Download the Twin Cities In Motion app, presented by Medtronic, for participant tracking, course maps and more! (see p. 15)
EVENTS SCHEDULE

FRIDAY, OCTOBER 5

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

NEWS CONFERENCE
12:30 p.m. - 2:00 p.m.
Saint Paul RiverCentre

EXPO STAGE SEMINARS*
Presented by Star Tribune
12:30 p.m. - 6:00 p.m.
Saint Paul RiverCentre

SATURDAY, OCTOBER 6

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

TC 10K
7:15 a.m.
State Capitol grounds
in Saint Paul

TC 5K
8:45 a.m.

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

Half Mile
10:30 a.m.
Presented by K95

Harry & Shelly’s Mascot Invitational
11:00 a.m.

Diaper Dash
11:15 a.m.

Toddler Trot
11:30 a.m.

27TH Mile & Family Activity Tent
8:00 a.m. - 12:00 p.m.

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

EXPO SEMINARS*
Presented by Star Tribune
11:00 a.m. - 4:00 p.m.
Saint Paul RiverCentre

SUNDAY, OCTOBER 7

WORSHIP SERVICE
Hosted by Team World Vision
6:45 a.m.
Hope Community Church
Downtown Minneapolis

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

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

27TH MILE & OLD DUTCH FAMILY MEETING AREA
8:30 a.m. - 2:30 p.m.
State Capitol grounds
in Saint Paul

For a complete listing of weekend events, visit tcmevents.org, and for more detailed transportation information, visit tcmevents.org/transportation.

HEALTH & FITNESS EXPO

RIVERCENTRE - FRIDAY & SATURDAY

Saint Paul RiverCentre, lower level
175 West Kellogg Blvd., Saint Paul

Friday, October 5,
11:00 a.m. - 8:00 p.m.

Saturday, October 6,
10:00 a.m. - 7:00 p.m.
(Packet pick up open until 8:00 p.m.)

EXPO STAGE SEMINARS*
Presented by Star Tribune

12:00 p.m. First Time Marathoner’s Panel
Peter Erpenbach – Former TC 10 Mile Association Chair & Start Line Co-Chair
Peggy Gazzola, Medtronic TC 10 Mile Charter Club Member
John Carnahan, Former Executive Director of Twin Cities Marathon, Inc
Charlie Mahler, Inaugural TC 10 Mile Men’s Champion

12:30 p.m. News Conference
Interviews with events top athletes and panel of extraordinary participants

3:30 p.m. Virtual Course Tours: Marathon & 10 Mile
Presented by Twin Cities In Motion

4:30 p.m. Excel + Enjoy: How to Race Like a Mother
Another Mother Runner podcast hosts

SATURDAY, OCTOBER 6

11:00 a.m. Virtual Course Tours: Marathon & 10 Mile
Presented by Twin Cities In Motion

12:00 p.m. Finding Your Flow: When Mindfulness and Running Meet
Presented by Star Tribune

1:00 p.m. Medtronic TC 10 Mile 20th Anniversary Panel
Rob Timmons (emcee), Star Tribune Outdoors Editor
Charlies Mahler, Inaugural TC 10 Mile Men’s Champion
John Camahan, Former Executive Director of Twin Cities Marathon, Inc
Peggy Gazzola, Medtronic TC 10 Mile Charter Club Member
Peter Erlenbach – Former TC 10 Mile Association Chair & Start Line Co-Chair

2:00 p.m. First Time Marathoner’s Panel
Presented by Twin Cities In Motion
Ask your questions of our panel of experienced marathoners
Mike Hendrickson - Life Time Run Coach
Gloria Jansen - MDRA Coach, 2017 First-Time Marathoner
Robert Cruise - 2017 First-Time Marathoner
Chris Lundstrom - USATF MN Coach

3:00 p.m. Race Day Nutrition and Beyond
Carrissa Ann, Registered Dietitian Nutritionist, 2014 Media Dietitian of the Year

Admission is free and open to the public.
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.

MERCHANDISE
Stock up on exclusive Medtronic Twin Cities Marathon Weekend 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.

PARKING AND TRANSPORTATION
PLAN AHEAD - Visitors are strongly advised to be aware of factors that will increase travel and access times for the Health & Fitness Expo, including:
Street Repair and River Centre Parking Ramp Partial Closure - Westbound Kellogg Boulevard in front of the RiverCentre main entrance may be closed for construction and portions of the RiverCentre parking ramp closed for repairs.

Minnesota Wild Home Opener is Saturday, Oct 6 at 7 p.m. - Congestion and heavy traffic will begin as early as 2 p.m. for game-day activities.
NEW: Medal Detectors a Expo Entrance - It will take extra time to enter the expo area. Please leave non-essential items at home.

For a complete listing of weekend events, visit tcmevents.org, and for more detailed transportation information, visit tcmevents.org/transportation.
SATURDAY EVENTS

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

STATE CAPITAL 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.

