SPECTATOR’S GUIDE

Download our Medtronic Twin Cities Marathon App for tracking, course maps, and more! (see p. 15)
FRIDAY, SEPTEMBER 29

HEALTH AND FITNESS EXPO
11:00 a.m. - 8:00 p.m.
Saint Paul RiverCentre

NEWS CONFERENCE
12:30 - 2:00 p.m.
Saint Paul RiverCentre
Professional Marathon and 10 Mile Athletes and Faces in the Crowd

EXPO SEMINARS*
12:30 - 6:00 p.m.
Saint Paul RiverCentre

SUNDAY, OCTOBER 1

WORSHIP SERVICE
6:30 a.m.
Hope Community Church
Downtown Minneapolis
Hosted by Team World Vision

MEDTRONIC TC 10 MILE
7:00 a.m. Start
(approx. 6:54 a.m. USATF
Championship Women)
Downtown Minneapolis
to the State Capitol
The Shortcut to the Capitol®

MEDTRONIC TWIN CITIES MARATHON
8:00 a.m. Start
(approx. 7:55 a.m. Wheelers)
Downtown Minneapolis
to the State Capitol
The Most Beautiful Urban Marathon in America®

GMC FINISH LINE A PRO 27TH MILE
8:30 a.m. - 2:30 p.m.
State Capitol grounds
in Saint Paul
Participants meet their friends and family beyond the finish

EVENTS SCHEDULE

EVENT TIME LOCATION
HEALTH AND FITNESS EXPO 11:00 a.m. - 8:00 p.m. Saint Paul RiverCentre
NEWS CONFERENCE 12:30 - 2:00 p.m. Saint Paul RiverCentre
EXPO SEMINARS* 12:30 - 6:00 p.m. Saint Paul RiverCentre

SUNDAY, SEPTEMBER 30

TC 10K, TC 5K AND MEDTRONIC TC FAMILY EVENTS
State Capitol grounds

TC 10K
7:15 a.m.
Presented by Fredrikson & Byron

TC 5K
9:00 a.m.
Presented by Medica

KARE 11 Family Mile
10:00 a.m.
Presented by Minnesota Ironman

Half Mile
10:30 a.m.
Presented by KS95

Harry & Shelly's Mascot Invitational
11:00 a.m.
Diaper Dash
11:15 a.m.
Presented by Pioneer Press

Toddler Trot
11:30 a.m.

GMC Finish Like a Pro 27th Mile & Family Activity tent
8:00 a.m. - 12:00 p.m.

HEALTH AND FITNESS EXPO
10:00 a.m. - 7:00 p.m.
Saint Paul RiverCentre
(Packet pick up open until 8:00 p.m.)

EXPO SEMINARS*
1:00 p.m. - 4:00 p.m.
Saint Paul RiverCentre

RIVERCENTRE — FRIDAY AND SATURDAY

HEALTH AND FITNESS EXPO
Saint Paul RiverCentre
Lower level
175 West Kellogg Blvd.
Saint Paul
Friday, September 29,
11:00 a.m. - 8:00 p.m.
Saturday, September 30,
10:00 a.m. - 7:00 p.m.
(Packet pick up open until 8:00 p.m.)

Registration and packet pick up for the TC 10K, TC 5K and Medtronic TC Family Events will be at the Expo on Friday and at the State Capitol grounds on Saturday. Packet pick up for the marathon and 10 mile will be at the Expo Friday and Saturday.

EXPO SEMINARS
Plan your visit around our free lineup of presenters, including: Mindful Running author MacKenzie Lobby-Havey, Sarah Bowen Shea & Dimity McDowell of Another Mother Runner and Mayo Clinic health & training experts. Also grab some last minute tips from Mike Hendrickson, our First-Time Marathoner Panel, and the Virtual Course Tours. All presentations will feature the opportunity to win great prizes!

MERCHEandise
Stock up on exclusive marathon and 10 mile Brooks® technical gear, posters, apparel, novelty items and more.

100+ VENDORS
Visit exciting exhibits, find great bargains on fitness and running gear, and get the latest information on exercise technology and nutrition.

