

Medtronic
**TWIN CITIES
MARATHON**
TWIN CITIES IN MOTION



**2025 GROUP
VOLUNTEER PROGRAM**

ABOUT TWIN CITIES IN MOTION

Our Vision: A community that engages each other through movement, making for a healthier society both socially and physically.

Our Mission: TCM exists to ignite everyone's inner athlete, providing the best-in-class experience events for everyone regardless of ability, age, or background.

Our Purpose: To provide event platforms for everyone to experience the love of moving whether they are a participant, supporter, spectator, or the community at large. We do so by removing barriers to participation, supporting the running community specifically today, and partnering with other nonprofits to help them advance their causes.

Since 1982, Twin Cities In Motion has organized the region's premier running events, including the Medtronic Twin Cities Marathon, a Top 10 U.S. Marathon.

TCM is a 501(c)3 nonprofit organization. We are proud to give back to our community by providing financial support to local youth as well as professional athletes. Collectively, TCM and its charity partners that fundraise at TCM events give back more than \$1 million annually to a variety of causes.

GROUP VOLUNTEER PROGRAM INFORMATION

TCM needs nearly 4,000 volunteers to produce the Medtronic Twin Cities Marathon Weekend of events and more than 1,000 additional volunteers for year-round opportunities. We are a volunteer driven organization and are thankful to those who have been involved over the years. We want everyone to have an enjoyable time at our events and volunteers are instrumental in this process. Volunteering as a group is an excellent opportunity for companies to engage their employees and families in an exciting team-building activity. It's a fun way for school groups, corporations, and other organizations to have a good time and support the Twin Cities community!

APPLYING TO BE A VOLUNTEER GROUP

To apply for the Group Volunteer Program, you must:

1. Read through the Group Volunteer Program Packet.
2. Complete the Group Volunteer Program Application Form. Indicate which areas your group would be interested in participating in and an estimated number of volunteers (pages 4-6). Note: if you are not able to complete the form in full but know you would like to participate as a group, email volunteer@tcmevents.org to start the process.
3. Send completed forms to Kelli Haapala, Senior Volunteers Manager, at volunteer@tcmevents.org.
4. If you are interested in group fundraising opportunities, contact volunteer@tcmevents.org.

Please note volunteer positions are given on a first-come, first-served basis.

MEDTRONIC TWIN CITIES MARATHON WEEKEND GROUP OPPORTUNITIES

Health & Fitness Expo (Friday & Saturday)

With over 42,000 attendees, the Health & Fitness Expo kicks off Medtronic Twin Cities Marathon Weekend at the Saint Paul RiverCentre. Groups are a perfect fit to help with packet pick up, helping participants to get their race packets the days before the races. Group volunteer shifts range from 3-6 hours.

Saturday Events

On Saturday, the TC 10K, presented by Dermatology Consultants, TC 5K, presented by Fredrikson and Medtronic TC Family Events take over the State Capitol grounds for a day of fun for the whole family! From the Diaper Dash to the

10K, volunteers are utilized to help with all areas of the day's races. Groups of all sizes are encouraged to get involved in this great day of events. Things move quickly on Saturday, so groups and individuals sign up for a shift in which they may be assigned to multiple tasks on race day, which makes for a great variety. Group volunteer shifts range from 4-6 hours.

Start Line (Sunday)

We have many opportunities for groups at both the start line of the Medtronic Twin Cities Marathon and Medtronic TC 10 Mile. If you're a morning person, this is the ideal task for you! Better yet, if you'd like to see the finish line of the race, being a start line volunteer allows your group to spectate and cheer for participants at the finish line once your shift is done! Group volunteer shifts range from 3-4 hours.

Fluid Station (Sunday)

There are 14 fluid stations and one energy station along the Medtronic Twin Cities Marathon and Medtronic TC 10 Mile courses, each utilizing approximately 100 volunteers. Groups of all sizes are used to fulfill each fluid station's volunteer needs. Fluid stations are ideal for large groups, with early morning shifts that are approx. 4 hours (larger donations available for some positions with longer durations). Shift time is dependent on course placement.

Volunteers assist with fluid station setup and cleanup, mixing electrolytes, and handing out water and electrolytes to participants. We take participant hydration seriously, so it is important that volunteers are willing to work quickly and efficiently under the direction of the Fluid Station Captain (provided and trained by TCM). We also take fun seriously and we want our volunteers to have a good time, cheering on participants and encouraging them as they go by! **Please note:** Age restrictions may apply for specific volunteer tasks.

Course Marshal (Sunday)

Course marshals are vital to our races. They not only monitor intersections to ensure participant safety along the course, but they have the best view of the race to CHEER on participants. This is ideal for groups who would enjoy being spread out throughout the course. This position involves individuals monitoring intersections; however, it is a fun and unique opportunity for groups to work a series of intersections in a row. **Please note:** For safety reasons, volunteers in this position under the age of 18 must be accompanied by an adult. Group volunteer shifts range from 3-9 hours, depending on course placement.

Clean Up Crew and/or Green Team (Sunday)

As a part of our commitment to the Twin Cities community, it has always been our goal to leave the areas cleaner than when we started. We utilize groups to help with cleanup in all areas of the race – from start to finish and everything in between. Group volunteer shifts range from 4-5 hours.

