



VALENTINE'S DAY TC 5K

PRESENTED BY MINNEAPOLIS HEART INSTITUTE FOUNDATION



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DOWNLOAD OUR APP!

For access to this document, course maps, selfie frames, results, and more, download the FREE Twin Cities In Motion App, presented by Medtronic, in your app store.

Updated: 1/30/2019



TWIN CITIES IN MOTION



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TRANSPORTATION AND PARKING

Be sure to allow plenty of time (45 minutes to an hour) between arrival and start time to walk to the packet pick up area, use toilets, check your gear, line up in the start corral, and prepare for the event.

We strongly encourage carpooling, biking or using public transportation. Metro Transit Bus Route 22H, from the 38th Street Blue Line Station, makes a stop at 28th Ave S. & 49th St. E, about a 15-minute walk from the packet pick up area.

The DROP OFF/PICK UP ZONE is located in the parking lot on E. Minnehaha Parkway, between Cedar Ave. & 22nd Ave S. Participants may be dropped here and can walk to the packet pick up area. Vehicles and pedestrians in drop-off zone should use caution entering and exiting this area. Watch for icy spots!

Limited parking is available in the neighborhoods around Lake Nokomis. Cedar Av.e allows for parking on both sides of the street north of E. 52nd St. Please be cautious of areas with no parking and be aware of snow emergency restrictions and traffic conditions in the city of Minneapolis. Parking will **not** be available on Lake Nokomis Parkway, at the community center, or in the Lake Nokomis Main Beach parking lot.

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GEAR CHECK

Participants may place their gear and other items in the clear, plastic race bag provided at gear check, marked with a flag and located on the north corner of the race festival parking lot. Please take note of the following details related to this free, race day service:

- **Personal bags will not be accepted,**
 - Clear, plastic bags will be available at packet pick up and on race day.
- Do NOT leave bags unattended on race day at any time
- Affix the gear check tag from race bib to front of clear, plastic bag
- Tie bags securely shut before dropping at designated gear check drop zone
- Do not check valuables, Twin Cities In Motion is not responsible for lost or stolen items
- Gear check opens at 9 a.m.
- Gear check closes at 11:30 a.m.

We discourage runners and spectators from carrying non-transparent bags.

TIMING AND RESULTS

Only the 5K will be timed. Clocks will be placed on the 5K course at mile 1 and the finish line. Mile markers will be posted at each mile. The race is timed using a timing device attached to your race bib. Do not fold the timing device. Results will be available online and the Twin Cities In Motion App, presented by Medtronic following the event.

Gun Time: The time elapsed between the official start and the 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 races which have established qualifying times. All awards are based on gun time.

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RACE START

- The corral entrance for the 5K start is about an 8-minute walk from the race festival. Make your way to the start line at least 15 minutes prior to the start of the race. Be in the start area 5-10 minutes prior to the start of the race.
- Look for pace signs to help you line up properly in the start corral - faster paces in front and walkers and strollers in back - so all participants have a safe and enjoyable experience. (see "Stroller Policy")
- Toilets will be located in the Race Festival area in the Lake Nokomis Main Beach parking lot on the west side of Lake Nokomis.
- Respect property. Any disrespect of private or public property could result in disqualification.
- 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 of your outermost layer of 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. Race numbers and chips are non-transferable and non-refundable and must be worn by only the participant to whom it is assigned.

STROLLER POLICY

Strollers which display an assigned "Stroller Bib" on the outside of the stroller are permitted on the Valentine's Day TC 5K and in the 1 mile courses. For security and safety purposes, all persons with a stroller or baby jogger in the Valentine's Day TC 5K must be able to maintain a 20-minute-per-mile pace and agree to the guidelines listed in registration for participation with a stroller.

If you did not pick up a stroller bib at packet pick up, you may sign the waiver and pick one up in the packet pick up area on race day.

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TWIN CITIES IN MOTION



VALENTINE'S DAY TCM 5K

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COURSE SAFETY

TCM uses a color-coded Event Alert System (EAS) to communicate the status of course conditions to participants leading up to and on race day. EAS flags will be positioned at packet pick up and at the start lines. Please familiarize yourself with the EAS flag color indicators, prepare properly for varying weather conditions and remain alert for instruction from event officials in the case of changing conditions.

- Before the event, complete the emergency contact and medical information form on the back of your race bib. This short, easy medical form takes about 5 minutes to complete and it will help us to help you if anything happens to you during the event.
- For your safety and for the safety of others, absolutely NO automobiles, pacers, bicycles, skates or pets are allowed on the course.
- The 1 mile walk course is on paths open to the public. Please be aware of and alert for pedestrians, bikers, joggers, or walkers.
- Watch for slick spots on the paths. Beware of icy road and path conditions and use caution in areas that are not clear of ice and snow.
- Walkers: when joining runners on Lake Nokomis Parkway in the final stretch of your distance, please stay on the right side of Lake Nokomis Parkway.
- Buying/Selling/Transferring Race Numbers: For participant safety, participants must wear the race bib they are assigned at packet pick up. Selling, trading, or giving a race number is strictly prohibited. TCM staff will take necessary action to prevent these transactions. If race officials become aware of an individual involved in the compromise of an official race number, the individuals involved may be banned from participating in future TCM events.

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COURSE TIME LIMIT

The finish line will remain open based on a 20-minutes-per-mile pace from the last participant to cross the start line, assuming a 10 a.m. start. The city permits issued to TCM do not permit the roads to remain closed beyond this limit. The 5K course is re-opened to traffic on a rolling schedule as participants make their way to the finish. Participants must be able to maintain a 20-minutes-per-mile pace throughout the race due to course limits.

Participants unable to maintain this pace may be asked to move to the sidewalk. No race services including medical, participant food, or traffic control are available beyond this pace.

MEDICAL AID

There will be no medical station on course, but medical professionals will be stationed in the Race Festival and at the finish line for anyone requiring emergency medical attention or transportation. The medical tent will be located in the Main Beach Parking lot, adjacent to the finish line.

Please fill out the medical form on the back of your race bib in permanent ink. This short, easy medical form takes about 5 minutes to complete and it will help us to help you if anything happens to you during the event.

NO COURSE FLUIDS

There will not be a fluid station on course, but water, toilets, and medical support are available before and after the event in the Race Festival.

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RACE FESTIVAL

The race festival is free and open to the public from 9 a.m. – 12 p.m.. Participants, friends, and family are welcome and invited to explore the festival area, located in the Lake Nokomis Main Beach parking lot (no parking available).

Bring a valid, 21+ photo ID to sample one of the alcoholic beverages. Alcoholic beverages will NOT be allowed outside the race festival area.

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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