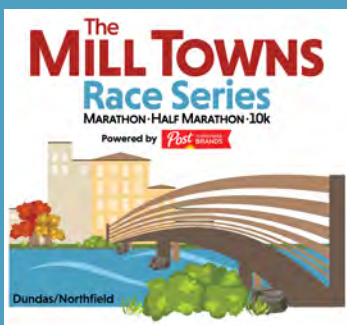




— A WORLD WITHOUT PANCREATIC CANCER

2026 PARTICIPANTS' GUIDE



Powered by:



→ Welcome!

Thank you for participating in the fifth running of the Mill Towns Race Series. While you've been training, we've been busy adding an expanded race festival experience for participants and spectators, new activities for kids, and more safety protocols.

We're proud to be the host site for the Road Runners Club of America 2026 State Championship Marathon. We're also sanctioned (that's a good thing!) by USA Track & Field, making our race eligible for record-breaking performances, one of which we hope to witness by a woman who is rucking the half marathon in pursuit of a Guinness World Record!

Have a great race!

Your Pace or Mine Running Club and our Race Committee:

- Dale Fredrickson
- Ted Gamble
- Stephani Hennen
- Melanie Johnson
- Theresa Kavouras
- John Lindgren
- Chad Nevils
- Amy Nugent



Host site of the Road Runners Club of America
2026 State Championship Marathon.

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→ Schedule

FRIDAY, OCTOBER 9

4:00-6:00 PM

Pre-race packet pickup at TC Running Co., Burnsville

SATURDAY, OCTOBER 10

10:00 AM - 12 Noon

Pre-race packet pickup at TC Running Co., Burnsville

SUNDAY, OCTOBER 11 - RACE DAY

Memorial Park, 1st St S, Dundas

6:00AM	Race-day Packet Pickup Opens
7:15 AM	Pre-race Announcements
7:20 AM	RRCA Runner Friendly Community Presentation
7:25 AM	National Anthem sung by Nikki Walsh
7:30 AM	RRCA State Championship Marathon Start
8:00 AM	Half Marathon Start
8:30 AM	10K Start
2:00 PM	Course closes

Life & Pauline's



OPEN 8 AM-3 PM ON RACE DAY!



224 Railway Street North, Dundas



**MEAT RAFFLE | BINGO | LIVE MUSIC
WEEKEND BREAKFAST**

→ Race Results

Race results will be posted in real time at:
tinyurl.com/2026-milltowns-results



→ Parking



There are ample parking spots in the grass at Memorial Park, adjacent to the start and finish lines. If you prefer, there's also street parking near the park and additional lots on Railway Street, the road those coming from I-35 will take to get to Memorial Park.

➔ Park Map



Need help? Look for a member of the Mill Towns "Crew" wearing a yellow hat!

→ Weather

Cat. 1	Cat. 2	Cat. 3	Activity guidelines
<76.1°F	<79.8°F	<82.1°F	Normal activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during workout.
76.2-81°F	79.9-84.6°F	82.2-87°F	Use discretion for intense or prolonged exercise; provide at least three separate rest periods each hour with a minimum duration of 4 minutes each.
81.1-84.1°F	84.7-87.7°F	87.1-90°F	Maximum practice time: 2 hours. For football, restrict players to helmet, shoulder pads and shorts during practice. For all sports, provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
84.2-86.1°F	87.8-89.7°F	90.1-91.9°F	Maximum practice time: 1 hour. For football, no protective equipment during practice, and no conditioning activities. For all sports, provide at least 20 minutes of rest breaks distributed through the practice.
>86.2°F	>89.8°F	>92°F	No outdoor workouts. Delay practice until a cooler wet bulb globe temperature is reached.

Minnesota's weather can be unpredictable - 80 degrees one day and 30 and snowing the next. The Mill Towns Race Series will use the Wet Bulb Globe Temperature (WBGT) index, a tool widely used by athletic organizations, the US military, OSHA and others, to evaluate the safety of race-day conditions. This index is a combined measurement of the air temperature, relative humidity, sun and wind. The chart outlines WBGT ranges for three categories of US geographic classifications and the recommended activity modification guidelines. Minnesota falls into category 1.

The National Weather Service in Chanhassen, Minnesota, will be providing us with regular weather forecasts for Dundas, which will include the WBGT index. Race officials reserve the right to alter, delay or cancel the event at their discretion based on NWS forecasts for heat, rain and lightning.

→ Q&A

Is there pre-race packet pickup?

