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POST-RACE BRUNCH BAR,
presented by PNC Bank
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: 5/13/2019



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 5 a.m. to 1 p.m. with a printed copy of this [voucher](#). The start area is 0.4 miles from the 50th Street/Minnehaha Pak Station via the Metro Transit Blue Line.

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 area road closures begin at 6 a.m.. The course will be fully closed by Minneapolis Police Officers at 8 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 start 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, pacers, 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 start/finish area. See [map](#).

Please take note of the following gear check information:

- Gear check opens at 7:30 a.m.
- Clear, plastic bags will be provided at packet pick up and gear check
- **Personal bags will not be accepted**
- Attach the gear check tag from your race number onto the plastic bag so it is visible
- You must have your race number to pick up your bag
- Gear check closes at 11:45 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 area in Minnehaha Regional Park. 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 no longer 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 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. 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 823C52). 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.

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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. 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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COURSE FLUIDS

Water, Gatorade, medical support, and toilets are available on-course at the following locations:

10 Mile: 1.5 (water only), 3.5, 5.5, 7.5, 9

10K: 1.5 (water only), 3.5, 5

5K: 1.5 (water only)

Fluid station locations are subject to change. Gatorade 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 823C52).

COURSE TIME LIMIT

The finish line remains open until 11:15 a.m. assuming a prompt 8:30 a.m. 10K and 10 mile start and 8:45 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. 10 mile participants unable to maintain the 15-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 BRUNCH BAR!

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

- Download the [Motigo](#), presented by [up4® Probiotics](#), app for cheers and motivation during the race
- Visit the [Twin Cities Orthopedics'](#) photo booth where therapists will be on hand to assist with stretching
- Ring the PR Bell, presented by [up4® Probiotics](#) after you achieve your goal
- Visit the [Just BARE Chicken](#) tent -- they'll be grilling!
- Enjoy the free Post-Race Brunch Bar presented by [PNC Bank](#)
- The brunch bar will offer breakfast treats and a free mimosa
- It will also feature samples of [26.2 Brew](#) and [Truly Hard Seltzer](#)
- Must be 21+ with valid ID for alcoholic beverages.
- Brunch Bar available to participants only, ticket is on race bib

THANK YOU & GOOD LUCK!

Thank you for choosing [Twin Cities Orthopedics' Women Run the Cities](#), presented by PNC Bank. Twin Cities In Motion – staff, race committee and volunteers – wish you good luck and happy running.

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