FRIDAY, OCTOBER 4

HEALTH & FITNESS EXPO
11 a.m. - 8 p.m. Saint Paul RiverCentre

NEWS CONFERENCE (PART OF SEMINAR)
Interviews with event’s top athletes and panel of extraordinary participants
12:30 p.m. - 2 p.m. Saint Paul RiverCentre

EXPO STAGE SEMINARS*
Presented by Star Tribune
3:30 p.m. - 6 p.m. Saint Paul RiverCentre

SATURDAY, OCTOBER 5

TC 10K, TC 5K AND MEDTRONIC TC FAMILY EVENTS
TC 10K
7:15 a.m.
TC 5K
8:45 a.m.
Presented by Frednikson & Byron, P.A.
KARE 11 Family Mile
10 a.m.
Half Mile
10:30 a.m.
Presented by KS95
Harry & Shelly’s Mascot Invitational
11 a.m.
Diaper Dash
11:15 a.m.
Toddler Trot
11:30 a.m.
27th Mile, Family Activity Tent &
8:00 a.m. - 12:00 p.m.

HEALTH & FITNESS EXPO
Old Dutch School Meeting Area
10 a.m. - 7 p.m. Saint Paul RiverCentre
(NEW: Packet pick up closes at 7 p.m.)

EXPO STAGE SEMINARS*
Presented by Star Tribune
11 a.m. - 4 p.m. Saint Paul RiverCentre

SUNDAY, OCTOBER 6

WORSHIP SERVICE
Hosted by Team World Vision
6:45 a.m.
Hope Community Church
Downtown Minneapolis

MEDTRONIC TC 10 MILE
The Shortcut to the Capitol®
7 a.m. Start
Downtown Minneapolis
to the State Capitol

MEDTRONIC TWIN CITIES MARATHON
The Most Beautiful Urban Marathon in America®
8 a.m. Start (approx. 7:55 a.m. Wheelers)
Downtown Minneapolis
to the State Capitol

27th MILE
8:30 a.m. - 2:30 p.m.
State Capitol grounds
in Saint Paul

Participants meet their friends and family beyond the finish.
Enjoy the beer garden, photo stops and more.

For a complete listing of weekend events, visit tcmevents.org, and for more detailed transportation information, visit tcmevents.org/transportation.

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HEALTH & FITNESS EXPO

RIVERCENTRE - FRIDAY & SATURDAY

Saint Paul RiverCentre, lower level
175 West Kellogg Blvd., Saint Paul

Friday, October 4,
11 a.m. - 8 p.m.

Saturday, October 5,
10 a.m. - 7 p.m.
(NEW: Packet pick up closes at 7 p.m.)

Admission is free and open to the public.
Registration and packet pick up for the TC 10K, TC 5K and Medtronic TC Family Events will be at the Expo on Friday and at the State Capitol grounds on Saturday.
Packet pick up for the marathon and 10 mile will be at the Expo Friday and Saturday ONLY.

EXPO STAGE SEMINARS*
Presented by Star Tribune
Plan your visit around our free lineup of presenters, including:
Sarah Bowen Shea & Dimity McDowell of Another Mother Runner, First Time Marathoner’s Panel and the Virtual Course Tour.

MERCHANDISE
Stock up on exclusive Medtronic Twin Cities Marathon Weekend Brooks® technical gear, posters, apparel, novelty items and more.

100+ VENDORS
Visit exciting exhibits, find great bargains on fitness and running gear, and get the latest information on exercise technology and nutrition.

