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 & Location: Saint Paul RiverCentre, Lower Level, 175 West Kellogg Blvd, St. Paul, MN 55102. Settle in and prepare for an unforgettable weekend! Here are some tips to make the most of your stay:

**Morning: Hotel Check in**
- Renaissance Minneapolis Hotel
- The Depot
- Residence Inn Minneapolis Downtown at The Depot

**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.*

**Breakfast**
- Enjoy a post-run breakfast at a nearby cafe to refuel!
  - Cafe Astoria
  - Nina's Coffee Cafe
  - Black Dog Coffee
  - The Buttered Tin

**Medtronic TC Family Events: Free for all Kids!**
*Time: 8:00 A.M. - 12:00 P.M.*
*Location: Family Activity Area, State Capital Grounds*
- 10.04.24
  - 8:45 A.M.: TC 5K, presented by Fredrikson
  - 7:15 A.M.: TC 10K, presented by Dermatology Consultants
  - 7:00 A.M.: TC 10 Mile
  - 7:15 A.M.: TC 10K, presented by Dermatology Consultants
- 10.05.24
  - 7:00 A.M.: Medtronic TC 10 Mile
  - 10:30 A.M.: Half Mile, presented by iHeartRadio Minneapolis
  - 10:00 A.M.: KARE 11 Family Mile
  - 11:00 A.M.: Toddler Trot
  - 11:15 A.M.: Diaper Dash
  - 10:30 A.M.: NEW TC Half Marathon
  - 8:00 A.M.: Medtronic Twin Cities Marathon
  - 7:30 A.M. - 6:00 P.M.: The Bloody Mary Festival - Twin Cities, Union Depot
  - 6:30 P.M.: TC Loony Challenge, Join a Charity Team, or Run Virtually!

**Lunch Break**
- Recharge at a local eatery near the RiverCentre with a delicious meal!
  - The Butted Tin
  - Saint Dinette
  - Green + The Grain
  - Rosalia
  - Mancini's Char House
  - Buca di Beppo
  - Bar La Grassa
  - Broder's Pasta Bar
  - Mancini's Char House
  - Buca di Beppo
  - Rosalia

**Afternoon: Health & Fitness Expo**
*Time: 11:00 A.M. - 6:00 P.M.*
*Details: Final Chance to visit the Expo for last-minute race preparation and shopping.*

**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 group. Reflect on the weekend and celebrate your accomplishments!
  - Billy Sushi
  - Meritage
  - Alma

**Evening Shows**
- 7:00 P.M.: Minnesota Orchestra: Star Wars - A New Hope in Concert, Orchestra Hall
- 7:30 P.M.: Kit Downes: “Southern Bodies” with Bill Frisell and Musicians of the Saint Paul Chamber Orchestra, Northrop Auditorium
- 7:30 P.M.: Zoltan Kaszas, Rick Bronson’s House of Comedy - MN

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!