

TWIN CITIES IN MOTION

2017 Training Team Network

TRAINING TEAM NETWORK

Whether you're training for your very first marathon or looking to run a personal best, our network of training teams will provide the support and knowledge to help you achieve your goal. Please allow for a minimum of two business days for a response from a training team.

Life Time Run - Official Marathon Training Team

Life Time Run has designed a training program that is educational, entertaining, and challenging, while motivating beginning and veteran marathoners alike. Official Medtronic Twin Cities Marathon training begins in June, with pre-season team runs beginning in May, but you may join at any time!

Life Time Run, info@lifetimerun.com

Running Room - Official 10 Mile Training Team

Let Running Room help you get to the finish line of the Medtronic TC 10 Mile upright and smiling! The Running Room's unique approach to training will keep you motivated from start to finish! Our running program is designed by runners and is meant for runners of all abilities. Topics covered in our programs include: finding the proper running shoes, nutrition tips, motivation and how to run a 10 mile race.

- Medtronic TC 10 Mile entries available

Darcy Berard, DBerard@runningroom.com 612-240-3534

ALARC Distance Marathon & Half Marathon Training Program

Martha Mattheis, martha.running@yahoo.com 952-210-8575

Calhoun Beach Running Club

David Hong, info@calhounbeachrunningclub.com 763-443-3160

ClubRun Minneapolis

Amy Tadewald, amy@clubrun.org 303-859-7406

Minnesota Distance Running Association (MDRA)

Sarah McInerney, mdrasarah@gmail.com

Rochester Track Club

Lin Gentling, lsgentling@charter.net 507-993-5902

Runners With Heart

Heather Grazzini, runnerswithheart@gmail.com 612-328-4212

Southdale YMCA Run Club

PJ Eichten, pj.eichten@ymcatwincities.org 952-897-5468

