

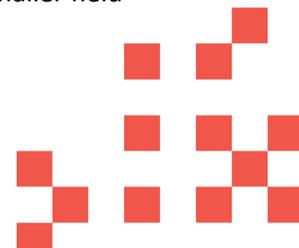
Medtronic Twin Cities Marathon Weekend

September COVID 19 Safety Update

(Next update due: Final confirmation of COVID policies will be included in the Final Pre-Race Instructions email sent to participants race week)

Twin Cities In Motion is excited to offer an in-person 2021 Medtronic Twin Cities Marathon Weekend on October 1-3. Safety has always been our organization's top priority and organizing a COVID-safe marathon weekend is our guiding star this year. We continue to monitor the COVID 19 situation closely, and—in consultation with public health officials, our Medical Director, and local permitting agencies—will evaluate and update our event protocols so that they are properly calibrated to the public health situation on race weekend. Here is what we know today:

- This year's Medtronic Twin Cities Marathon Weekend will have reduced field sizes in all races, with the marathon capped at 4,500 registrants and the 10 mile at 8,500 registrants. The 5k and 10k are capped at a combined 4,800 registrants, and Family Event registration caps are set at 900 in the mile, 500 in the half mile, 300 in the Toddler Trot, and 50 in the Diaper Dash.
- Due to the reduced field sizes, extra space will be available in all areas throughout the event. This extra space is one of the most significant protections against COVID-19 that large There are currently no restrictions on spectators on course.
- In the Finish Area, in order to prevent dense, uncontrolled crowding, 6' fence will be set up on John Ireland Blvd. There will be a covering over the fence on the East side of the I-94 bridge to obstruct spectator views; spectators are strongly discouraged from gathering in this location because of its potential for dense crowding.
- Spectators are strongly encouraged to reunite with their loved one in the Family Reunion Area and not to wait at the Finish Controlled Zone Exit on Rev. Dr. Martin Luther King Jr. Boulevard.
- We ask that spectators be considerate of others' comfort levels and maintain distance from people outside their households in all areas.
- Currently, out of an abundance of caution and as a large indoor public gathering, all Expo attendees—including staff, volunteers, participants, and non-participant attendees—are required to wear a mask. We ask that attendees be considerate of others' comfort levels and maintain distance from those outside their households whenever possible.
- Marathon and 10 Mile Gear Check Drop-off will be available during Expo hours, and will not be available at the Start Area. Gear dropped at the Expo will be moved to the Finish Area, where marathoners and 10 milers will be able to pick it up after they finish. Anything brought to the start line that you do not plan to run with will be donated to Goodwill and NOT transported to the Finish Area.
- Currently, the CDC requires that passengers wear masks on all indoor public transportation conveyances. If this requirement is still in place on race weekend, it will be required on all official race transportation.
- Saturday Events will have Gear Check available at the race site on race day. This is available to Saturday Events participants and not marathoners and 10 milers due to the space available at Saturday Events, as well as their common Start/Finish Area and smaller field sizes.



- Marathon and 10 mile runners will be assigned corrals based on the expected finish time they gave at registration. These corrals will not be filled as densely as they have in years past, to provide extra space.
- Runners will be funneled into single-file lanes shortly before crossing the Start Line in all timed races, to reduce density on-course and in the Finish Area.
- Extra timing mats have been added on course, so that spectators will be able to more accurately track their runner(s) and spend less time in any area, including waiting in the Finish Area.
- Plans based on current conditions call for Fluid Stations to operate as they have in past years. As such, participants should expect the traditional array of nutrition and hydration options at Medtronic Twin Cities Marathon Weekend events.
- To avoid crowding on-course, there will not be official pacers in any distance at this year's event.
- Twin Cities In Motion anticipates a broad array of finish amenities to be available this year, including the beer garden. Confirmed amenities will be reflected on updated race maps and in participant communications in advance of the race.
- There are children not yet old enough to be vaccinated both participating in and spectating at Medtronic Twin Cities Marathon Weekend events, as well as people who cannot be vaccinated for other reasons. Based on conditions, guidance and/or requirements from public health or local permitting agencies, and the advice of our Medical Director, TCM may institute protocols to protect these or other vulnerable groups.

COVID Cancellation Policy

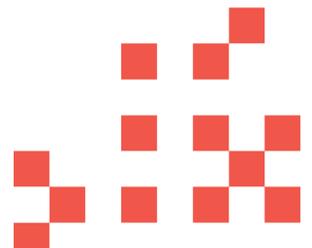
Twin Cities In Motion has instituted a partial cash refund policy where participants and TCM share the risk of another event cancellation. If state or local authorities mandate a race cancellation due to the COVID-19 pandemic, in-person race registrations will be converted to the corresponding virtual event, participants will be mailed all participant amenities and receive a partial cash refund as follows:

- Marathon: \$40 refund
- 10 mile: \$25 refund
- 10K: \$10 refund
- 5K: \$10 refund
- TC Loony Challenge: \$45 refund
- TC Ultra Loony Challenge: \$60 refund
- Mile, half mile, Diaper Dash, Toddler Trot: No refund or virtual race
- Virtual events: Not affected by in-person cancellation

Minnesota Department of Health Guidance

Per [Minnesota Department of Health \(MDH\) guidance](#), everyone is encouraged to get vaccinated, if possible, as getting vaccinated is one of the best things you can do to prevent getting or spreading COVID-19.

Vaccinated or unvaccinated, [MDH strongly recommends](#) that everyone:



- Wash their hands often, with soap and water for at least 20 seconds.
- Stay home if they are sick (see MDH guidance for whether you should stay home [here](#)).
- Wear a mask in specific settings (see MDH guidance for wearing masks [here](#)).

If you are unvaccinated, [MDH recommends](#) that you should continue to wear well-fitted facemasks in settings including:

- Indoor businesses and public settings.
- When around people from other households.
- And outdoors when social distancing cannot be maintained.

While Twin Cities In Motion encourages everyone to get vaccinated if you can, TCM will not require proof of vaccination or a negative test from spectators, participants, or volunteers at Medtronic Twin Cities Marathon Weekend events unless required to do so.

Event protocols will be evaluated throughout the year to be properly calibrated to the public health situation on race weekend.

All signs are pointing toward a safe and successful return of the in-person Medtronic Twin Cities Marathon Weekend this October. Participants will play an important role in the event's safety, too, so thank you for choosing to race—safely!—with us. Twin Cities In Motion will share final event COVID policies in the Final Pre-Race Instructions email sent to participants race week, but if you have any questions that aren't answered here, please email us at info@tcmevents.org.