FRIDAY, OCTOBER 4
12:30 p.m. News Conference Interviews with event’s top athletes and panel of extraordinary participants
3 p.m. Virtual Course Tours: Marathon & 10 Mile
Presented by Twin Cities In Motion
4 p.m. Excel + Enjoy: How to Race Like a Mother
Another Mother Runner podcast hosts
6 p.m. Follow Me, I Don’t Know Where I’m Going
Nicole Venzke Peterson — Author, Blogger, & Lifelong Runner

SATURDAY, OCTOBER 5

11 a.m. Virtual Course Tours: Marathon & 10 Mile
Presented by Twin Cities In Motion
12 p.m. First Time Marathoner’s Panel
Ask your questions of our panel of experienced marathoners
Gloria Jansen - MDRA Coach
Chris Lindstrom- Team USA Minnesota Coach
Dennis Barker- MDRA Coach
1 p.m. Recipe for Results: Mastering Endurance Nutrition
Paul Kriegler- Life Time Fitness
2 p.m. Mental Preparation for Running
Chris Lindstrom- Team USA Minnesota Coach
3 p.m. Follow Me, I Don’t Know Where I’m Going
Nicole Venzke Peterson — Author, Blogger, & Lifelong Runner
4 p.m. Where There’s a Wheel There’s a Way: Celebrating Inclusion Through Endurance Athletics
Ben Delkoski-myTeam Triumph Minnesota

PARKING AND TRANSPORTATION

PLAN AHEAD - Visitors are strongly advised to be aware of factors that will increase travel and access times for the Health & Fitness Expo, including:
CONCERT AT XCEL ENERGY SATURDAY OCTOBER 5 AT
7 P.M. – Congestion, event parking rates and heavy traffic may begin as early as 3 p.m. in preparation for the concert starting at 7 p.m. Doors open at 6 p.m.

Metal Detectors at Expo Entrance – It will take extra time to enter the expo area. Please leave non-essential items at home.

For a complete listing of weekend events, visit tcmevents.org, and for more detailed transportation information, visit tcmevents.org/transportation.
SATURDAY EVENTS

TC 10K, TC 5K AND MEDTRONIC TC FAMILY EVENTS

STATE CAPITOL GROUNDS

You don’t have to run a marathon to be part of race weekend! Saturday Events offer something for everyone. Come and join the fun on Saturday (race-day registration is available if space allows), and then cheer on friends and family on Sunday.

6:30 a.m. Packet Pick Up/ Registration begins
7:15 a.m. TC 10K
8:45 a.m. TC 5K
10 a.m. KARE11 Family Mile
10:30 a.m. Half Mile Presented by K395
11 a.m. Harry & Shelly’s Mascot Invitational
11:15 a.m. Diaper Dash
11:30 a.m. Toddler Trot

SPECTATORS CAN WATCH the 10K and 5K from anywhere on the course — up the hill past the Cathedral, out and back along Summit Ave. back down toward the State Capitol. Cheer from the Medtronic Grandstand at the finish line (the grandstand is free and open to the public).

PLAN TO VISIT the free Family Activity Tent while you are on the grounds between races, beginning at 8 a.m. Fun, kid-friendly activities and information on fitness, activity, health and safety will be provided.

TRANSPORTATION - Metro Transit Light Rail is free Saturday and Sunday if you show your bib or you can purchase an unlimited ride visitor pass on Metro Transit’s website for $5.00 and it can be used on buses and the light rail. It is a one-mile walk uphill from the Expo to the State Capitol grounds.

THE NATION’S LEADING PARKING RESERVATION APP! Book convenient and affordable parking in advance by visiting the Twin Cities Marathon SpotHero Parking Page and save up to 50% off drive-up rates.
SUNDAY EVENTS

The Twin Cities have become synonymous with championship road racing. This year, TCM is hosting the USATF Men’s & Women’s 10 Mile Championships, the USATF Minnesota 10 Mile Championships, as well as international fields of professional marathon participants and wheelchair racers. Cheer on these extraordinary athletes!

**Spectator viewing areas for the start of the marathon are along S. 6th St. west of 5th Ave. S. For the 10 mile, spectators can line Portland Ave. north of S. 3rd Street.**

**CAUTION:** Metro Transit Light Rail will be operating on a normal schedule on race day. Pedestrians, motorists and bicyclists must cross only at designated crossings. It is illegal to cross the tracks in unmarked areas.

