



# TC 5K

PRESENTED BY FREDRIKSON & BYRON | SATURDAY, OCTOBER 6, 2018

## EVENT DETAILS

Please review the course map online and this guide for complete race day details. A pre-race email will be sent with race number assignments.

## GEAR CHECK

Secure gear checks will be available for participants to check personal items for the duration of the event. A gear check is located near the registration and packet pick up area. See course map.

Please take note of the following gear check information:

- Gear check opens at 6:30 a.m.
- Gear check closes at 11:45 a.m.
- Clear, plastic bags will be provided at packet pick up and gear check
- Tie bag securely shut, do not check valuables
- **Personal bags will not be accepted**
- Attach the gear check tag from your race number onto the plastic bag so it is visible
- You must have your race number to pick up your bag

DO NOT LEAVE BAGS UNATTENDED ON RACE DAY.

## COURSE TIME LIMIT

Participants may walk or run at a comfortable pace. Participants must be able to maintain a 25-minutes-per-mile pace. The City of Saint Paul permits issued to TCM do not allow the roads to remain closed to traffic beyond this limit.

Participants unable to maintain the pace may be asked to board the course vehicle or move to the sidewalk. No race services including medical, aid stations, or traffic control are available beyond this pace.

## RACE START

- Begin making your way to the start line 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. Trees, shrubs and buildings are there for viewing only. 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.
- Twin Cities In Motion's Saturday Events allows registered participants to take part in the 5K with a stroller. Strollers are not permitted in the TC 10K. For security and safety purposes, all persons with a stroller or baby jogger in the TC 5K must be able to maintain a 25-minute-per-mile pace and agree to the guidelines listed in registration for participation with a stroller.

**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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## CLOCKS AND TIMING

TCM uses a computerized timing device to score the race. It is a single-use chip that is affixed to the back of your bib, enabling participants to receive net and other split times. Chips will already be affixed to your race number and must be tested at packet pick up to ensure accuracy. Do not alter your race number or bend the foam timing device in any way.

Digital clocks will be located at mile 1 and at the finish line.

## FLUID STATIONS

Water, Lemon-Lime Endurance Formula Gatorade and toilets are available at mile 1.2 and at the finish line. Fluid station locations are subject to change. Electrolytes will be located on the first tables and water will be available on the later tables at stations where both fluids are offered.

## MEDICAL AID

Medical support will be available on various points on the course and an emergency vehicle will be on stand-by at the finish line for anyone requiring emergency medical attention and/or transport. **In a medical emergency, dial 911.**

Please fill out the medical form on the back of your bib in permanent ink 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 CERTIFICATION

The course is certified and sanctioned by USA Track & Field. TCM encourages, but does not require, USATF membership. [USATF](#) membership can be obtained at the USA Track & Field website.

## COURSE SAFETY

- For your safety and for the safety of others, absolutely NO automobiles, pacers, bicycles, skates or pets are allowed on the course.
- Please be respectful and only participate in the distance you registered for; our course supplies have been measured according to these numbers.
- Do NOT gather in the finish chute, so that others behind you may safely finish. After you cross the finish line, please proceed forward to collect your medal, post-race food, and exit the finish chute. Plan a meeting area with friends and family OUTSIDE the finish area.

Buying/Selling/Transferring Race Numbers: TCM does not allow the selling or trading of race numbers 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.

Visit [tcmevents.org/rules-competition](http://tcmevents.org/rules-competition) for complete rules of competition.



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