For a complete listing of weekend events, visit tcmevents.org.
SATURDAY EVENTS

TC 10K, TC 5K AND MEDTRONIC TC FAMILY EVENTS

STATE CAPITOL GROUNDS

You don’t have to run a marathon to be part of race weekend! Saturday Events offer something for everyone. Come and join the fun on Saturday (race-day registration is available if space allows), and then cheer on friends and family on Sunday.

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td>6:15 a.m.</td>
<td>Packet Pick Up/Registration begins</td>
</tr>
<tr>
<td>7:15 a.m.</td>
<td>TC 10K</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>TC 5K  (Presented by Fredrikson &amp; Byron)</td>
</tr>
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<td>Diaper Dash (Presented by Pioneer Press)</td>
</tr>
<tr>
<td>11:30 a.m.</td>
<td>Toddler Trot</td>
</tr>
</tbody>
</table>

SPECTATORS CAN WATCH the 10K and 5K from anywhere on the course — up the hill past the Cathedral, along Summit and Selby Avenues and back down toward the State Capitol. Cheer from the Medtronic Grandstand at the finish line (the grandstand is free and open to the public).

PLAN TO VISIT the free Family Activity tent while you are on the grounds between races, beginning at 8:00 a.m. Fun, kid-friendly activities and information on fitness, activity, health and safety will be provided.

TRANSPORTATION - Metro Transit Light Rail is free Saturday and Sunday if you show your bib or you can purchase an unlimited ride visitor pass on Metro Transit’s website for $4.50 and it can be used on buses and the light rail. It is a one-mile walk uphill from the Expo to the State Capitol grounds.

RESERVE YOUR PARKING SPOT IN ADVANCE with SpotHero! SpotHero is the nation’s leading parking reservation app to book convenient and affordable parking with rates up to 50% off drive-up. Download the SpotHero App and enter special promo code MTCM17 for an extra $5 off your first park!
SUNDAY EVENTS

The Twin Cities have become synonymous with championship road racing. This year, TCM is hosting the USATF Men's & Women's 10 Mile Championships, the USATF Minnesota 10 Mile Championships, and the RRCA Minnesota Marathon State Championships, as well as international fields of professional marathon participants and wheelchair racers. Cheer on these extraordinary athletes!

MEDTRONIC TC 10 MILE
THE SHORTCUT TO THE CAPITOL®

6:54 a.m. USATF Championships Women (approx. time)
7:00 a.m. Participant start
10 mile participants start in three corrals (A, B, and C).

MEDTRONIC TWIN CITIES MARATHON
THE MOST BEAUTIFUL URBAN MARATHON IN AMERICA®

7:55 a.m. Wheeler start (approx. time)
8:00 a.m. Participant start
Marathon participants start in three corrals (1, 2, and 3).

MEDTRONIC TC 10 MILE

8:30 a.m. - 2:30 p.m.
Meet your friends and family beyond the finish in the Old Dutch Family Meeting Area. Find results, merchandise, and enjoy samples and giveaways from Caribou Coffee and Buick/GMC. Visit the Entrust Datacard Charging Station & Lounge, or watch participants ring the PR Bell presented by West Monroe Partners. Watch the awards ceremonies on the giant Freestyle Productions LED video boards.

START LINE – SUNDAY

Spectator viewing areas for the start of the marathon are along both sides of S. 6th Street west of Portland Avenue. For the 10 mile, spectators can line Portland Avenue north of S. 3rd Street.

CAUTION: Metro Transit Light Rail will be operating on a normal schedule on race day. Pedestrians, motorists and bicyclists must cross only at designated crossings. It is illegal to cross the tracks in unmarked areas.