- Yes, packet pickup will be available at Twin Cities Running Co's Burnsville store Friday, October 9, 4-6 PM and Saturday, October 10, 10 AM-12 noon. The address is 14240 Plymouth Ave, Burnsville, MN 55337. Don't stress if you can't make it - race day pickup is a breeze!

When and where is race-day packet pickup?

- Race-day packet pick up begins at 6:00 AM in the pavilion at Memorial Park, where you will park and start and finish your race. You won't need much time to gather your bib and swag prior to your race start.

Is there gear check or a place to leave personal items?

- Because you will park very near start/finish, you can use your car for a secure gear drop.

Is the race on a closed course?

- Most of the course follows paved multi-use, off-road trails. The trail is open to other pedestrians and bicycles. There is a short section at the start of the loop that is on open road and two points where the course crosses Hester Street in Dundas.

Are strollers allowed on the course?

- Yes, we do allow strollers. We ask anyone pushing a stroller start their race at the back of the pack.

Are dogs allowed on the course?

- While we love dogs, they cannot accompany runners on the course.

Will there be pacers at the race?

- We do not have pacers but you can bring your own. Pacers run at their own risk and should carry their own fuel/hydration.



→ Q&A

Are headphones allowed during the race?

- The use of personal music devices, such as noise-cancelling headphones, is discouraged as they may impede your ability to hear course marshals, race officials and emergency personnel.

Is there a time limit to complete the race?

- Yes, all runners must complete their races by 2 PM or 6 hours and 30 minutes from the start of the marathon. After 2 PM, runners should plan to be unsupported and may not receive an official finishing time.

Where are the best places for spectators to watch?

- Memorial Park is the best place for spectators, especially if you're running the half marathon or marathon. Fans don't have to move around to see you multiple times - at the start, each pass through the park and at the finish. We'll have yard games, kids' activities and a sign-making station to entertain them. Word is Belle's food trailer is planning to be there with coffee and breakfast items. There's a playground for kids too!
- If fans want to chase you on the course, the dog park near Culver's in Northfield (before mile 3) or Sechler Park (about mile 4) are good locations.

What can my fans do while I'm running?

- Your fans can hang out by the fire, enjoy some free cereal from Post, use the playground, make a sign at our sign-making station and cheer for all the runners coming through the park. Or, they can cross the footbridge from the park and walk to L&M Bar and Grill. They have a great weekend brunch! The race route passes by the L&M.

Find Your Path in Northfield



visitnorthfield.com

FROM PEACEFUL STROLLS TO TRAIL RUNS, NORTHFIELD OFFERS
MILES OF PAVED AND UNPAVED TRAILS, SCENIC RIVER VIEWS,
AND SMALL-TOWN CHARM.

