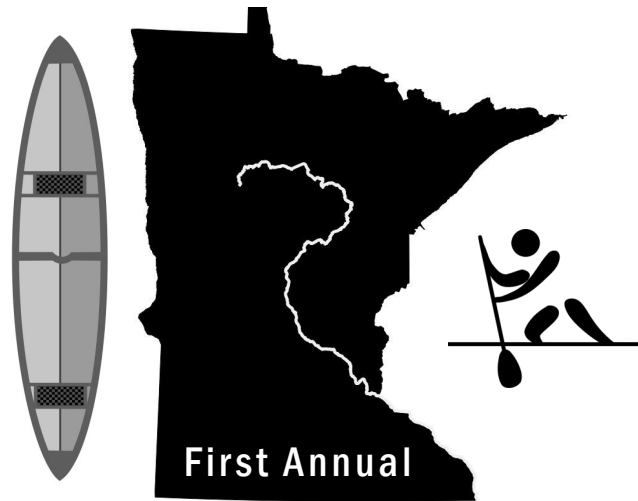


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Mighty Miss Marathon, Relay and 12 Mile 2015



Saturday, August 1st

Mississippi River

St. Cloud—Champlin: 55 Mi

Elk River—Champlin: 12 Mi

*A celebration of human powered
transportation and active lifestyles*

Sponsored by:

PIONEERMIDWEST

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For more information, visit pioneermidwest.com/mightymissrace

General Information

The Mighty Miss Marathon 55 and 12 mile is a human powered race on the mighty Mississippi river. The race is open to all forms of human powered transportation on the river, including canoes, kayaks, paddle boards. PDF's are required for all participants at all times. Join us on the river that brings the east and west together. We have a race for all abilities.

Marathon Distance: 55mi

Feeling up for a challenge? The Marathon distance will begin with a mass start 8AM at Beaver Island Trail Park, in St. Cloud. The distance to the finish is 55 miles.

Marathon Relay: 55mi

Grab some friends and take on the long race together. Relay marathon participants will plan to switch off at one of the five designated tag-off areas (see details on back). The relay team will share one boat, but can have up to 10 participants. Team age class will be determined by the average age of participants.

Short Distance: 12mi

Not up for the marathon? No problem, the short distance is a great event for casual paddlers and racers alike. The short distance will begin with a mass start 12 Noon at Babcock Park in Elk River. The distance to the finish is 12 Miles.

Transportation

Participants should plan to park their vehicles at the start and plan a ride to the start, or catch a ride with the provided shuttle. The shuttle will run from X-X.

Entry Fees

Per Participant
Sorry no refunds

Awards

There are 14 classes and each class will have age group awards (1st, 2nd, 3rd) Relay Teams

Registration

Visit (insert hyperlink) to register . Online and mail registration will run through July 29th and day of Babcock and Beaver Island Parks.

Online map of the course is available at:

http://files.dnr.state.mn.us/maps/canoe_routes/mississippi7.pdf

Pioneer Midwest
415 County Road 81
Osseo, MN 55369

Which Race is for me?

12 Mile Race Day Info

12 mile race 2-3 hours, racer/ recreational paddler. Leave vehicle at Babcock and take shuttle back. Participants are encouraged to either race this distance or enjoy a float on the river. Bring the kids and a lunch. No pressure!

Features of the river

The race course is a wide route, starting in the country, finishing in the city. Along the way participants can expect to encounter wildlife such as migratory birds, ducks and for those with the means, bass, panfish and carp Class I rapids, rapids mild, currents moderate. Most dangers can be anticipated and avoided. Check out <http://www.nps.gov/miss/riverfacts.htm> for other Mississippi Facts for other information on the river.

Contact:

Race director: Roland Ring-Jarvi

763-427-6022

rolandringsjarvi@yahoo.com

Pioneer Midwest:

763-420-8981

info@pioneermidwest.com

Online map of the course is available at:

http://files.dnr.state.mn.us/maps/canoe_routes/mississippi

55 Mile Race Day Info

The starting area at Beaver Island Park (south of St. Cloud). Arrive early in order to prep boat and participants for racing. Prepare for a 10-12 hour day on the water. Access points are suggested areas for supply crews to meet races along the route. Plan ahead and prepare, take your map with on the water. Don't underestimate this race!

Relay Race Day Info

The chart below displays the distance between each leg in the race. Transitions must occur at the designated points. The same boat must be used through the entirety of the race, start to finish. Participants may paddle multiple segments of the race

	Distances between transition zones					
	Mississippi Point park	43	55	42.2	34.3	24.9
	Babcock Park			30.3	22.3	13
	Ellison Park			17.3	9.4	
	Snuffie's Landing			7.9		
	Clearwater					
	Beaver Island Park					
	Clearwater Public Access					
	Snuffies Landing					
	Ellison Park					
	12 Babcock Park					

Mighty Miss Marathon and 12 Mile 2015 Entry Form

Participant 1 Age Sex Month Day Year M F First name Address City Phone			Date of Birth Month Day Year E-Mail			Last Name State Zip Country		
Participant 2 Age Sex Month Day Year M F First Name Address City Phone			Date of Birth Month Day Year E-Mail			Last Name State Zip Country		
If your team has more than two participants, please register online. Tandem and solo boats may register using this form or by registering online.								
Visit www.GopherStateEvents.com/ for online registration								
Relay: Register Online			Category Male Female Mixed			Average Age <21 21-35 36-49 50-65 >65		
Race Length 55 Mile 12 Mile			Solo Race Canoe Kayak Surf Ski Pedal Driven Paddleboard			Tandem Race Pro-Boat Open Race Citizen Canoe-Alu Citizen Canoe-Non Alu Pedal Driven Kayak		
Three or More 3+ Canoe: Register Online Voyager: Register Online								

Mark your Calendars!

Race Day: Saturday, August 1st

Marathon Start: 8AM

12 Mile Start: 12 Noon

