

# 10,000

## REASONS TO RUN

### MEDTRONIC TWIN CITIES MARATHON 2025

## WEEKEND ITINERARY

FRIDAY  
10.03.25

Today is all about diving into the marathon spirit and getting pumped for race day! From checking in at your hotel to exploring the Health & Fitness Expo, Friday sets the stage for an exciting weekend ahead.

#### MORNING: HOTEL CHECK IN

Settle in and prepare for an unforgettable weekend! Here are some Hotel Recommendations:

- Renaissance Minneapolis Hotel, The Depot
- Residence Inn Minneapolis Downtown
- Aloft Minneapolis
- InterContinental St. Paul - Riverfront
- SpringHill Suites by Marriot St. Paul Downtown
- Raddison Hotel St. Paul Downtown

#### MID MORNING: HEALTH + FITNESS EXPO

Time: 11:00 A.M. - 7:00 P.M.

Location: Saint Paul RiverCentre, Lower Level, 175 West Kellogg Blvd, St. Paul, MN 55102

Details: All participants must attend the Expo to pick up their bib number. Enjoy interactive exhibits, meet elite runners, and explore new training techniques.

The Expo is free and open to the public.

#### LUNCH BREAK

Recharge at a local eatery near the RiverCentre with a delicious meal!

- The Buttered Tin
- The St. Paul Grill
- Green + The Grain
- Loon Cafe
- Afro Deli & Grill
- Cossetta Alimentari
- Headwaters Cafe
- Herbies

#### AFTERNOON: HEALTH + FITNESS EXPO

Use the afternoon to explore more of the Expo and meet fellow runners!

#### EVENING: DINNER

Enjoy a carb-loaded dinner to prepare for tomorrow's activities. Pasta, anyone?

- Bar La Grassa
- Broder's Pasta Bar
- La Grolla
- Mancini's Char House
- Meritage
- Mucci's Italian
- Red Rabbit
- Rosalia

SATURDAY  
10.04.25

Get the whole family moving! Today is all about short races, family fun events, and soaking in the local culture.

#### MORNING: SATURDAY RACES

7:15 A.M.: TC 10K, presented by Dermatology Consultants

- Location: State Capitol Grounds, St. Paul, MN

8:45 A.M.: TC 5K, presented by Fredrikson

- State Capital Grounds, St. Paul, MN

#### BREAKFAST

Enjoy a post-run breakfast at a nearby cafe to refuel!

- Bread and Chocolate
- The Buttered Tin
- Cafe Astoria
- Isle Bun & Coffee
- Dunn Brothers Coffee
- Nina's Coffee Cafe

#### MEDTRONIC TC FAMILY EVENTS: FREE FOR ALL KIDS!

Time: 10:00 AM

Location: Family Activity Area, State Capitol Grounds

- 10:00 A.M.: KARE 11 Family Mile
- 10:30 A.M.: Half Mile, presented by iHeartRadio Minneapolis
- 11:00 A.M.: Mascot Invitational
- 11:15 A.M.: Diaper Dash
- 11:30 A.M.: Toddler Trot

#### LUNCH BREAK

Check out family-friendly lunch spots near the State Capitol Grounds

- Mickey's Diner
- Tiffany Sports Lounge
- Punch Neapolitan Pizza
- Highland Grill
- Cecil's Delicatessen, Bakery, and Restaurant

#### AFTERNOON: HEALTH + FITNESS EXPO

Time: 10:00 A.M. - 6:00 P.M.

Details: Final Chance to visit the Expo for last-minute race preparation and shopping!

#### EVENING: DINNER

Opt for a nutritious meal to fuel up for race day!

- Mill Valley Kitchen
- The Lexington
- La Grolla
- The Monte Carlo
- Moscow on the Hill
- Coalition Restaurant
- Red Cow
- W.A. Frost & Company

#### EVENING ENTERTAINMENT

- 10:00 A.M. - 5:30 P.M.: The Bloody Mary Festival - Twin Cities, Union Depot
- 7:00 P.M.: Parisian Jazz Night: Featuring Alvaro Bermudez & Greg Zelek - Northrop Auditorium
- 7:30 P.M.: A Beautiful Noise: The Neil Diamond Musical, State Theatre - MN

SUNDAY  
10.05.25

It's Race Day - time to shine! The day you've been waiting for is here! Enjoy the exhilarating atmosphere as you run through the beautiful streets of Minneapolis and St. Paul!

#### MORNING: SUNDAY RACES

7:00 A.M.: Medtronic TC 10 Mile

- Location: From Minneapolis to Saint Paul, MN

8:00 A.M.: Medtronic Twin Cities Marathon

- Location: From Minneapolis to Saint Paul, MN

9:30 A.M.: TC Half Marathon for More

- Location: From Nokomis Beach to the MN State Capitol Grounds

#### POST-RACE: CELEBRATION BRUNCH!

Celebrate your achievement with a delicious brunch at a local spot!

- Colossal Cafe
- High Hat
- The Gnome
- Hope Breakfast Bar
- The Freehouse
- Saint Paul Brewing

#### AFTERNOON: RELAXATION + RECOVERY

Spend the afternoon relaxing and recovering. Consider a light stroll around a nearby park.

- Minnehaha Regional Park
- Mississippi National River and Recreation Area
- Hidden Falls Regional Area

#### EVENING: FAREWELL DINNER

Enjoy a farewell dinner with your people. Reflect on the weekend and celebrate your accomplishments!

- Billy Sushi
- Sanjusan
- Meritage
- CoV Edina
- Martina

#### EVENING SHOWS

- 11:00 A.M. - 7:00 P.M.: Can Can Wonderland
- 2:00 P.M.: Star Wars The Empire Strikes Back In Concert: Orchestra Hall - MN
- 6:00 P.M.: Laugh Camp Comedy Club Open Mic
- 7:00 P.M.: The Addams Family, Ordway Music Theater

WE HOPE YOU HAVE AN INCREDIBLE MEDTRONIC TWIN CITIES MARATHON WEEKEND! GOOD LUCK TO ALL RUNNERS. AND ENJOY THE BEAUTIFUL SIGHTS AND VIBRANT ENERGY OF THE TWIN CITIES! DON'T FORGET TO SHARE YOUR #REASONTORUN!