



Special Event Information - Ragnar Relay Minnesota

The Ragnar Relay Minnesota is a 200-mile-long distance running relay race proposed to start in Minneapolis and end in Duluth August 7-8, 2026. Runners will experience "Minnesota Nice" on a scenic course that runs north on miles and miles of roads and trails! We anticipate 230 teams comprised of 12 individuals and 2 vehicles ("Ultra" teams have 6 participants and 1 vehicle), therefore we expect about 2,500 participants in total, but only 230 or less runners spread over 30-50 miles of course at any given time. Teams take turns running relay style to complete the course, picking up a runner and dropping off the next runner at each of the 36 exchange points along the course.

Parking/Traffic Flow:

- Ragnar teams start in waves staggered from 5:00 am – 1:00 pm to spread participants along the course, allowing about an 8-10 hour time frame to pass through communities.
- We anticipate less than 300 parking spots during our peak hours for Ragnar vehicles at major exchanges. Throughout most of the race, you can expect only 30-60 vehicles onsite.
- Each team is responsible for providing two support vehicles, with six runners in each vehicle. The first vehicle will drop off the first runner at the start, and then proceed to the first exchange point. At the first exchange, the vehicle will drop off the second runner and pick up the first runner when that runner's leg is complete. Teams will repeat this pattern for six legs until they hand off to their second vehicle. This leapfrogging pattern will continue all the way to the finish line.

Race Personnel Onsite:

- Ragnar will have an exchange manager and volunteers present during the entire race at each exchange point. Additionally, Ragnar staff will be present throughout the event to ensure everything is running smoothly.

Sanitation and Garbage Disposal:

- Ragnar will provide portable toilets at all exchanges.
- Ragnar staff and volunteers will manage all trash clean up. A trash dumpster will be provided to collect team trash and will be removed after the event.

Safety, Emergencies and First Aid

Runner safety is of foremost concern. Before entering the course, teams must go through a safety gear check and training. All runners sign waivers acknowledging that the course includes areas where there may be traffic congestion and that they must obey race rules, which require observance of all applicable traffic rules and regulations.

Runners and community residents can notify Ragnar through the Ragnar Race Command number, 661-RAGNAR-1 (661-724-6271), with any concerns of problems along the course. Medical personnel are at each Major Exchange point, approximately every 25-35 miles of the course. If a runner encounters a first aid issue at a minor exchange, they are to proceed to the closest major exchange to be treated. In the event of an emergency, runners are directed to contact 911 and then notify Ragnar staff.

Volunteers

Exchanges are staffed by a combination of team required volunteers and community groups and charities trained on site by Ragnar Staff. Groups and charities are given a donation for providing volunteers to manage logistics such as parking, exchange chute details, team tracking and general runner directions. Volunteers are released by a staff member once the last runner has come through.

Community Impact

Communities directly benefit economically from money spent by participants for food, lodging and other services. Additionally, Ragnar partners with regionally based charities and groups for each event to encompass an even more positive impact on the local communities.

These overnight relays benefit both participants and the communities where they are presented. Participants have been unfailingly enthusiastic about their experiences and there are always a wide variety of human-interest stories associated with these events. These range from the experienced runner finding special meaning through participation in a running event as a member of a team, to the first-time runner who participates at the urging of a friend and discovers previously unknown abilities and a love for running; to families, businesses, old friends and other groups who enhance their relationships as they individually and collectively test their limits; to teams who simply run for a cause, whether in honor of a deceased friend or relative, or to raise money for local charities or another charity of special importance to the team.

Insurance

We are sanctioned under USA Track and Field. If you would like a Certificate of Liability Insurance for \$1 Million in coverage, we are happy to provide that upon request. Please inform us what entity to have listed on that certificate.

