

RED, WHITE & BOOM!

TC HALF MARATHON, RELAY & 5K | JULY 4TH, 2017



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& BOOM!**
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RELAY & 5K

EVENT DETAILS

Please review this guide for complete race day details. A pre-race email will be sent with race number assignments and a link to this information, which will continue to be updated with changes until the event. Updated: 6/27/17

LOCATION AND TIME

The Red, White & Boom! TC Half Marathon and relay begin at 6:30 a.m. on July 4th on West River Parkway. The 5K starts at 6:50 a.m. on Main Street NE.

[Directions to Race Area](#)

TCM is not permitted to use speakers to make announcements or play music before 8 a.m. (after races start). Race officials will be located throughout the Registration/Package Pick Up area to direct runners to the start lines. Please plan to arrive well in advance so you have enough time to park and get to the start line.

SWEATS CHECK

A secure sweats check will be available for participants to check personal items for the duration of the event starting at 5:30 a.m. Sweats check will be located near the registration area. A sweats check will also be available at the relay transition area. Clear, plastic bags will be provided; personal bags will not be accepted. Pin the sweats check tag from your race number onto the plastic bag. You must have your race number to pick up your bag. Bags must be picked up by 10:30 a.m. WE DISCOURAGE RUNNERS AND SPECTATORS FROM CARRYING BACKPACKS, DUFFLE BAGS OR NON-TRANSPARENT BAGS. DO NOT LEAVE BAGS UNATTENDED AT ANY TIME ON RACE DAY.

RACE START

- Begin making your way to the start line at least 20 minutes prior to the start of the race. **The half marathon start line is .5 miles (a half mile)** from Registration/Package Pick Up area across the Stone Arch Bridge. The 5K start line is .3 miles north of Registration/Package Pick Up area. Be in the start area at least 15 minutes prior to the start of the race.
- Pre-race toilets will be located near the start lines, not in the Registration/Package Pick Up area. Respect property. Any disrespect of private or public property could result in disqualification.
- We will have pace signs to help you line up properly in the start corral - faster runners in front, slower runners in back - so all runners have a safe and enjoyable race experience.
- Participants must begin the event during the official recognized starting times. Those arriving after the main group of participants have crossed the start line will not receive an official time and may not be allowed on the course as a recognized event participant due to course and permit restrictions.
- All race numbers must be visible and worn on the FRONT and OUTSIDE of all clothing during the entire race. Do not BEND or alter your race number in any way; your timing chip is attached to the back of your race bib. If you start the race with an extra "throw away" shirt, be prepared to show your race number when asked by race officials. Race numbers and chips are non-transferable and non-refundable and must be worn by only the participant to whom it is assigned.

Gun Time: The time elapsed between the official start and the point in time that you cross the finish line.

Chip Time: Net time of the actual time elapsed from the point that you cross the start line to the point that you cross the finish line. Chip or net times are often used for qualifying purposes in race which have established qualifying times. All awards are based on gun time.



TWIN CITIES IN MOTION

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COURSE TIME LIMIT

The half marathon finish line remains open until 10 a.m. assuming a 6:30 a.m. start. The city permits issued to TCM do not permit the roads to remain closed beyond this limit. No race services including medical, aid stations, or traffic control are available beyond this pace. Participants must cross the finish line by 10 a.m. in order to be considered "official finishers". The race course is re-opened to traffic on a rolling schedule as participants make their way to the finish. Participants unable to maintain the 16-minutes-per-mile pace may board a course closing vehicle or move to the sidewalk.

FLUID STATIONS

Water, Mountain Blast flavored POWERADE Ion4 sports drink, and toilets are available at, approximately, miles 2.5 (water only), 5, 7.5, 9.75, and 11.5 on the half marathon course. Water and POWERADE will be available at mile 1.5 on the 5K course. Please note that Fluid Station locations are subject to change. POWERADE will be located on the first tables and water will be available on the later tables.

MEDICAL AID

Medical Aid stations will coincide with Fluid Stations. An emergency vehicle will be on stand-by at the finish line for anyone requiring emergency medical attention and/or transport.

Please fill out the medical form on the back of your bib and also on [RaceSafe](#), our online provider. This short, easy online medical form takes about 5 minutes to submit, and it will help us to help you if anything happens to you on the course.

COURSE SAFETY

- For your safety and for the safety of others, absolutely NO automobiles, pacers, bicycles, skates or pets are allowed on the course. Strollers/baby joggers will be allowed in the 5K with the understanding that all individuals on the course must be registered participants (including children in strollers). The individual pushing the stroller agrees to begin the race at the back of the corral and move through the course in a non-competitive manner, yielding to all other participants.
- Please be respectful and only participate in the distance you registered for; our course supplies have been measured according to these numbers.

Buying/Selling/Transferring Race Numbers: TCM does not allow the selling or trading of race numbers after race numbers are assigned and will take necessary action to prevent these transactions. If race officials become aware of an individual involved in the buying or selling of an official race number, the individuals involved may be banned from participating in future TCM events.

RACE DAY CANCELLATION POLICY

It is the primary goal of TCM to ensure a safe event for all involved. We will not expose participants or the community as a whole to undue risk as a result of staging our event. While we recognize the aspirations and commitment of those who have entered the race, we will make decisions about the race based on the participant population as a whole. Furthermore, if the community resources are threatened, we will act to protect them from unnecessary stress.

Read the complete rules of competition at tcmevents.org/rules-competition.



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