Note: The Vikings will play a home game at noon in the U.S. Bank Stadium.
PACING GUIDE

**TIME OF DAY** PACING GUIDE
Times indicate the actual time of day a participant would cross a select location

<table>
<thead>
<tr>
<th>10 MILE 7:00 a.m. Start</th>
<th>Minutes per Mile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lake Calhoun</td>
<td>Rose Garden</td>
</tr>
<tr>
<td>Lead Female*</td>
<td>05:30</td>
</tr>
<tr>
<td>Lead Male</td>
<td>05:00</td>
</tr>
<tr>
<td>1 Hr.</td>
<td>06:00</td>
</tr>
<tr>
<td>1 Hr. 15 Min.</td>
<td>07:30</td>
</tr>
<tr>
<td>1 Hr. 30 Min.</td>
<td>09:00</td>
</tr>
<tr>
<td>1 Hr. 45 Min.</td>
<td>10:30</td>
</tr>
<tr>
<td>2 Hrs.</td>
<td>12:00</td>
</tr>
<tr>
<td>2 Hrs. 15 Min.</td>
<td>13:30</td>
</tr>
</tbody>
</table>

*Wheeler start is 7:55 a.m. It may take up to 15 minutes for the final participants to reach the START line.

HOW TO USE THE “TIME OF DAY” PACING GUIDE

1. Know how fast your friend(s) will be running, either by Pace (minutes per mile) or by Finish Time.
2. Find the closest Estimated Finish Time on the chart and follow across the columns to a location near where you want to be.
3. The chart shows what Time of Day your friend(s) should cross the selected location. Use these times to estimate other locations on the course.

CORRAL START: The times above reflect estimated times for the first corral. Spectators should expect participants in subsequent corrals to be several minutes later.

GUIDE TO SUNDAY RACE NUMBERS

**MARATHON RACE NUMBERS**

- **1** Citizen
  - General participant category for men and women.
  - Bib colors identify which corral participants should use at the start line.

- **2** Wheelchair Division
  - Male and female wheelchair participants

- **3** Global Champions
  - Participants whose lives have been improved by medical device technology

- **36** Charter Club Members
  - Marathoners who have finished all 35 marathons (now 36!)

- **9** Professional Division
  - Male and female participants

**10 MILE RACE NUMBERS**

- **A** Citizen
  - General participant category for men and women.
  - Bib colors identify which corral participants should use at the start line.

- **B** Global Champions
  - Participants whose lives have been improved by medical device technology

- **C** 10 Mile Championships
  - Male and female participants competing in the 2017 USATF Men’s and Women’s 10 Mile Championships

HOW TO USE THE “TIME OF DAY” PACING GUIDE

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ALL COURSES MAP

MAP SUBJECT TO CHANGE. CHECK TCMEVENTS.ORG FOR UPDATES.
WHO TO CONTACT IN CASE OF AN EMERGENCY

MEDICAL AID STATIONS & MEDICAL PERSONNEL
Presented by Medtronic
There are 14 marathon course aid stations and a medical station at the finish. Look for the symbol above on the course map. Medical personnel (some on bikes) wear orange vests.

RACE DAY PERSONNEL
Communication personnel wear yellow shirts and course marshals wear reflective yellow vests. Each has a radio and phone to contact emergency personnel quickly. All other committee members wear maroon shirts and gray jackets.

POLICE OFFICERS
Officers patrol the course and monitor all major intersections.

VOLUNTEERS
There are thousands of volunteers on marathon weekend. Most are not year-round volunteers and only work one weekend a year, so understand that they may not have answers to all your questions.

In an emergency, call 911. Do not hesitate to go to volunteers for assistance as they may have communications equipment or be able to get help quickly.

SAFETY

RULES OF THE ROAD
• A valid race number must be worn by anyone on the course.
• No spectators on the course or in the finish line area. For everyone’s safety.
• Keep our course beautiful. Please respect property and do not litter.
• No motor vehicles on the course—cross only at designated intersections.
• Bikers must stay off the course and please watch for spectators.

• Hold animals on a 6’ or shorter leash. Keep them away from participants and be considerate of others.
• Watch your children at all times. There will be thousands of participants and spectators at the events.
• Lost & Found/Lost People and Items is located near the finish line—look for volunteers in the Info: Find Me, Ask Me tent.

