



SECURIAN WINTER RUN

half marathon • 10k • 5k

It's cold outside, which can mean only one thing – it's race time. Gather up your thermal underwear and neck warmers and start training today for the 27th running of the Securian Winter Run, January 28, 2012. Bundle up and enjoy a brisk run that starts in downtown St. Paul and winds through scenic city neighborhoods.

LOCATION

Securian Center is downtown St. Paul at 400 and 401 Robert Street North. Registration begins at 7:30 a.m. in the Securian Center 401 building plaza on street level (at the corner of Sixth and Robert streets). The Half Marathon starts at 9 a.m., the 10K at 9:05 a.m. and the 5K at 9:10 a.m. Ramp and meter parking are available in the immediate area. Parking is also available for \$2 in Securian's two parking ramps; entrances are on Jackson Street or Minnesota Street.

COURSE

All courses are USATF certified and will start and finish at Sixth and Jackson streets.

All courses will wind through downtown St. Paul before heading out onto Shepard Road for the turnaround points.

In case of extreme weather conditions, the race may be shortened or cancelled. All entry fees are nonrefundable. An accurately measured quarter marathon course may be used as a short-course option for the Half Marathon. Check active.com for race notices and weather announcements.

Race provisions have been made and include the following:

- Water will be available in the plaza of Securian Center 400 building.
- Water stops will be located underneath the High Bridge (Shepard Road and Smith Avenue) and the 35E bridge at Shepard Road (approximately miles 3, 5, 8, 11).
- Medical units will be available at the start/finish line and at the halfway point of the Half Marathon.
- Shower facilities are available after the race at Skyway YMCA at no charge (photo ID required).

HALF MARATHON NOTE

Shepard Road will be closed for runners until 11:30 a.m. By that time, all participants must be back to Securian. Walkers are not allowed to participate in the Half Marathon but are encouraged to take part in the 10K or 5K event.

QUALIFYING INFORMATION

The Securian Winter Run Half Marathon is an official Wave 1 qualifier for the 2012 Medtronic Twin Cities Marathon. For more information, visit tcmevents.org.

The Securian Winter Run Half Marathon has been selected for the MDRA Grand Prix Series. For more information, visit runmdra.org.

All Securian Winter Run races have been selected to kick off the 2012 Explore Minnesota Challenge. For more information, visit andersonraces.org.

RESULTS

All races will be chip timed and results will be posted in the plaza of Securian Center 400 building and on andersonraces.com.

AWARDS

Participants of each event will receive a complimentary Securian Winter Run mug and Saint Paul Winter Carnival commemorative button and coupon book.

Awards will be mailed to the top male and female finisher of each race in the following age groups: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70+.

T-SHIRT AND PHOTO PURCHASE

Technical T-shirts and other commemorative items can be purchased on race day, while supplies last. Photos of runners will be taken at the event and can be purchased by visiting asiphoto.com.

REGISTRATION

Complete the registration form or visit active.com to register online. Additional registration forms available at securian.com/securianwinterrun. Online registration closes January 25, 2012. Mail-in registration and entry fee must be received by midnight January 21, 2012.

HALF MARATHON AT 9 A.M.

Race numbers can be picked up at Securian Center 401 building (401 Robert Street North) in the plaza on street level. Day-of-race registration is \$45 and will be accepted from 7:30 a.m.-8:45 a.m. Entry fee is \$35 for mail-in registration forms completed and received with payment by January 21, 2012, or online by January 25, 2012.

10K AT 9:05 A.M. & 5K AT 9:10 A.M.

Day-of-race registration is \$35 and will be accepted from 7:30 a.m.-8:45 a.m. Entry fee is \$30 for mail-in registration forms completed and received with payment by January 21, 2012, or online by January 25, 2012.

STORE REGISTRATION/PACKET PICK UP

Pre-race packet pick up will be available at Running Room, 1068 Grand Avenue, St. Paul, during business hours Friday, January 27. Call 651-225-8443 for more details.

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Media sponsor:



Look for KDWB at the race, and listen weekdays 5:00 a.m. – 9:00 a.m. to KDWB's "Dave Ryan in the Morning Show."

Race management and results by:



ANDERSON
RACE
MANAGEMENT



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half marathon • 10k • 5k

save the date
JANUARY 28, 2012



SECURIAN WINTER RUN REGISTRATION

First name _____ Last name _____

Address _____ M F Age _____

City _____ State _____ Zip _____ Phone _____ - _____ - _____

E-mail _____

I am an Explore Minnesota Challenge participant.

Race option: **Half Marathon** \$35 preregister, \$45 day of race **10K** \$30 preregister, \$35 day of race **5K** \$30 preregister, \$35 day of race

Make checks payable to: Saint Paul Festival and Heritage Foundation (SPF & HF)
(All proceeds benefit SPF & HF, a 501 (c) (3) nonprofit organization, Fed ID 411746052)

TOTAL:

Send completed race registration form(s) to: Saint Paul Festival and Heritage Foundation
Securian Winter Run
429 Landmark Center, 75 West 5th Street
St. Paul, MN 55102

RACE NUMBER:
(office use only)

FAX COPIES OF THIS FORM NOT ACCEPTED. ALL ENTRY FEES ARE NONREFUNDABLE.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants or spectators, the effects of the weather – including extreme cold temperatures, hypothermia and wind chills or the conditions of the road surface, all such risks being known and appreciated to me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act for my behalf, waive and release the Saint Paul Festival and Heritage Foundation, the management personnel, and all sponsors of the event, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability might arise out of negligence or carelessness on the part of the persons named in this waiver.

I hereby consent to and authorize the use and reproduction, in print or electronic format by Securian or anyone authorized by Securian, of any and all photographs which have been taken on this day for any publicity purposes without compensation. All images – electronic, negatives and positives, together with the prints – are owned by Securian.

I hereby acknowledge that I have read and understand the terms of this release.
If you are under age 18, parent or guardian must sign entry form.

SIGNATURE