

# Medtronic Twin Cities Marathon Weekend

## Final COVID 19 Policies and Procedures

*(While these are intended to be the final COVID 19 policies and procedures, Twin Cities In Motion reserves the right to change these policies based on conditions at any time up to and including race day.)*

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. Based on the expected public health situation on race weekend, in consultation with our Medical Committee, below please find the final COVID 19 Policies and Procedures for the 2021 Medtronic Twin Cities Marathon Weekend.

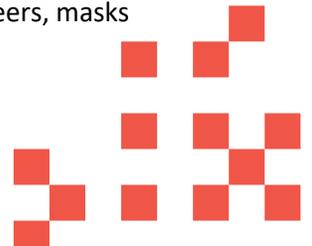
### Guiding Principles for 2021 Medtronic Twin Cities Marathon Weekend COVID 19 Policies and Procedures

- Field sizes in all events have been reduced;
- Extra space will be available at all areas throughout the event and the most-dense gathering places have been eliminated;
- Masking required in higher-risk areas (see below);
- While a broad array of race amenities (portable toilets, Fluid Stations, packaged finishers food) will be provided, runners are asked to be as self-sufficient as possible to reduce unnecessary close contact;
- Regardless of guidelines, we ask that all participants, volunteers, staff, and other non-participant attendees be considerate of others' comfort levels and maintain distance from people outside their households.

### Updated Mask Requirements for 2021 Medtronic Twin Cities Marathon Weekend

Out of an abundance of caution and based on the current public health situation, masks will be required to be worn in the following locations on Medtronic Twin Cities Marathon Weekend:

- In all public indoor areas, including the Expo and any enclosed tents;
- In all Medical areas;
- On all public transportation and all official race transportation, including buses to the Start Area, from the Finish Area, and SAG and Sweep vehicles;
- **New "masks required" area since previous event COVID update:** Due to the current public health situation and large number of children not yet old enough to be vaccinated at Medtronic Twin Cities Marathon Weekend's Saturday Events, masks will be required to be worn by all participants, volunteers, staff, and other non-participant attendees in the Race Day Packet Pick-up and Registration Area at the Capitol for Saturday Events.
- **New "masks required" area since previous event COVID update:** Due to the current public health situation and the large number of people gathering in the Start Area at one time, masks will be required to be worn once participants have entered their Start Corral until they cross the Start Line at all Medtronic Twin Cities Marathon Weekend Events.
- **New "masks required" area since previous event COVID update:** Due to the current public health situation and to assure the safety of finishers as well as our staff and volunteers, masks



will be required to be worn in the Finish Controlled Zone between the Finish Line and the Controlled Zone Exit at all Medtronic Twin Cities Marathon Weekend Events.

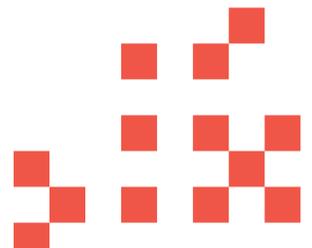
Mask requirements apply to all participants, volunteers, staff, and other non-participant attendees.\* While we ask that you bring your own mask—including carrying one while running, if possible—event officials will be ready to offer you one at the entrance to any of these areas should you forget it. Failure to comply with event officials' mask-wearing requirements could result in penalties including disqualification.

### **Major Non-Mask COVID 19 Policy and Procedure Changes for 2021 Medtronic Twin Cities Marathon Weekend**

- 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 discard before running will be donated to Goodwill—not transported to the Finish Area.
- The final Pre-Race Instructions email will include a recommended Start Area Arrival Time and a time by which you should be loaded into your corral, based on your assigned corral—please follow these instructions to assure yourself and your fellow participants a both smooth and a safe race day experience.
- In the Finish Area, in order to prevent dense, uncontrolled crowding, 6' fence will be set up on John Ireland Blvd to obstruct spectator views of the Finish Line and Finish Approach. Spectators are strongly discouraged from gathering in this location because of its potential for dense crowding.
- To prevent dense, uncontrolled crowding, spectators are strongly encouraged to reunite with their loved one in the Family Reunion Area—not at the Finish Controlled Zone Exit on Rev. Dr. Martin Luther King Jr. Boulevard.
- While a broad array of race amenities (portable toilets, Fluid Stations, packaged finishers food) will be provided throughout the event, runners are asked to be as self-sufficient as possible in as many ways as possible to reduce unnecessary close contact.

### **All 2021 Medtronic Twin City Marathon Weekend COVID 19 Policy and Procedure Changes by Area** **Expo**

- As a large indoor public gathering, all participants, volunteers, staff, and other non-participant attendees are required to wear a mask at the Expo. While we ask that you bring your own mask, event officials will be ready to offer you one should you forget it.
- As one of the most-dense gathering places on race weekend, the Expo stage and corresponding in-person presentations have been eliminated. Please see the [participant guide](#) (page 8) for the race week schedule of virtual presentations.
- A reduced number of vendors will be present at the Expo, to allow for wider aisles and extra space throughout the Expo.
- Marathon shirts will be participant shirts this year and will be distributed at the Expo and not in the Finish Area.
- 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.