6:30 a.m.  Packet Pick Up/ Registration begins
7:15 a.m.  TC 10K  Presented by PNC Bank
8:45 a.m.  TC 5K  Presented by Fredrikson & Byron
10:00 a.m.  KARE11 Family Mile  Presented by Medica

10:30 a.m.  Half Mile  Presented by KS95
11:00 a.m.  Harry & Shelly’s Mascot Invitational
11:15 a.m.  Diaper Dash
11:30 a.m.  Toddler Trot

SPECTATORS CAN WATCH the 10K and 5K from anywhere on the course — up the hill past the Cathedral, out and back along Summit Ave. 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 $4.00 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 ParkWhiz! ParkWhiz is the fastest and most convenient way to find and book space before reaching your destination. With thousands of spaces in dozens of cities across North America, and the ability to save up to 50%, an amazing parking space is never far away.

You can also reserve your parking spot in advance with ParkWhiz. ParkWhiz is the fastest and most convenient way to find and book space before reaching your destination. With thousands of spaces in dozens of cities across North America, and the ability to save up to 50%, an amazing parking space is never far away.
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 Central Region Marathon Championship, 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 four corrals (A, B, C, and D).

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).

27TH MILE (FINISH AREA)
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 a Great Clips selfie wall. Watch participants ring the PR Bell or enjoy the awards ceremonies on the giant Freestyle Productions LED video board.

START LINE – SUNDAY

Spectator viewing areas for the start of the marathon are along 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: Participants and spectators will not have access inside U.S. Bank Stadium.

27TH MILE (FINISH AREA)
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 a Great Clips selfie wall. Watch participants ring the PR Bell or enjoy the awards ceremonies on the giant Freestyle Productions LED video board.
PACING GUIDE

**TIME OF DAY** PACING GUIDE

Times indicate the estimated time of day a participant would cross a select location

<table>
<thead>
<tr>
<th>10 MILE</th>
<th>FINISH TIME</th>
<th>PACE</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 a.m. Start</td>
<td>Minutes per Mile</td>
<td>10</td>
</tr>
<tr>
<td>Lead Female*</td>
<td>05:30</td>
<td>— — — — — 7:09 7:22 7:39 7:50</td>
</tr>
<tr>
<td>Lead Male</td>
<td>05:09</td>
<td>— — — — — 7:13 7:25 7:40 7:50</td>
</tr>
<tr>
<td>1 Hr.</td>
<td>06:00</td>
<td>— — — — — 7:16 7:30 7:48 8:00</td>
</tr>
<tr>
<td>1 Hr. 15 Min.</td>
<td>07:30</td>
<td>— — — — — 7:20 7:37 8:00 8:15</td>
</tr>
<tr>
<td>1 Hr. 30 Min.</td>
<td>09:00</td>
<td>— — — — — 7:24 7:45 8:12 8:30</td>
</tr>
<tr>
<td>1 Hr. 45 Min.</td>
<td>10:30</td>
<td>— — — — — 7:28 7:52 8:24 8:45</td>
</tr>
<tr>
<td>2 Hrs.</td>
<td>12:00</td>
<td>— — — — — 7:33 8:00 8:36 9:00</td>
</tr>
<tr>
<td>2 Hrs. 15 Min.</td>
<td>13:30</td>
<td>— — — — — 7:37 8:07 8:42 9:15</td>
</tr>
</tbody>
</table>

**GUIDE TO SUNDAY RACE NUMBERS**

10 MILE RACE NUMBERS

<table>
<thead>
<tr>
<th>10 MILE RACE NUMBERS</th>
</tr>
</thead>
<tbody>
<tr>
<td>MARATHON RACE NUMBERS</td>
</tr>
<tr>
<td>8:00 a.m. Start</td>
</tr>
<tr>
<td>Bde Maka Ska</td>
</tr>
<tr>
<td>Lead Wheeler*</td>
</tr>
<tr>
<td>3 Hrs.</td>
</tr>
<tr>
<td>3 Hrs. 30 Min.</td>
</tr>
<tr>
<td>3 Hrs. 45 Min.</td>
</tr>
<tr>
<td>4 Hrs.</td>
</tr>
<tr>
<td>4 Hrs. 30 Min.</td>
</tr>
<tr>
<td>5 Hrs.</td>
</tr>
<tr>
<td>5 Hrs. 15 Min.</td>
</tr>
<tr>
<td>6 Hrs</td>
</tr>
</tbody>
</table>

*Wheeler start is 7:55 a.m.*

**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.

**GLOBAL CHAMPIONS**
Participants whose lives have been improved by medical device technology.

**10 MILE CHAMPIONSHIPS**
Male and female participants competing in the 2018 USATF Men’s and Women’s 10 Mile Championships.
ALL COURSES MAP

