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RACE FESTIVAL

DOWNLOAD OUR APP!

For quick 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: 3/18/2019



TWIN CITIES IN MOTION



TRANSPORTATION AND PARKING

Parking is very limited; we strongly encourage carpooling or using public transportation.

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.

The start lines are over .25 miles from the packet pick up/festival area. Please plan your route ahead of time and be respectful of private property.

The DROP OFF/PICK UP ZONE is located near **Sheridan Memorial Park**. Volunteers will be stationed to assist. To access this area, exit I-94 at Broadway St., take a left on Marshall St. NE, and then an immediate left onto 13th Ave. NE. Participants may be dropped here and can walk to the packet pick up area, approximately 0.6 miles on a plowed path. Vehicles and pedestrians in drop-off zone should use caution entering and exiting this area. Watch for icy spots!

Please be cautious of areas with no parking and be aware of current [winter season parking requirements](#), snow emergency restrictions and [traffic conditions](#) in the city of Minneapolis. **Please do not park in the Ramsey Neighborhood (adjacent to Boom Island Park). This is reserved for residents.**

Limited free parking is available in three Graco lots on Marshall Street until lots are filled, signs will be posted at the entrance/exit to designated lots.

Note: lots will fill quickly and access to the lots adjacent to the race course may be limited until the streets re-open after the event.

- Surface lot on the corner of Marshall St. and NE 8th Ave.
- Surface lot on the corner of Marshall St. and NE 9th Ave.
- Surface lot on the corner of Broadway St. and Marshall St.

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ROAD CLOSURES

Parts of the course will close as early as 7:30 a.m. Minneapolis Police Officers and course marshals will be placed throughout the course to allow traffic to cross parts of the course during participant breaks at major intersections.

NO PARKING will be enforced between 6 a.m. and 1 p.m.

7:30 a.m. NE Main St between 3rd Ave NE and 5th Ave NE

8 a.m. Plymouth Ave N / 8th Ave NE between Marshall St and W River Pkwy
Marshall St between 5th Ave NE and 8th Ave NE
Course closures begin

8:30 a.m. Full course closure, roads re-open on a rolling schedule as participants clear the area

12 p.m. All streets re-open to traffic

TIMING AND RESULTS

The race is timed using a timing device attached to your race bib. 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. 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. All awards are based on gun time.

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.

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GEAR CHECK

Participants may place their gear and other items in the clear, plastic race bag provided at packet pick up and gear check, marked with a flag and located near the race festival. 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 the plastic bag using the tie provided at the gear check drop zone
- Tie bags securely shut before dropping at the gear check drop zone
- Do not check valuables, Twin Cities In Motion is not responsible for lost or stolen items
- Gear check opens at 7:30 a.m.
- Gear check closes at 11:45 a.m.
- We discourage runners and spectators from carrying non-transparent bags at the event at any time.

STROLLER POLICY: 5K ONLY

Strollers which display an assigned "Stroller Bib" on the outside of the stroller are permitted on the Hot Dash 5K course ONLY. For security and safety purposes, all persons with a stroller or baby jogger in the Hot Dash 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.

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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RACE START

- [Study the course map](#) before race day to familiarize yourself with the area layout.
- The corral entrance for the 5K start is about an 8-minute walk from the race festival and the entrance for the 10 mile is about a 10-minute-walk. 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 (5K only) so all participants have a safe and enjoyable experience. (see “Stroller Policy”)
- Toilets will be located near the Festival area. 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.
- Race numbers/bibs are non-transferable and non-refundable and must be worn by only the participant to whom it is assigned.

COURSE TIME LIMIT

The finish line will remain open until 11:45 a.m., based on a 14-minutes-per-mile pace in the 10 mile and 25-minutes-per-mile pace in the 5K. The city permits issued to TCM do not permit the roads to remain closed beyond this limit. The courses re-open to traffic on a rolling schedule as participants make their way to the finish. Participants must be able to maintain the pace restriction 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.

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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 and at fluid stations. 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 and online via [RaceSafe](#) using the race code **892CE6**. 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.
- 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.
- Please be respectful and only participate in the distance you registered for; our course supplies have been measured according to these numbers.
- 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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MEDICAL AID

Medical Aid stations will coincide with Fluid Stations. An emergency vehicle will be on stand-by at the finish line for anyone requiring emergency medical attention and/or transport.

Please fill out the medical form on the back of your race bib in permanent ink and online via [RaceSafe](#) using the race code **892CE6**. 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.

COURSE FLUIDS

Water, Gatorade Endurance, and toilets are available at, approximately, miles 2.25 (water only), 4.5, 6.5, and 8.5 on the 10 mile course. Water will be available at mile 1.3 on the 5K course. Please note that Fluid Station locations are subject to change. Gatorade Endurance will be located on the first tables and water will be available on the later tables.

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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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 Boom Island Park parking lot (no parking available). Visit tcmevents.org to view the festival map and fun activities.

Bring a valid, 21+ photo ID to receive a wristband before or after the event in the festival before enjoying alcoholic beverages. Alcoholic beverages will NOT be allowed outside the fenced race festival area.

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