Note: Participants and spectators will not have access inside U.S. Bank Stadium.

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**MEDTRONIC TC 10 MILE**
THE SHORTCUT TO ‘THE CAPITOL’

6:54 a.m.  USAUTF Championships Women (approximate equalizer start time)
7 a.m.  Participant start
10 mile participants start in four corrals (A, B, C, and D).

**MEDTRONIC TWIN CITIES MARATHON**
THE MOST BEAUTIFUL URBAN MARATHON IN AMERICA®

7:55 a.m.  Wheeler start
8 a.m.  Participant start
Marathon participants start in three corrals (1, 2, and 3).

---

**27TH MILE (FINISH AREA)**

8:30 a.m. - 2:30 p.m.
Meet your friends and family beyond the finish in the Family Meeting Area. Find results, merchandise, and enjoy the Great Clips selfie wall. Watch participants ring the PR Bell, presented by Up4 Probiotics, or enjoy the awards ceremonies on the giant Freestyle Productions LED video board. NEW this year, kids can take on the Ninja Anywhere course and enjoy a Driscoll’s treat afterwards.
**Pacing Guide**

<table>
<thead>
<tr>
<th>ESTIMATED FINISH TIME</th>
<th>PACE</th>
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</thead>
<tbody>
<tr>
<td><strong>7:00 a.m. Start</strong></td>
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<td>Minutes per Mile</td>
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<td>Rose Garden</td>
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<td>Franklin St. Bridge</td>
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<td>Saint Thomas</td>
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<td>Governor’s Mansion FINISH LINE</td>
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<td>Lead Female*</td>
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<td>Lead Male*</td>
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<td>1 Hr. 45 Min.</td>
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<td>Governor’s Mansion FINISH LINE</td>
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<td>Lead Wheeler*</td>
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<td>Lead Male</td>
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<td>Lead Female</td>
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<td>3 Hrs.</td>
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<td>3 Hrs 15 Min.</td>
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<td>3 Hrs. 30 Min.</td>
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<td>4 Hrs. 30 Min.</td>
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<td>5 Hrs.</td>
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<td>5 Hrs. 30 Min.</td>
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<td>6 Hrs.</td>
<td>13:44</td>
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*Wheeler start is 7:55 a.m.
*USATF Championship women’s start is approximately 6:54 a.m.

**HOW TO USE THE “TIME OF DAY” PACING GUIDE**

1. Know how fast your friend(s) will be running, either by Pace (minutes per mile) or by Finish Time.

2. Find the closest Estimated Finish Time on the chart and follow across the columns to a location near where you want to be.

3. The chart shows what Time of Day your friend(s) should cross the selected location. Use these times to estimate other locations on the course.

**CORRAL START:** The times above reflect estimated times for the first corral. Spectators should expect participants in subsequent corrals to be several minutes later.

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**GUIDE TO SUNDAY RACE NUMBERS**

### 10 MILE RACE NUMBERS

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<thead>
<tr>
<th>Minutes per Mile</th>
<th>Bde Maka Ska</th>
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<th>East Nokomis</th>
<th>Franklin St. Bridge</th>
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### MARATHON RACE NUMBERS

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</table>

*Wheeler start is 7:55 a.m.
*USATF Championship women’s start is approximately 6:54 a.m.