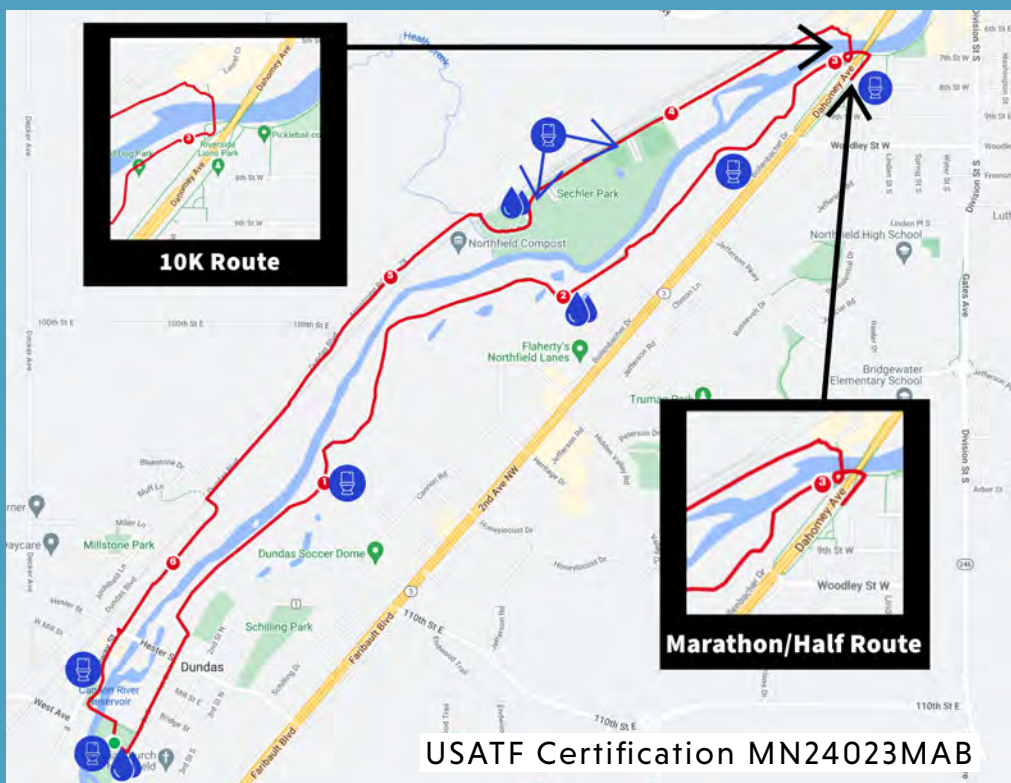


THANK OUR CREW!

Be sure to thank the amazing volunteers you encounter on race day! We couldn't host this event without them!



→ Course Map & Amenities



Be Alert! The course largely follows an open multi-use trail. Watch for bicycles, including the bike pacer for the lead marathoner and the bicyclist recording the Guinness Record pursuit. Also take care crossing Hester Street in Dundas.

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Aid Stations: There will be water stops about every two miles. Each will have water and Gatorade Endurance Formula available in cups, or you can refill your own bottles. There will also be GU Energy Chews and a limited supply of GU Energy waffles.

Restrooms: Restrooms and porta-potties will be available in Memorial Park. In addition, there are two porta-potties along the east side of the route, one near the marathon/half marathon turnaround and multiple in Sechler Park on the west side.

→ Please Support Our Sponsors



→ Our Charity Partner

project purple®

— A WORLD WITHOUT PANCREATIC CANCER —

The Mill Towns Race Series supports the work of Project Purple, a nonprofit organization that funds critical research for pancreatic cancer and patient aid.

Pancreatic cancer has a 5-year survival rate of just 13%. It is the 2nd leading cause of cancer deaths in Minnesota, primarily because most people are diagnosed at stage 4.

Since its founding in 2010, Project Purple has funded more than \$5.5 million in research and provided over \$2 million in aid to help patients cover medical bills, utilities, housing and food costs.

Project Purple's primary fundraising means is as a charity partner to endurance events, including some of the country's most prestigious races (New York, Chicago, Boston, Twin Cities) as well as the Berlin, London and Sydney marathons. It fielded its first team in Tokyo in 2026!

**In 2024 alone, the Mill Towns
Race Series contributed
\$12,500 to Project Purple!**



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→ Tips for Great Race Photos

Want good photos of you from your race? Keep these tips in mind when you see a photographer:

- Look at the 📷.
- Smile/ham it up!
- Wave 🙌 or make a (non-profane) gesture (👍).
- Try not to look like you're in pain.
- Celebrate as you cross the finish line!

Thanks to our photography sponsor L&M Bar and Grill of Dundas, we will have multiple photographers shooting our race. Give them a chance at great shots! And thank L&M by stopping by after your race. Photos will be available for free download at milltownsraceseries.com within a few days.



It's your life. Run with it.
www.charmedrunning.com

Check your swag bag for a free Mill Towns Race Series water bottle sticker, courtesy of Charmed Running!

Charmed Running is your source for car magnets and decals, shoe charms, paracord bracelets and more items to commemorate your finish or find inspiration for your next. **Get 20% off with the coupon code "milltowns26"!**



→ Custom Swag

Celebrate your finish by ordering custom Mill Towns Race Series swag! There are more than 200 products available to order and the site runs frequent 20-25% off sales!



A celebratory banner for KOWZ and Linder Farm Network. The background features a night sky with stars and a sunset over a field. On the left, a radio tower is visible. The banner includes the text 'Celebrating TOGETHER!' in a large, stylized font. Below this, there are two logos: '30 YEARS OF KOWZ 100.9 FM | AM 1170' and '50 YEARS OF LINDER FARM NETWORK'. To the right, a balloon says 'Thank You for 30 Years and 50 Years of Support!'. On the left, a balloon says 'Same Communities. Stronger Together.' The bottom of the banner reads 'Local Radio. | Local Roots. | A Brighter Tomorrow.'

→ Help Us Improve!

Yeah, we hate surveys, too. But we actually do use the information! Please take a minute to give us feedback on this year's event to help us improve for the future. TYIA!



CONTACT US

Email: hello@yourpaceormine.org

Website: milltownsraceseries.com

Your Pace or Mine

Running Club