BACKPACKS, PURSES AND BAGS ARE SUBJECT TO SEARCH
For safety, please avoid bringing bags to all events.
TIPS FOR SPECTATORS AND PARTICIPANTS

Make the most of race day by planning ahead to find your friends along the course and at the finish line.

ON THE COURSE

- Map out where you’ll be ahead of time. Use the “Time of Day” Pacing Guide and course maps on pages 8-11, and download the Medtronic Twin Cities Marathon App to project locations (see page 15 for details).
- Know what each other will be wearing, or carry a sign or balloon. Sometimes it’s easier for participants to spot spectators than the other way around.
- Pick a side. Communicate where you will be, and watch from the same side of the road. This will help participants see and find you.
- Plan for traffic. Allow extra time to get from one viewing spot to another.
  Use the “Choose Your Experience” guide from Union Depot and consider using Metro Transit Light Rail to avoid roadway traffic and parking. Arrive early and don’t leave if you don’t see someone right away. Your friend may be having a really good day or a tough one.
- Cheer on other participants. Everyone likes to be encouraged on race day!
- Food trucks will be located near the course. For specific locations, visit tcmevents.org.

FAVORITE CHEERS

- Keep smiling!
- You’re looking awesome!
- Running smooth!
- You can do it!
- Way to whee!, or run!
- One stride at a time!
- Way to focus!
- Stay relaxed!
- Keep it up!
- Welcome to Saint Paul! (when appropriate)
- Way to go!
- You rock!
- Call out something unique about a participant. (bib #, the color or a logo on their shirt, etc.)

Don’t forget to bring cowbells, tambourines, thunder sticks or make a sign. Many cheering supplies are available from sponsors at the Expo. Please be respectful of private and public property, and dispose of your cheering materials appropriately.

AFTER THE RACE

- Participants are directed to the Old Dutch Family Meeting Area (see map pg. 13).
- Set a time and place to meet in case you miss each other at the finish.
- Relax with friends and family in the GMC Finish Like a Pro 27th Mile. You can purchase souvenirs and merchandise and take in the beauty of the newly renovated State Capitol grounds.

DOWNLOAD THE MEDTRONIC TWIN CITIES MARATHON APP

ATHLETE TRACKING

VIA YOUR MOBILE DEVICE

You can follow the progress of marathon and 10 mile participants on race day using the Medtronic Twin Cities Marathon App. In addition to athlete tracking, you can find course maps, weekend schedules, expo information, transportation information, and more. The app includes everything you need to know about Marathon Weekend. Search for “TC Marathon” in your app store.

FINISH LINE ANNOUNCERS

Finish line announcers Carrie Tollefson, Kelly Bohler, and Dave Kappas will keep spectators at the finish line updated about race progress with live broadcasts.

LIVE WEBCAST AT USATF.TV

A live webcast of the USATF 10 Mile Championships will be available on usatf.tv. Watch all of the excitement in real-time or revisit it anytime.

1500 ESPN TWIN CITIES

Announcers will be calling in to 1500 ESPN Twin Cities throughout the morning on Sunday with live updates.

MEDIA PARTNERS

Our media partners will provide race weekend updates, including weather notices. Listen, watch or check online.

CONNECT WITH TCM ONLINE

Visit tcmevents.org, like Twin Cities In Motion on Facebook and follow us on Twitter @tcmarathon. Use #tcmarathon to join in on the conversation during race weekend.
SPECIAL PARTICIPANT RECOGNITION

SPECTATORS
To help thank people cheering on participants, Twin Cities In Motion’s mobile spectator support crew will be biking the course and stopping to thank and acknowledge groups who are especially enthusiastic and creative with prizes! If you’d like to have amplified sound or inflatables, etc., visit tcmevents.org to submit your request via our Course Entertainment application. Restrictions apply; applicants must receive permission from TCM first.

GLOBAL ATHLETES WHO ARE DEFINED BY THEIR SPIRIT, NOT THEIR HEALTH CONDITIONS.
The Medtronic Global Champions program recognizes participants from around the world who, with the help of medical technology, have overcome medical conditions such as heart disease, stroke, diabetes, cancer, chronic pain, neurological disorders, obesity, gastrointestinal and urological disorders.

