



RACE INFORMATION

PAGE 2

TRANSPORTATION & PARKING
STROLLER POLICY

PAGE 3

GEAR CHECK
RACE START

PAGE 4

TIMING & RESULTS
YOUR RACE NUMBER

PAGE 5

COURSE SAFETY
CANCELLATION POLICY

PAGE 6

COURSE FLUIDS
MEDICAL AID
COURSE TIME LIMIT

PAGE 8

RACE FESTIVAL
THANK YOU & GOOD LUCK!

DOWNLOAD OUR APP!

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

Updated: 6/26/2019



TWIN CITIES IN MOTION



TRANSPORTATION AND PARKING

Be sure to allow plenty of time (45 minutes to an hour) between arrival and race 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. Please plan your route ahead of time and be respectful of private property.

Metro Transit buses and METRO lines will offer FREE rides for participants from 4 a.m. to 12 p.m. with a printed copy of this [voucher](#). The race festival is 1.6 miles from the US Bank Stadium Station via the Metro Transit Blue and Green Lines.

Parking is limited; we strongly encourage carpooling or using public transportation. If choosing to park and walk, pay close attention to no parking signs, designated parking hours and meter details. Please avoid no parking areas and be aware of current [traffic conditions](#) in the city of Minneapolis and near the race site.

Start and finish area road closures begin at 5 a.m.. The course will be fully closed by Minneapolis Police Officers at 6 a.m. Course marshals will be placed throughout the course to allow traffic to cross at major intersections during participant breaks. Roads will re-open on a rolling schedule as participants clear the area, with the finish area re-opening at 12:30 p.m.

STROLLER POLICY: 5K ONLY

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

For your safety and for the safety of others, absolutely NO automobiles, unregistered runners, bicycles, skates or pets are allowed on the course.

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GEAR CHECK

A secure gear check will be available for participants to check personal items for the duration of the event. Gear check is located in the race festival. See [map](#).

Please take note of the following gear check information:

- Gear check opens at 5:30 a.m.
- Clear, plastic bags will be provided at gear check
- **Personal bags will not be accepted**
- Attach the gear check tag from your race number onto the plastic bag using the beaded tie provided so it is visible
- You must have your race number to pick up your bag
- Gear check closes at 10:30 a.m.

DO NOT LEAVE BAGS UNATTENDED ON RACE DAY

RACE START

- **Study the course map** before race day to familiarize yourself with the area layout.
- 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 and at both start lines. Please 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 are non-transferable and are non-refundable and must be worn by only the participant to whom it is assigned.

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TWIN CITIES IN MOTION



TIMING AND RESULTS

The race is timed using a timing device attached to your race number. 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. Age-group awards are based on gun times.

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.

YOUR RACE NUMBER

Complete the emergency contact and medical information form on the back of your race number and on [RaceSafe](#) (enter race code 81AFE2). RaceSafe is secure, private and takes less than 5 minutes to complete to help our medical team provide exceptional care for you at our event.

Buying/Selling/Transferring Race Numbers: For participant safety, participants must wear the race number they are assigned at packet pick up. Selling, trading, or giving away a race number outside of TCM official process 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.

Updated: 6/26/2019



TWIN CITIES IN MOTION



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.

Event Alert System (EAS) - Alert Levels

FLAG COLOR	RISK LEVEL	EXPLANATION
BLACK	EXTREME RISK	The race will not start in these conditions. Follow event official instructions.
RED	EXTREME CAUTION	Consider not starting if not acclimated to hot conditions. If running, slow your pace, drink extra fluids if you are thirsty or sweating heavily and those with previous heat stress problems, or heart disease should consider not starting. Be prepared for worsening conditions.
YELLOW	CAUTION	Consider not starting or slow your pace and those with previous heat stress problems, or heart disease should consider not starting. Be prepared for worsening conditions.
GREEN	LOW RISK	Risk of heat stress is low. Be watchful for symptoms of heat stress and cautious of changing conditions.
WHITE	RISK OF HYPOTHERMIA	Risk of heat stress is low, but the risk of hypothermia exists, especially in slow runners or in wet or windy conditions.

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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TWIN CITIES IN MOTION



COURSE FLUIDS

Water, Gatorade Endurance Formula (lemon lime), medical support, and toilets are available on-course at the following locations:

Half Marathon & Relay: 2.5 (water only), 5, 7.5, 9.75, 11.5

5K: 1.5

Fluid station locations are subject to change. Gatorade Endurance Formula will be located on the first tables and water will be available on the later tables at stations where both fluids are offered.

MEDICAL AID

Medical Aid stations will be available at every Fluid Station. Bike medics will be stationed along the course and an emergency vehicle will be on stand-by at the finish line for anyone requiring emergency medical attention or transportation. **In a medical emergency, dial 911.**

Please fill out the medical form on the back of your race number and on [RaceSafe](#) (enter race code 81AFE2).

COURSE TIME LIMIT

The finish line remains open until 10:05 a.m. assuming a prompt 6:30 a.m. half marathon and relay start and 6:50 a.m. 5K start. The city permits issued to TCM do not permit the roads to remain closed beyond this limit. No race services including medical, fluid stations, or traffic control are available beyond this time. The race course is re-opened to traffic on a rolling schedule as participants make their way to the finish. Half marathon and relay participants unable to maintain the 16-minutes-per-mile pace may board a course closing vehicle or move to the sidewalk.

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TWIN CITIES IN MOTION



PRE & POST- RACE FUN, INCLUDING THE NEW BEER GARDEN!

Make sure you enjoy all the fun we have planned for you before or after your race:

- Download the Twin Cities In Motion app, presented by Medtronic for quick access to course maps, running tracking, virtual offers and more
- Download the [Motigo](#) app for cheers and motivation during the race
- Ring the PR Bell after you achieve your goal
- Visit the [Just BARE Chicken](#) tent -- they'll be grilling!
- Enjoy the post-race picnic with hot dogs, Old Dutch chips and All American pops
- NEW! Summit Beer Garden. 1 free Summit beer for participants. Bring cash! We'll be selling beers so friends and family can celebrate with runners. (Must be 21+ with valid ID for alcoholic beverages.)
- Not registered for the Medtronic TC 10 Mile? Try your luck at winning yourself a guaranteed entry during the hands-free doughnut eating contest
- Kid-friendly family festival with lawn games, ring toss and more!

THANK YOU & GOOD LUCK!

Thank you for choosing the [Red, White & Boom! TC Half Marathon, Relay & 5K](#), presented by Summit Brewing Co. Twin Cities In Motion – staff, race committee and volunteers – wish you good luck and happy running.

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