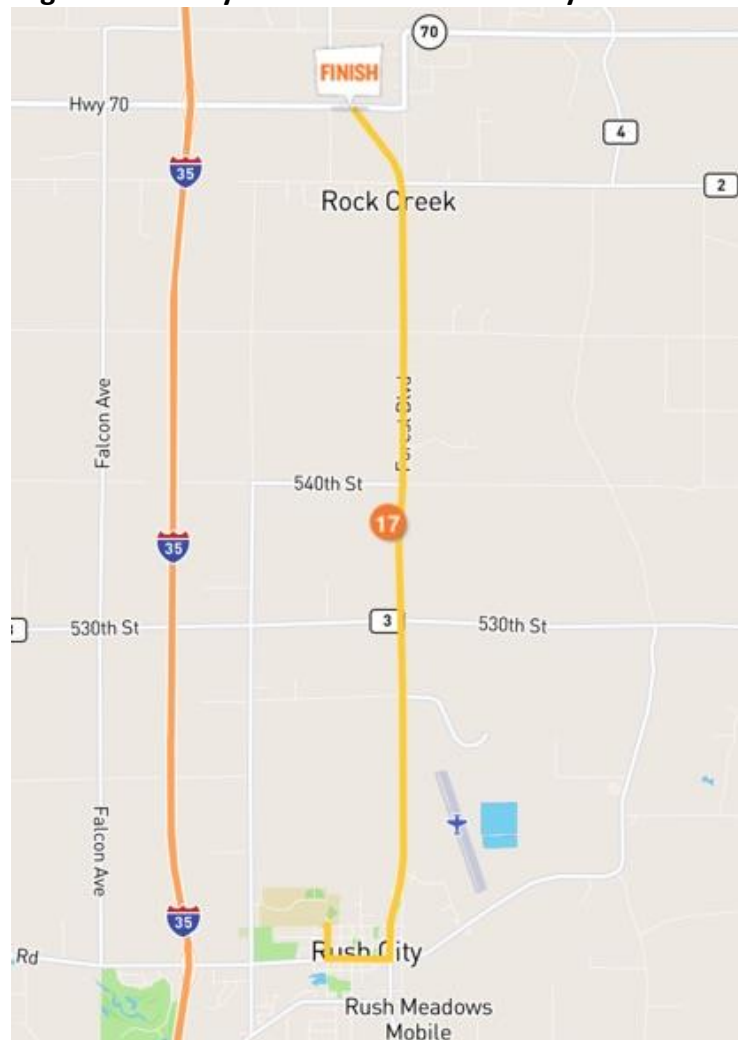
Proposed Route in Pine County

- Neighboring towns and exchange points pending approval.
- 3 ft coroplast directional signs placed on road shoulders and paths away from traffic and pedestrian walkways. Signs are on traffic cones and are placed prior to the race and removed immediately after.

ROUTE MAPS

Interactive maps can be found here: <https://www.runragnar.com/event-detail/relay/minnesota#course>

Leg 17: Rush City School to Rock Creek City Hall



Details: Leg 17

Distance: 6.4 miles

Elevation Gain: 76.73

Elevation Loss: -47.63

Difficulty Level: Hard

Exchange Address:

Rock Creek City Hall
7080 Highway 70
Pine City, MN 55063
(45.7659277778,
-92.9643388889)

Turn by Turn Directions:

Depart Rush City School running south against traffic on Hartle
0.3 Left to run against traffic on 4th St
0.7 Left on Bremer Ave running against traffic
6.4 Arrive at Exchange 17 - Rock Creek City Hall

Van Directions:

Depart Rush City School left onto Fairfield Ave
0.4 Left on 4th St
1.0 Left onto S Bremer Ave
6.5 Right onto Hwy 70
6.6 Arrive at exchange 17 - Rock Creek City Hall

Leg Notes:

Runners will be on highway shoulders for the entirety of this leg. Please be mindful of traffic, obey all traffic laws and practice safe and respectful supporting!

Leg 18: Rock Creek City Hall to Pine County Fairgrounds



Details: Leg 18

Distance: 4.7 miles

Elevation Gain: 98.81

Elevation Loss: -103.59

Difficulty Level: Moderate

Exchange Address:

Pine City Fairgrounds
707 1st Ave NW
Pine City, MN 55063
(45.833027744, -92.970153325)

Turn by Turn Directions:

Depart Rock Creek City Hall running
against traffic on Forest Blvd
4.7 Arrive at Exchange 18 - Pine City
Fairgrounds

