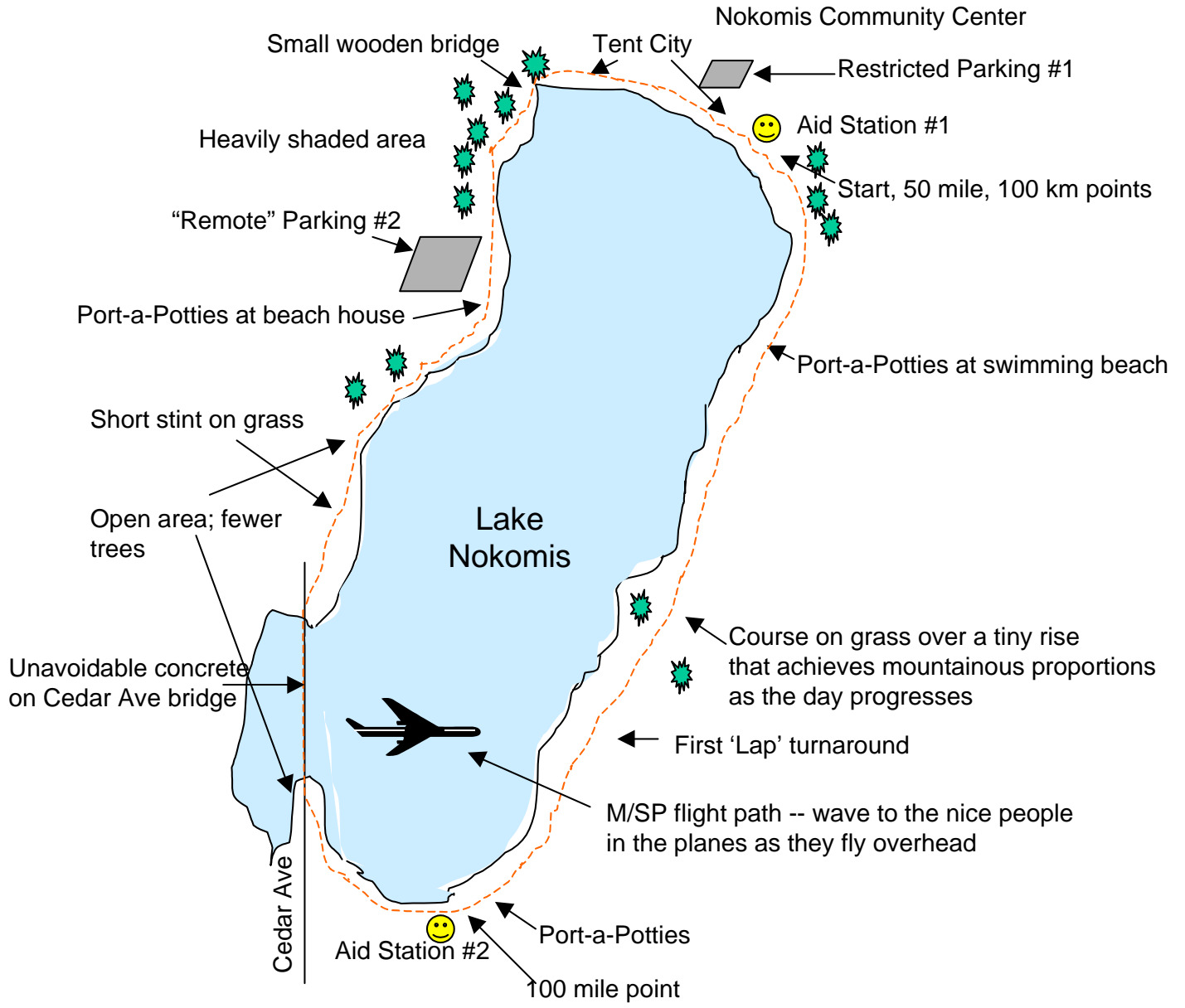
- **Injuries From Falling** can occur from tripping over tree roots, uneven sections of concrete or running at the edge of the asphalt or concrete path. The course will be shared throughout the race with pedestrians who may not even be aware there is a race going on. Do more than your share to avoid collisions. Exercise more care at night.
- **Effects of Hypothermia (cold)** can begin as the evening temperature dips, sometimes into the 50's. This, combined with rain and depleted energy reserves after 12+ hours, makes hypothermia a potentially serious problem. The major risk of hypothermia is a lowered core body temperature which may lead to confusion and lack of physical coordination. Have access to warm clothes such as sweatshirt, pants, hat, gloves, etc.
- **Hyponatremia:** Low sodium levels (hyponatremia) in ultramarathon runners have been associated with severe illness requiring hospitalization. It is important for long-distance athletes to use fluids containing electrolytes to replace the water and salts lost during exercise. **DRINKING ONLY WATER IS NOT ADVISABLE**, as water intoxication and possibly death may result. This problem may, in fact, worsen after the race, as the non-electrolyte-containing fluid which has been accumulating in the stomach is absorbed. Potassium and calcium replacement is also important, although these levels change less with fluid loss and replenishment.

The best way to achieve proper electrolyte and fluid balance is to hydrate with fluids containing proper amounts of electrolytes. Potassium, while present in many electrolyte-replacement solutions, may also be replaced with fruit, such as bananas or oranges. Beer or other alcoholic beverages should not be taken at any time during the race.

Electrolyte-containing fluids should be continued after the race until the gastrointestinal tract is fully functional, which may take several hours. Once the gut is working and adequate hydration has occurred, the normal balance of thirst, hunger, digestion and kidney filtration will maintain the proper balance of fluids and electrolytes.

**LISTEN TO YOUR BODY, ENJOY YOURSELF, THE SCENERY and EACH OTHER!
HAVE A SAFE RACE!**

MAP OF RACE COURSE AROUND LAKE NOKOMIS



SIMPLIFIED MAP OF LAKE NOKOMIS AREA

