

Runner Email sent Thursday, July 25 to all registered participants from noreply@mtcresults.com. If you do not find it in your email, you may look up your bib number at packet pick-up.

Packet Pickup

You have two options....

[Water Street Inn, 101 Water Street, Stillwater](#)

Friday, July 26, from 3:00 to 8:00 p.m. (*Recommended*) This will be a fun time. We hope you'll join us for some pre-race mingling with fellow runners and enjoy the afternoon in Stillwater.

Saturday, July 27, beginning at 5:20 a.m. Staff will stay after the race starts until ~10:30 a.m.

In-Person registration is available both Friday and Saturday at packet pick up.

PERKS! Race shirt, finisher medal, race support and finish area recovery food, a Buy-One/Get-One from Lift Bridge Brewery (redeemable at tap rooms in Stillwater, Minn. and New Richmond, Wisc.,) product samples from Gatorade, massages, and more

In-Person Registration and Will Call

Registration is available at packet pickup for any buddies who decide to join you at the last minute. In addition, Will Call registration is available online until noon Friday, July 26. See the website for details.

Changing Your Distance

If you must change your distance, we've got you. Pick up your bib first, then check in with us at the "In-Person Registration and Changes" table to make the switch. If you received your bib in the mail, a quick email to us will do the job too.

Changing Your Shirt Size

Shirt exchanges can be done after the race. Bring your unworn shirt to packet pick-up to make the switch. We do this to ensure everyone gets the size they request; we're mindful of waste and limit over-ordering.

Race Day information

Parking and where to go when you arrive: Ample ramp, surface and street parking is available when you reach downtown, as shown on [this downtown map](#). Please obey ALL parking restrictions and postings.

Start Times

5K start: 7:00 a.m. sharp

10K start: 7:00 a.m. sharp

Half start: 7:00 a.m. sharp

Shuttle Buses – The LAST BUS leaves at 6:35 a.m. SHARP

All runners must take the shuttle to their start area. Runners are bused to the start lines from downtown Stillwater. Shuttles run continuously beginning at 5:40 a.m. and load in Lot #1 (the southern-most lot on the river shown in the downtown map) **Buses are marked for each distance. Check before you board.**

From the Water Street Inn/Packet Pickup, take the paved walkway on the river side of the hotel south two blocks to the bus loading area. You'll walk past the Lift Bridge, past the Stillwater Trolley and across Nelson St. Continue toward the river boats and the buses will be on your right.

The last bus leaves at 6:35 a.m. SHARP to make the 7:00 start.

There will be water, portapotties and bag drop at each start

Bag Drop: At the Starts

- Bags are provided at the remote start locations and are clear, 15" x 18"
- All Bag Drop items must fit in the clear bag provided
- Race bibs have a tear-off tag with your bib number to be used for Bag Drop
- Place the Bag Drop tag **INSIDE** the clear bag so it is **VISIBLE**
- **SECURELY** tie the bag closed
- Your race bib and Bag Drop tag must match to pick up your items
- Bag Drop pick-up begins **no earlier than 7:45 a.m.** to allow for sorting
- Run Stillwater, Inc. is not responsible for lost or damaged items left in Bag Drop

Course Information

Detailed course maps and MapMyRun guidance is available on the website. The course is fully-paved. Please note, the route is well marked and marshal staff and public safety will help guide you, but it is the runner's responsibility to know the route.

Half Marathon: The Half course has six water stops at approximately two-mile increments (2, 4, 6, 8, 10, 12)

10K Race: The 10K course has three water stops

5K Race: The 5K course has one water stop

Download Our Tracking App

New in 2024, Run Stillwater offers race results and tracking using our mobile app available in the [Apple App Store](#) and on [Google Play](#). The app provides live results, allowing participants to see their performance seconds after crossing the finish line. Spectators can track the progress of participants on the course and stay updated via Race Update notifications, interactive course Maps, and real-time Leaderboards. Your name and bib information will be available just before race day. Download it now and get set up before the event.

Finish Information

The finish area is in Lowell Park along the St. Croix River at the foot of the Stillwater Lift Bridge. There is plenty of room for spectators at and around the finish line.

Post-race refreshments, including bottled water, Gatorade, bananas, oranges, and salty snacks. In addition, product samples from Gatorade are available along with massages, etc.

If you're so inclined, the **Water Street Inn offers \$3.00 off breakfast** for runners Saturday morning. Enjoy the race, stay and relax.

Post-Race SHOWERS!

Available after the race at **River Valley Athletic Club** [1826 Northwestern Avenue](#), Stillwater – around the corner from Lift Bridge Brewing's Stillwater taproom! *Bring your own towel and show your bib*, then get out and enjoy Stillwater!

Weather

Runner safety is our number one priority. Saturday is expected to be warm and mostly sunny with just a 6 percent chance of rain in the morning. Sunrise is at 5:52 a.m. with temperatures around 71 degrees at race time.

We have direct contacts with the national weather service in the Twin Cities and area meteorologists to track conditions. You'll find over 40 course marshals and public safety officers stationed around the course to help in good weather and bad. Know your limitations and stay safe.

Plenty of water and Gatorade is available on the course, lots of ice and cold water is stocked at the finish to cool you off. Remember too, we are on a river – a federally protected scenic waterway, to be exact. If you need to cool off, take a dip, but use caution as there is a strong current on the St. Croix River.

Results

Find race results online at [Mtec Results](#). There is a link on the race website to access preliminary results as soon as possible after the event. Results are not finalized until after the race concludes. Please be patient if what you're seeing at first doesn't jive with your watch or the time clock. All will be well in the end! Top three finishers in each 10-yr age group will receive awards via USPS after the race. We will not have an awards ceremony.

Pictures

Pictures can be found along with your race results at [Mtec Results](#), including your video finish. In addition, hundreds of photos are available free on our Facebook page. Download as many as you'd like.

Social Media!

- Our X/Twitter handle is [@RunStillwater](#). Tag your photos with #StCroixCrossingHalf24 and #runstillwater
- Our Facebook page can be found here: [@runstillwater](#)
- Instagram is [@runstillwater](#)

Discover Stillwater This Weekend

There's always a lot going on in Stillwater on a summer weekend.

Historic Stillwater is full of things to do. The Water Street Inn offers runners \$3 off breakfast by showing your bib. Grab some lunch at any one of the many restaurants along Main Street and the river. Get some coffee or ice cream. Stroll Main St. shops and boutiques. Or, find a bench and take in the river.

Saturday evening you'll find **Opera on the River** starting at 7:30 p.m. If you're not into opera, this free event is designed just for you. Really not into opera, you'll find live music around town and plenty of places to relax and enjoy your accomplishments.

Thank you for your participation and best of luck!

Run Stillwater 2024 Staff