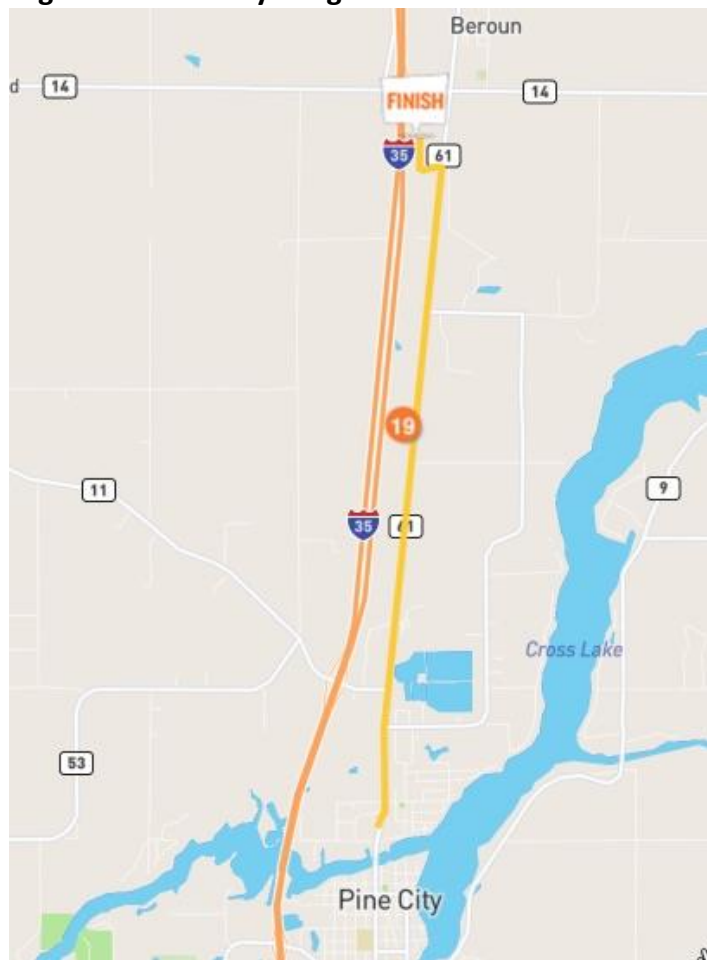
Van Directions:

Depart Rock Creek City Hall left on
Hwy 70
0.1 Right on Forest Blvd
4.7 Arrive at Exchange 18 - Pine City
Fairgrounds

Leg Notes:

Runners will be on highway shoulders
for the entirety of this leg. Please be
mindful of traffic, obey all traffic laws
and practice safe and respectful
supporting!
This leg is not approved for handcycles
or adaptive wheelchairs due to narrow
road shoulders.

Leg 19: Pine County Fairgrounds to PHASE



Details: Leg 19

Distance: 4.8 miles

Elevation Gain: 92.51

Elevation Loss: -66.98

Difficulty Level: Moderate

Exchange Address:

PHASE
23385 Freeway Blvd
Pine City, MN 55063
(45.899425131,
-92.964315656)

Turn by Turn Directions:

Depart Pine Fairgrounds running
north against traffic on Forest Blvd
3.6 Left to run against traffic on
Freeway Blvd
4.8 Arrive at exchange 19 - Pine
Habilitation and Support
Employment

Van Directions:

Depart Pine Fairgrounds left on
Forest Blvd
3.6 Left on Freeway Blvd
4.8 Arrive at Exchange 19 - Pine
Habilitation and Support
Employment

Leg Notes:

Runners will be on highway
shoulders for the entirety of this
leg. Please be mindful of traffic,
obey all traffic laws and practice
safe and respectful supporting!
This leg is not approved for
handcycles or adaptive wheelchairs
due to narrow road shoulders.

Leg 20: PHASE to Tobies Bakery



Details: Leg 20

Distance: 9.9 miles

Elevation Gain: 244.58

Elevation

Difficulty Level: Very Hard

Exchange Address:

Tobie's Bakery
404 Fire Monument Road
Hinckley, MN 55037
(46.010851255, -92.92985633)

Turn by Turn Directions:

Depart Pine Habilitation and Support
Employment running against traffic on
Freeway Blvd

0.4 Left to run against traffic on CR-61
6.0 Right to cross CR-61 and continue
north against traffic
6.3 Right to run against traffic on T-306
7.3 Left to run against traffic on Red Pine
Road
8.3 Right to stay against traffic on CR-133
8.9 Left to stay against traffic on CR-134
9.2 Left to stay against traffic on Old Trail
Road
9.8 Arrive at Exchange 20 - Tobie's Bakery

Van Directions:

Depart Pine Habilitation and Support
Employment left on CR-61
5.6 Continue straight to I-35 on-ramp,
runners will turn right on Hwy 61, do not
follow runners on Hwy 61
5.7 Right to merge onto Interstate 35
North toward Duluth
8.3 Take exit 183 for MN-49 toward
Hinckley
8.5 Right on Monument Road
8.6 Arrive at Exchange 20 - Tobie's Bakery