Finish Line (Sunday)

The finish line area is a fun way for groups to be a part of the excitement in the post-race finish line area. From handing out food to returning gear check bags, there are positions available for groups of all sizes! Group volunteer shifts range from 6-9 hours.

From the two-day Health & Fitness Expo to the Medtronic TC Family Events to Sunday volunteer activities, there's something for everyone. If you are interested in volunteering as a group in an area not covered above, email volunteer@tcmevents.org.

POTENTIAL VOLUNTEER ACTIVITIES THROUGHOUT THE YEAR

For our other events throughout the year, groups mainly volunteer at the start/finish line and along the course. At the start/finish line, key areas include packet pick up, gear check, green team, and finish line food & medal disbursement. Occasionally, we have projects at our office and in our warehouse that we need assistance with, in addition to the events. Please note age restrictions may apply for specific volunteer tasks.

WEBSITE PRESENCE

As a way of saying THANK YOU to our great volunteer groups and to celebrate your hard work, we highlight our groups on our website! To see last year's groups, visit our website: <https://www.tcmevents.org/volunteer>

REGISTRATION PROCEDURES

Registration for groups is simple. If applicable, we will create a unique password for your group and either the group leader or the individuals volunteering in the group will follow the step-by-step instructions provided by TCM to get all the volunteers in the group registered, accounted for, and assigned their duties.

SCREENSHOT OF LOCATION FOR UNIQUE PASSWORD ABOVE

GROUP VOLUNTEER FUNDRAISING PROGRAM

As a nonprofit organization, TCM has a strong commitment to the Twin Cities community. One of the many ways in which we give back is through our Group Volunteer Fundraising Program. While our groups volunteer to give back to the community, promote comradery among teams, and gain volunteer hours, we recognize that volunteering can also be a great way to raise funds. Each year, TCM gives a select number of groups fundraising dollars for their volunteer hours. To learn more about the Group Volunteer Fundraising Program, please contact volunteer@tcmevents.org.

Please note, to earn funds, groups must be enrolled in the program and have filled out the Group Volunteer Fundraising Agreement. Additionally, funds are allocated on a first-come, first-serve basis.



TWIN CITIES IN MOTION | GROUP VOLUNTEER PROGRAM APPLICATION 2025

Please complete the following information. A Twin Cities In Motion (TCM) staff member will notify you of your acceptance as a volunteer group and will send registration instructions and a volunteer group waiver. The TCM Senior Volunteers Manager will then work with the group leader to coordinate your volunteer shift and duties. TCM will work to the best of our abilities to match groups with their desired positions.

ORGANIZATION INFORMATION

Organization/Group Name: _____

Primary Contact: _____ Title: _____

Organization Address: _____

City: _____ State: _____ Zip: _____

Business Phone Number: _____ Cell Phone Number: _____

Email Address: _____ Estimated Number of Volunteers in Group: _____

Will the primary contact be on site race day? YES or NO (circle one) If not, please provide contact information below.

Race Day Contact: _____ Cell Phone Number: _____

Has your group volunteered with TCM before? YES or NO (circle one) If so, where and when?

Opportunities (check events and areas of interest):

Medtronic Twin Cities Marathon Weekend (Friday, October 3 – Sunday, October 5, 2025). Various shift times (approx. timeframes listed within packet)

- Health & Fitness Expo (Friday & Saturday)
- Saturday Events
- Start Line – Marathon & 10 Mile (Sunday)
- Start Line – Half Marathon (Sunday)
- Fluid Station (Sunday)
- Course Marshal (Sunday)
- Finish Line (Sunday)
- Clean Up Crew and/or Green Team (Sunday)
- No preference

Hot Dash 5K & 10K, presented by Summit Brewing Co. (Saturday, March 22, 2025)

- Packet Pickup/Registration/Start Area
- Gear Check
- Course Marshal
- Fluid Station
- Green Team

- Finish Area*
- No preference*

Get In Gear (Saturday, April 26, 2025)

- Packet Pickup/Registration/Start Area*
- Start Line – Half Marathon*
- Gear Check*
- Course Marshal*
- Fluid Station*
- Green Team*
- Finish Area*
- No preference*

PNC Women Run the Cities, presented by TRIA (Saturday, May 17, 2025)

- Packet Pickup/Registration/Start Area*
- Gear Check*
- Course Marshal*
- Fluid Station*
- Green Team*
- Finish Area*
- No preference*

Turkey Day 5K (Thursday, November 27, 2025)

- Pre Race Day Packet Pickup/Registration*
- Race Day Packet Pickup/Registration*
- Start Area*
- Gear Check*
- Course Marshal*
- Green Team*
- Finish Area*
- No preference*

INFORMATION TO BE LISTED ON TCM GROUP VOLUNTEER WEBSITE

Organization Name: _____

Tell us why you volunteer for TCM (150 words or less): _____

***Would your group like to earn fundraising dollars for the opportunities indicated in your application?
YES or NO (circle one)***

Is your organization a nonprofit? **YES or NO** (circle one)

If your organization is not designated as a nonprofit, and you wish to fundraise, will the proceeds be going to a nonprofit? **YES or NO** (circle one)

Please provide details regarding the organization you will be supporting:

Please note that donation eligible positions are awarded on a first-come, first-serve basis and are only available to nonprofit groups. Additional paperwork is also required for Fundraising Groups.

Applications should be submitted via email to volunteer@tcmevents.org

Questions? Contact Kelli Haapala volunteer@tcmevents.org