### Event Transportation

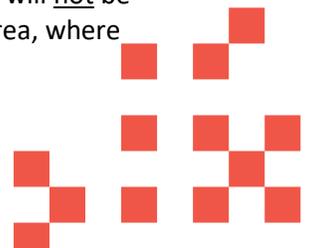
- Per [CDC guidance for public transportation](#), all participants, volunteers, staff, and other non-participant attendees are required to wear a mask on all public transportation and all official race transportation, including buses to the Start Area, from the Finish Area, and SAG and Sweep vehicles. While we ask that you bring your own mask, event officials will be ready to offer you one should you forget it.

### Saturday Events

- Due to the current public health situation and large number of children not yet old enough to be vaccinated at Medtronic Twin Cities Marathon Weekend's Saturday Events, masks will be required to be worn by all participants, volunteers, staff, and other non-participant attendees in the Race Day Packet Pick-up and Registration Area at the Capitol, once they have entered their Start Corral until they cross the Start Line, and in the Finish Controlled Zone between the Finish Line and the Controlled Zone Exit. While we ask that you bring your own mask, event officials will be ready to offer you one should you forget it.
- Field sizes at Medtronic Twin Cities Marathon Weekend's Saturday Events have been reduced, in order to allow for extra space throughout the event site.
- Runners will be funneled into single-file lanes shortly before crossing the Start Line in all timed Saturday Events races, to reduce density on-course and in the Finish Area.
- Consumables distributed in the Finish Controlled Zone will consist only of pre-packaged food.
- In order to prevent close contact, medals will be handed to finishers by volunteers, not hung around their necks.
- 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.

### Start Area

- Due to the current public health situation and the large number of people gathering in the Start Area at one time, masks will be required to be worn by all participants, volunteers, staff, and other non-participant attendees once participants have entered their Start Corral until they cross the Start Line at all Medtronic Twin Cities Marathon Weekend Events.
- Field sizes in the Medtronic Twin Cities Marathon and TC 10 Mile have been reduced in order to allow for extra space throughout the event site, including in the corrals.
- Extra corrals have been added to the Medtronic TC 10 Mile Start Area in order to allow for extra space in those corrals.
- Runners will be funneled into single-file lanes shortly before crossing the Start Line in the Medtronic Twin Cities Marathon and TC 10 Mile, to reduce density on-course and in the Finish Area.
- Event-provided Start Area hydration has been eliminated, in order to prevent close contact and eliminate a dense gathering area.
- The final Pre-Race Instructions email will include a recommended Start Area Arrival Time and a time by which you should be loaded into your corral, based on your assigned corral—please follow these instructions to assure yourself and your fellow participants a both smooth and a safe race day experience.
- 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 discard before running will be donated to Goodwill—not transported to the Finish Area.

### Course

- 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. Marathon split points are every 5k and at halfway, and 10 mile mats are at miles 5, 5.5, and 8.6.
- Fluid Stations will operate as they have in past years—handing out Lemon-Lime Gatorade Endurance Formula (in green cups) first, followed by water (in blue cups). At Mile 17, Blackberry (caffeine free) and Lemon Ginger (caffeinated) Gatorade Endurance Gels will be distributed.
- To avoid crowding on-course, there will not be official pacers in any distance at this year's event.

### Finish Area

- In the Finish Area, in order to prevent dense, uncontrolled crowding, 6' fence will be set up on John Ireland Blvd to obstruct spectator views of the Finish Line and Finish Approach. Spectators are strongly discouraged from gathering in this location because of its potential for dense crowding.
- To prevent dense, uncontrolled crowding, spectators are strongly encouraged to reunite with their loved one in the Family Reunion Area—not at the Finish Controlled Zone Exit on Rev. Dr. Martin Luther King Jr. Boulevard.
- Marathon shirts will be participant shirts this year and will be distributed at the Expo and not in the Finish Area.
- As an uncontrolled public indoor space, changing tents have been eliminated from this year's Finish Area.
- A broad array of finish amenities is available this year, including the beer garden. Confirmed amenities and their locations are reflected on the [Finish Area Map](#).

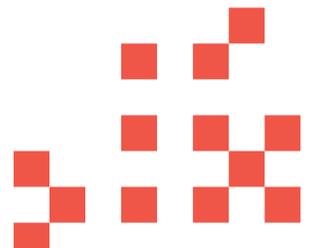
### Awards

- Under USATF Rules of Competition, overall awards will be off the official start of the marathon and the point in time you cross the finish line ("gun time"). Chip time, or the net times that record the actual elapsed time from the time you cross the start line to the time you cross the finish line, will be used to determine age group award-winners. This use of chip time should help to prevent dense gatherings by keeping age group-competitive runners from needing to press forward at the start.

### 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 strongly 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. While these are intended to be the final 2021 Medtronic Twin Cities Marathon Weekend COVID 19 Policies and Procedures, Twin Cities In Motion reserves the right to change these policies up to and including race day. If you have any questions that aren't answered here, please email us at [info@tcmevents.org](mailto:info@tcmevents.org).

\*Exemptions to wearing a mask include: Individuals with a disability, medical or mental health condition in which it's unreasonable for them to wear a face covering, children who are age 5 and younger, and any other legally-required exemption.