Leg 21: Tobies Bakery to Sandstone Riders Club



Details: Leg 21

Distance: 8.4 miles

Elevation Gain: 197.01

Elevation Loss: -109.1

Exchange Address:

Sandstone Riders Club
53778 Fir Ln
Sandstone, MN 55072
(46.11949304, -92.924304478)

Turn by Turn Directions:

Depart Tobie's Bakery following signs, use pedestrian walkways to cross Fire Monument Rd and run on the sidewalk with traffic

0.7 Right to run on the sidewalk with traffic on Lawler Ave

1.2 Left to run on the sidewalk with traffic on 2nd St

1.3 Right to run on the Willard Munger State Trail

8.2 Right to run against traffic on Grindstone Lake Rd

8.3 Left to run on the path next to Hwy 61

8.5 Arrive at exchange 21 - Sandstone Riders Club

Van Directions:

Depart Tobie's Bakery left onto Fire Monument Rd and immediately turn right onto Interstate 35 North toward Duluth

Do not follow runner path

8.1 Right to take exit 191 toward Sandstone

8.3 Left on Railroad Ave

10.1 Arrive at exchange 21 - Sandstone Riders Club

Leg 22: Sandstone Riders Club to City of Finlayson



Details: Leg 22

Distance: 6.1 miles

Elevation Gain: 33.82

Elevation Loss: -43.39

Exchange Address:

City of Finlayson Pavilion
Front Street and Finland Avenue
Finlayson, MN 55735
(46.200958315, -92.915850326)

Turn by Turn Directions:

Depart Sandstone Riders Club running south on the path
0.2 Right to cross Hwy 61 and run with traffic on Grindstone Lake Rd
0.3 Right to run on the Willard Munger State Trail
6.1 Arrive at Exchange 22 - City of Finlayson Pavilion
** There will be 2 Ragnar Bike Patrol volunteers on Leg 22 - they will be wearing a safety vest **

Van Directions:

Depart Sandstone Riders Club left on Hwy 61
0.3 Right on Grindstone Lake Rd, Right again on Finlayson Rd
6.2 Right on MN-18
6.7 Arrive at the City of Finlayson. There are several lots designated for support vehicles throughout the city of Finlayson. Follow volunteer directions and respect surrounding neighborhoods.

Leg 23: City of Finlayson to Rutledge City Hall and Community Center



Details: Leg 23

Distance: 5.4 miles

Elevation Gain: 106.18

Exchange Address:

Rutledge Community Center
7360 Main Street
Rutledge, MN 55795
(46.265094656, -92.866363819)

Turn by Turn Directions:

Depart the Finlayson Pavilion running north on the Willard Munger State Trail
1.1 Exit the trail to run against traffic on Scotch Pine Road (leg becomes support at this point)
4.1 Right to run against traffic on Rutledge Road
5.8 Left to run on the Willard Munger State Trail
6.3 Arrive at Exchange 23 - Rutledge Community Center

Leg 24: Rutledge City Hall and Community Center to Willow River Schools



Details: Leg 24

Distance: 4.2 miles

Elevation Gain: 96.16

Elevation Loss: -85

Exchange Address:

Willow River School
8142 Pine Street
Willow River, MN 55795
(46.319494769, -92.838257625)

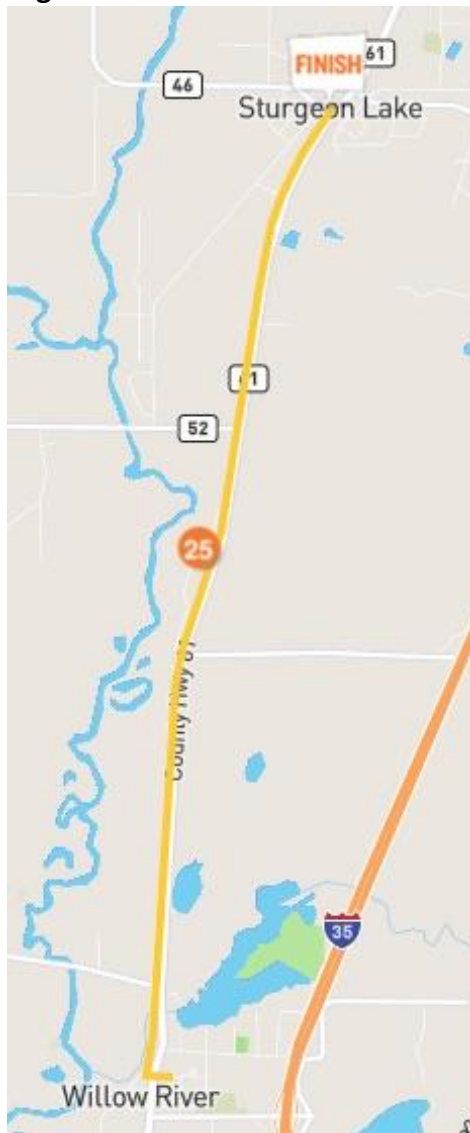
Turn by Turn Directions:

Depart Rutledge Community Center running north on the Willard Munger State Trail
200 ft Right onto Long Lake Road
250 Left to run against traffic on Hwy 61
0.5 Left to run on the Willard Munger State Trail
4.0 Right to run against traffic on Main Street
4.3 Arrive at Exchange 24 - Willow River School

Van Directions:

Depart Rutledge Community Center left on Hwy 61
4.3 Arrive at Exchange 24, Willow River School

Leg 25: Willow River Schools to Sturgeon Lake Trailside



Details: Leg 25

Distance: 4.5 miles

Elevation Gain: 77.8

Elevation Loss: -45.91

Exchange Address:

Sturgeon Lake
8988 Market Street
Sturgeon Lake, MN 55783
(46.381203175, -92.823597672)

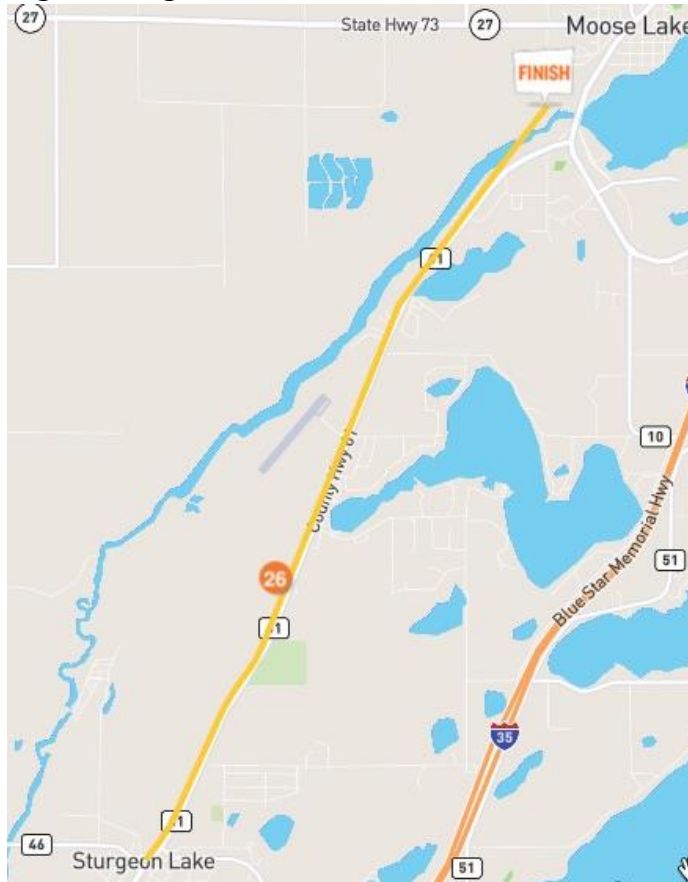
Turn by Turn Directions:

Depart Willow River School running with traffic on Main Street
0.2 Right to run on the Willard Munger State Trail
4.5 Right to exit the trail and run with traffic on Hwy 61
4.4 Arrive at Exchange 25 - Sturgeon Lake

Van Directions:

Depart Willow River School right on Hwy 61
4.4 Arrive at Exchange 25 - Sturgeon Lake

Leg 26: Sturgeon Lake Trailside to Riverside Arena



Details: Leg 26

Distance: 5.2 miles

Elevation Gain: 63.37

Elevation Loss: -77.58

Exchange Address:

Riverside Arena
20 Earl Ellens Drive
Moose Lake, MN 55767
(46.447328079, -92.77250633)

Turn by Turn Directions:

Depart Sturgeon Lake headed north on
the Willard Munger State Trail
5.2 Arrive at exchange 26 - Riverside
Arena

Van Directions:

Depart Sturgeon Lake left on Hwy 61
5.0 Left on Arrowhead Ln
5.2 Left on Earl Ellens Drive
5.3 Arrive at Exchange 26 - Riverside
Arena
Please park in the designated Ragnar
Parking area on the LEFT to allow locals to
use arena parking for the farmers market.