

2020 Wapo/Bear Trap 5K run

Let the show go on...

Since 1983 the Wapogasset Bear Trap Lake Association has held a 4th July run... and this year it will again... for its 38th year!! However, in keeping with the rest of 2020 so far, it will be a little different than in the past... a virtual self-timed event.

So... anytime between Wednesday 1st and Saturday 4th July you can run the 5k course, ALL on the Stower Seven Lakes State Trail (not having the first 1k on 65th street as in the past), then self-report your time before midnight on 4th July. Start from the Deronda trail head's "5k Start/Finish" post, head west towards Dresser, crossing 140th Street cautiously, to touch/kick the "2.5k Turn" post 300m after the Farm Crossing sign and 20m before the trail's 5 Mile post, then return back to Deronda.

Two options are available for reporting your time. Either email your name, time, gender and age as of 4th July 2020 (mike.lyner@gmail.com); or use the "Strava" smartphone app (<https://www.strava.com>) and time yourself with your smartphone or running watch. (After signing up for Strava's "WBT 4th July" club, and running Strava's "Deronda 5k 2020" segment (<https://www.strava.com/segments/24393148>), the app will automatically make your time available.)

Results will be emailed and published online by Noon on Sunday 5th July; and also posted at the Deronda trailhead, with self-service participation medals available for the first 50 runners to show up after 1:00pm on Sunday.

Optional \$5.00 per runner donations would be appreciated; with proceeds split between Lake Wapogasset Bear Trap Association and the Stower Seven Lakes State Trail. (PayPal mike.lyner@gmail.com, or mail checks to Mike Lyner, 1031 Abbott St W, Stillwater MN 55082.)

In keeping with tradition, T-shirts will also be available, but must be pre-ordered, pre-paid, and picked up from Mort's Marina. (More information on this will be coming soon.)