In 2017, 20 people — 10 ten mile and 10 marathon participants — were selected for the Global Champions team through a cooperative effort between Medtronic and Twin Cities In Motion. Global Champions and their guest-running partners receive complimentary race entry, air transportation, meals and lodging for the Medtronic Twin Cities Marathon and Medtronic TC 10 Mile races.

Be sure to watch for the Medtronic Global Champion race bibs and singlets to cheer for these remarkable athletes. To learn more about the Medtronic Global Champions program, visit medtronic.com/GlobalChampions.

FUN FACTS

DID YOU KNOW...?
- 221,602 marathon finishers have covered more than 5,805,972 miles through 2016.
- Twin Cities In Motion, a 501c3 nonprofit organization — along with its charity partners — has contributed more than $5.5 million to charity since 2000!
- It takes more than 4,000 volunteers to make race weekend possible — THANKS VOLUNTEERS!
- Medtronic Twin Cities Marathon is the 9th largest in the U.S.
- By using water from Minneapolis and Saint Paul hydrants, 9,624 plastic gallon jugs will be saved!
- More than 21,000 pounds of waste were diverted from landfills at last year’s race.

2017 MARATHON FIELD*
- 30% are first-time marathoners
- The average female age is 35 and the average male age is 39
- 69% are from Minnesota
- 49 states are represented, as well as 27 other countries
- The youngest registrant is 12 years old
- The oldest registrant is 78 years old

*as of 8/30/17

RECORDS
- Female course record: 2:26:51, set in 2001 and tied in 2004
- Male course record: 2:08:51, set in 2016
- Female wheeler course record: 1:54:37, set in 2013
- Male wheeler course record: 1:35:03, set in 1997

PARTICIPANTS WILL...
- Cross 409 intersections
- Drink 21,000 gallons of water
- Enjoy more than 600 gallons of soup
- Hear the cheers of more than 300,000 spectators
Move. Together.
Fun for everyone — all year long!

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
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<tbody>
<tr>
<td>TC Kids Fieldhouse Fun Run</td>
<td>February 10, 2018</td>
</tr>
<tr>
<td>Valentine’s Day TC 5K</td>
<td>February 10, 2018</td>
</tr>
<tr>
<td>Hot Dash 5K &amp; 10 Mile</td>
<td>March 24, 2018</td>
</tr>
<tr>
<td>Medtronic TC 1 Mile</td>
<td>May TBA, 2018</td>
</tr>
<tr>
<td>TC Kids Cross Country Fun Run</td>
<td>May 19, 2018</td>
</tr>
<tr>
<td>Red, White &amp; Boom! TC Half Marathon, Relay &amp; 5K</td>
<td>July 4, 2018</td>
</tr>
<tr>
<td>Women Run the Cities</td>
<td>TBA, 2018</td>
</tr>
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</table>

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>TC 10K</td>
<td>October 6, 2018</td>
</tr>
<tr>
<td>TC 5K</td>
<td>Presented by Fredrikson &amp; Byron October 6, 2018</td>
</tr>
<tr>
<td>Medtronic TC Family Events</td>
<td>October 6, 2018</td>
</tr>
<tr>
<td>Medtronic TC 10 Mile</td>
<td>October 7, 2018</td>
</tr>
<tr>
<td>Medtronic Twin Cities Marathon</td>
<td>October 7, 2018</td>
</tr>
</tbody>
</table>

Year-round training programs for TC Kids events

Great ideas don’t get blisters.
QUICK REFERENCE FOR SPECTATORS

Participant’s Race Number ____________________________________________

What they are wearing _______________________________________________

Locations and times to meet them

Start line—Portland & 6th St. @ 8:00 a.m.  

__________________________________ @ ____________

__________________________________ @ ____________

__________________________________ @ ____________

__________________________________ @ ____________

Things to bring (i.e. beverages, snacks, layers, cowbells, etc.)

________________________________________________________________________

Post-race meet up location

________________________________________________________________________

A special thanks to our sponsors, including:

Medtronic  
KARE  
TwinCities  
ESPN