It may take up to 15 minutes for the final participants to reach the START line.
ALL COURSES MAP

PRESENTED BY MEDTRONIC

KEY

<table>
<thead>
<tr>
<th>COURSE MARKERS</th>
<th>SPECIAL LOCATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>5K (SAT)</td>
<td>FLUSH STATIONS: INCLUDES MEDICAL, TOILETS, PREVENTIVE MEDICAL FORMULA</td>
</tr>
<tr>
<td>10K (SAT)</td>
<td>ENDURANCE: FACTORIES PRODUCE AT MILE 17</td>
</tr>
<tr>
<td>10 MILE (SUN)</td>
<td>MEDICAL: COMPENSATORY PARTICIPANT PROGRAM</td>
</tr>
<tr>
<td>MARATHON (SUN)</td>
<td>MEDICAL: COMPENSATORY PARTICIPANT PROGRAM</td>
</tr>
<tr>
<td>FINISH</td>
<td>AWESOME SPECTATOR SPOTS</td>
</tr>
</tbody>
</table>

MAP SUBJECT TO CHANGE. CHECK TCMEVENTS.ORG FOR UPDATES.
WHO TO CONTACT IN CASE OF AN EMERGENCY

MEDICAL AID STATIONS & MEDICAL PERSONNEL

Presented by Medtronic

There are 14 fluid stations along the marathon course with medical support and a medical station at the finish. Look for the fluid station or medical symbols on the course map. Medical personnel (some on bikes) wear orange vests.

RACE DAY PERSONNEL

Communication personnel wear yellow shirts and course marshals wear reflective yellow vests. Each has a phone to contact emergency personnel quickly. All other race committee members wear branded navy shirts and light grey jackets.

POLICEMEN/OFFICERS

Officers patrol the course and monitor all major intersections.

VOLUNTEERS

There are thousands of volunteers on marathon weekend. Most are not year-round volunteers and only work one weekend a year, so understand that they may not have answers to all your questions.

In an emergency, call 911. Do not hesitate to go to volunteers for assistance as they may have communications equipment or be able to get help quickly.

SAFETY

RULES OF THE ROAD

• A valid race number must be visibly worn by anyone on the course.
• No spectators on the course or in the finish line area. For everyone’s safety.
• Keep our course beautiful. Please respect property and do not litter.
• No motor vehicles on the course — cross only at designated intersections.
• Bikers must stay off the course and please watch for spectators.
• Hold animals on a 6’ or shorter leash. Keep them away from participants and be considerate of others.
• Watch your children at all times. There will be thousands of participants and spectators at the events.
• Lost & Found/Lost People and Items is located near the finish line — look for volunteers in the Info: Find Me, Ask Me tent.
• See something, say something. If you see something that doesn’t seem quite right, report suspicious activity.

BACKPACKS, PURSES AND BAGS ARE SUBJECT TO SEARCH

For safety, please avoid bringing bags to all events, and never leave your bag unattended.

STATE CAPITOL GROUNDS — SUNDAY

KEY

INFO TENT & CHARGING STATION
MEDICAL TENT
INFO KIOSK
PARKING
TOILETS
RESTRICTED AREAS
GATE 1 & 2
“SUSPICIOUS” PERSONNEL
“SUSPICIOUS” BAGS
“SUSPICIOUS” MAGIC WAND
STORM SHELTER
MAPS SUBJECT TO CHANGE. CHECK CONTENTS DAILY FOR UPDATES.
TIPS FOR SPECTATORS AND PARTICIPANTS

Make the most of race day by planning ahead to find your friends along the course and at the finish line.

ON THE COURSE

- Map out where you’ll be ahead of time. Use the Twin Cities In Motion app, presented by Medtronic, or use the “Time of Day” pacing guide and course maps on pages 8-11.
- Know what each other will be wearing, or carry a sign or balloon. Sometimes it’s easier for participants to spot spectators than the other way around.
- Pick a side. Communicate where you will be, and watch from the same side of the road. This will help participants see and find you.
- Plan for traffic. Allow extra time to get from one viewing spot to another. Use the “Choose Your Experience” guide from Union Depot and consider using Metro Transit Light Rail to avoid roadway traffic and parking. Arrive early and don’t leave if you don’t see someone right away. Your friend may be having a really good day or a tough one.
- Cheer on other participants. Everyone likes to be encouraged on race day!