KEY

<table>
<thead>
<tr>
<th>COURSES</th>
<th>COURSE SUPPORT</th>
<th>NOTABLE LOCATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>5K (SAT)</td>
<td>ENDURANCE</td>
<td>BINNER TRACKING CHECKPOINTS PRESENTED BY GARMIN.</td>
</tr>
<tr>
<td>10K (SAT)</td>
<td>ENDURANCE</td>
<td>AWESOME SPECTATOR SPOTS</td>
</tr>
<tr>
<td>10 MILE (SUN)</td>
<td>AID STATIONS</td>
<td>COMPLIMENTARY PARTICIPANT PHOTOS PRESENTED BY Great Clips</td>
</tr>
<tr>
<td>MARATHON (SUN)</td>
<td>MARATHON EXIT</td>
<td>TWIN CITIES IN MOTION OFFICE</td>
</tr>
</tbody>
</table>

MAP SUBJECT TO CHANGE. CHECK TCMEVENTS.ORG FOR UPDATES.

DOWNLOAD OUR APP! PRESENTED BY Medtronic
SEARCH FOR TWIN CITIES IN MOTION IN YOUR APP STORE.
WHO TO CONTACT IN CASE OF AN EMERGENCY

MEDICAL AID STATIONS & MEDICAL PERSONNEL
Presented by Medtronic
There are 14 fluid stations along the marathon course with medical support and a medical station at the finish. Look for the medical symbol 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 phone to contact emergency personnel quickly. All other race committee members wear branded grey shirts and hunter green jackets.

RACE DAY PERSONNEL
Communication personnel wear yellow shirts and course marshals wear reflective yellow vests. Each has a phone to contact emergency personnel quickly. All other race committee members wear branded grey shirts and hunter green 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 visibly 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.
- See something, say something. If you see something that doesn’t seem quite right, report suspicious activity.

MAPS SUBJECT TO CHANGE. CHECK TMCEVENTS.ORG FOR UPDATES.
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 Twin Cities In Motion app, presented by Medtronic, or use the “Time of Day” pacing guide and course maps on pages 8-11.
• 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!

FAVORITE CHEERS

• Keep smiling!
• You’re looking awesome!
• Running smooth!
• You can do it!
• Way to wheel! or run!

One stride at a time!
Way to focus!
Keep it up!
Welcome to Saint Paul! (when appropriate)

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 27TH Mile. You can purchase souvenirs and merchandise and take in the beauty of the newly renovated State Capitol grounds.
• Snap a photo at the Great Clips selfie station.
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 2018, 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 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 6,003,284 miles through 2016.
• Twin Cities In Motion, a 501c3 nonprofit organization — along with its charity partners — has contributed more than $6.9 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.

2018 MARATHON FIELD*
• 34% are first-time marathoners
• The average female age is 35 and the average male age is 39
• 67% are from Minnesota
• 49 states are represented, as well as 32 other countries
• The youngest registrant is 12 years old
• The oldest registrant is 80 years old
*as of 9/4/18

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

SPECIAL PARTICIPANT RECOGNITION
GLOBAL ATHLETES WHO ARE DEFINED BY THEIR SPIRIT, NOT THEIR HEALTH CONDITIONS.
Fun for everyone — all year long!

**TC Kids Fieldhouse Fun Run**
February 2, 2019

**Valentine’s Day TC 5K**
February 9, 2019

**Hot Dash 5K & 10 Mile**
March 23, 2019

**Medtronic TC 1 Mile**
May TBA, 2019

**TC Kids Cross Country Fun Run**
May 18, 2019

**Women Run the Cities**
May 19, 2019

**Red, White & Boom! TC Half Marathon, Relay & 5K**
July 4, 2019

**Medtronic TC Family Events**
October 5, 2019

**Medtronic TC 10 Mile**
October 6, 2019

**Medtronic Twin Cities Marathon**
October 6, 2019

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**MEDTRONIC TWIN CITIES MARATHON WEEKEND**

**TC 10K**
October 5, 2019

**TC 5K**
Presented by Fredrikson & Byron
October 5, 2019

**Medtronic TC Family Events**
October 5, 2019

**Medtronic TC 10 Mile**
October 6, 2019

**Medtronic Twin Cities Marathon**
October 6, 2019

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**Great ideas don’t get blisters.**

**Connect with TCM**

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TCMRuns
@tcmarathon
tcmarathon

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**TWIN CITIES IN MOTION**

**MARATHON WEEKEND APP**

Download the FREE Twin Cities In Motion App, presented by Medtronic.

• Participant Live Tracking presented by Garmin
• Complimentary participant photos presented by Great Clips
• Course maps
• Weekend schedule

Search “Twin Cities In Motion” or “Twin Cities Marathon” in your app store!

**ideaesthatkick.com**

official design agency of Twin Cities In Motion
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: