

REHYDRATE AFTER
THE RACE!



MILK AND HONEY
WILL BE POURING THEIR
AWARD-WINNING CIDER
AT THE FINISH LINE

ALL RUNNERS WILL GET
ONE FREE POUR

NON-ALCOHOLIC CIDER AVAILABLE



NEED SOMETHING
STRONGER?

VISIT THE
LAPLAYETTE FOR
\$5 BLOODY MARYS
AND MIMOSAS

LAKE WOBEGON TRAIL
MARATHON
MAY 4TH 2024





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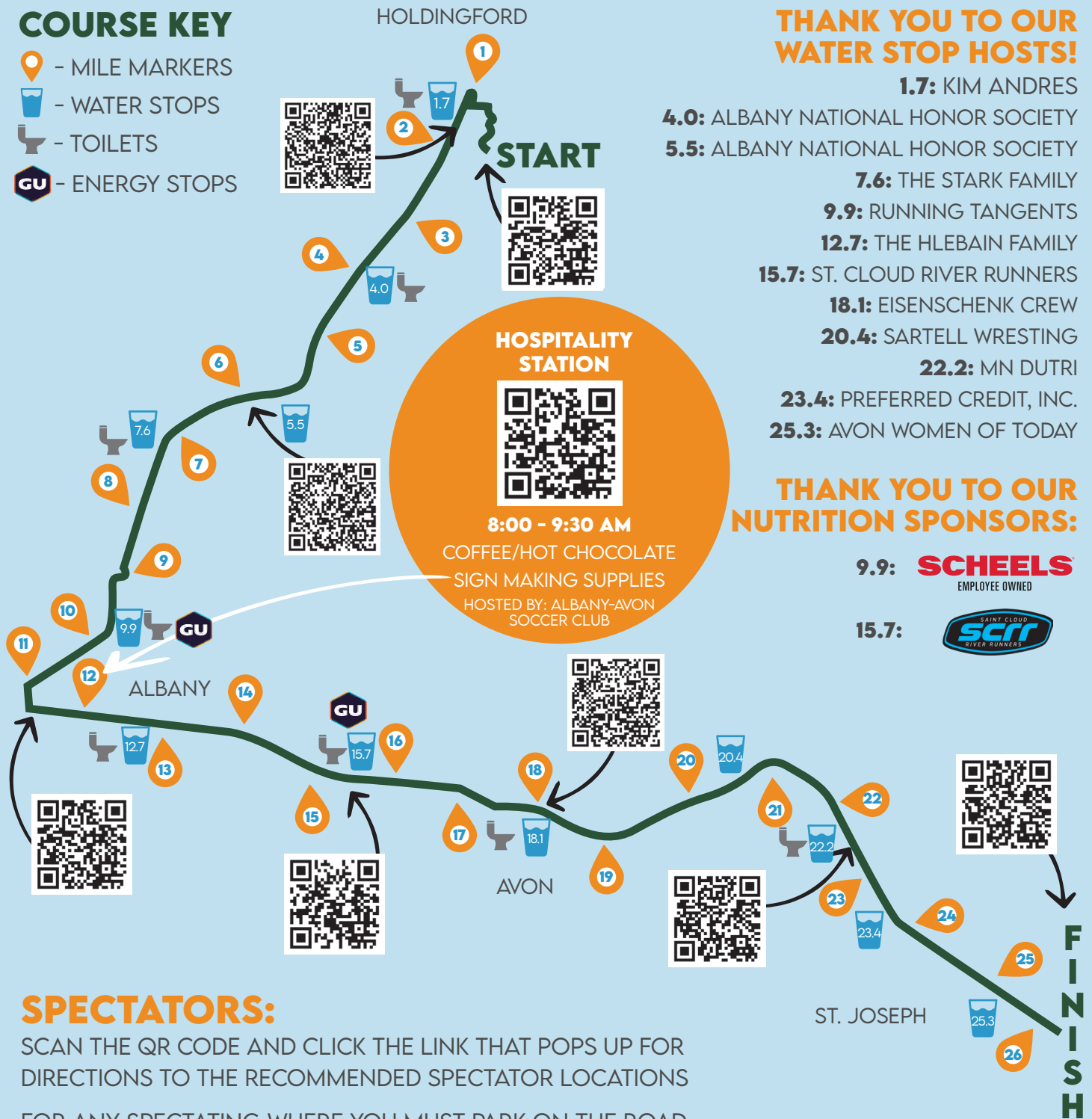


RUNNER &
SPECTATOR GUIDE

LAKEWOBEGONTRAILMARATHON.ORG

COURSE KEY

-  - MILE MARKERS
-  - WATER STOPS
-  - TOILETS
-  - ENERGY STOPS



THANK YOU TO OUR WATER STOP HOSTS!

- 1.7:** KIM ANDRES
- 4.0:** ALBANY NATIONAL HONOR SOCIETY
- 5.5:** ALBANY NATIONAL HONOR SOCIETY
- 7.6:** THE STARK FAMILY
- 9.9:** RUNNING TANGENTS
- 12.7:** THE HLEBAIN FAMILY
- 15.7:** ST. CLOUD RIVER RUNNERS
- 18.1:** EISENSCHENK CREW
- 20.4:** SARTELL WRESTLING
- 22.2:** MN DUTRI
- 23.4:** PREFERRED CREDIT, INC.
- 25.3:** AVON WOMEN OF TODAY

THANK YOU TO OUR NUTRITION SPONSORS:

- 9.9:**  **SCHEELS**
EMPLOYEE OWNED
- 15.7:** 

SPECTATORS:

SCAN THE QR CODE AND CLICK THE LINK THAT POPS UP FOR DIRECTIONS TO THE RECOMMENDED SPECTATOR LOCATIONS

FOR ANY SPECTATING WHERE YOU MUST PARK ON THE ROAD, PLEASE USE CAUTION AND ENSURE SIGHTLINES ARE NOT OBSTRUCTED