FAVORITE CHEERS

- Keep smiling!
- You’re looking awesome!
- Running smooth!
- You can do it!
- Way to wheel!, or run!
- One stride at a time!
- Way to focus!
- Stay relaxed!
- Keep it up!
- Welcome to Saint Paul!
- Way to go!
- You rock!
- Call out something unique about a participant. (bib #, the color or a logo on their shirt, etc.)
- One stride at a time!
- Way to focus!
- Stay relaxed!
- Keep it up!
- Welcome to Saint Paul!
- Way to go!
- You rock!
- Call out something unique about a participant. (bib #, the color or a logo on their shirt, etc.)

Don’t forget to bring cowbells, tambourines, thunder sticks or make a sign. Many cheering supplies are available from sponsors at the Expo. Please be respectful of private and public property, and dispose of your cheering materials appropriately.

AFTER THE RACE

- Participants are directed to the Family Meeting Area (see map pg. 13).
- Set a time and place to meet in case you miss each other at the finish.
- Relax with friends and family in the 27th Mile. You can purchase souvenirs and merchandise and take in the beauty of the newly renovated State Capitol grounds.
- Snap a photo at the Great Clips selfie station.
- Enjoy a beer from Summit Brewing Co! Tickets will be sold outside of the beer garden for $5. Net proceeds go to Friends of TCM to support our mission. (Sunday Only)

DOWNLOAD THE TWIN CITIES IN MOTION APP

PRESENTED BY MEDTRONIC

ATHLETE TRACKING

VIA YOUR MOBILE DEVICE

You can follow the progress of marathon and 10 mile participants on race day using the Twin Cities In Motion App, presented by Medtronic. In addition to athlete tracking, you can find course maps, weekend schedules, expo information, transportation information, and more. The app includes everything you need to know about Marathon Weekend. Search for “Twin Cities In Motion” in your app store.

FINISH LINE ANNOUNCERS

Finish line announcers Dave Kappas, Sheryl Golin and Mark Marette will keep spectators at the finish line updated about race progress with live broadcasts.

ON DEMAND WEBCAST AT USATF.TV

An on-demand webcast of the USATF 10 Mile Championships will be available on usatf.tv. Watch all of the excitement at your convenience starting Monday, October 7.

LIVE STREAM AT KARE11.COM

KARE11.com will live stream all six hours of the finish line. You can also visit their website post-race to watch it all again.

LIVE ON TWITTER @TCMARATHON

Find up-to-the-minute updates on the professional men’s and women’s Medtronic TC 10 Mile and Medtronic Twin Cities Marathon races on Twitter by following @tcmarathon.

MEDIA PARTNERS

Our media partners will provide race weekend updates, including weather notices. Listen, watch or check online.

CONNECT WITH TCM ONLINE

Visit tcmevents.org, like Twin Cities In Motion on Facebook and follow us on Twitter @ tcmarathon. Use #tcmarathon to join in on the conversation during race weekend.
**FUN FACTS**

**DID YOU KNOW...?**
- 236,253 marathon finishers have covered more than 6,387,140 miles through 2018.
- Twin Cities In Motion, a 501c3 nonprofit organization — along with its charity partners — has contributed more than $6.9 million to charity since 2000!
- It takes more than 4,000 volunteers to make race weekend possible — THANKS VOLUNTEERS!
- Medtronic Twin Cities Marathon is the 10th largest in the U.S.
- By using water from Minneapolis and Saint Paul hydrants, 9,624 plastic gallon jugs will be saved!
- More than 21,000 pounds of waste were diverted from landfills at last year’s race.

**2019 MARATHON FIELD**
- 34% are first-time marathoners
- The average female age is 36 and the average male age is 39
- 69% are from Minnesota
- 49 states are represented, as well as 23 other countries
- The youngest registrant is 9 years old
- The oldest registrant is 80 years old

*as of 9/4/18

**RECORDS**
- Female course record: 2:26:51, set in 2001 and tied in 2004
- Male course record: 2:08:51, set in 2016
- Female wheeler course record: 1:54:37, set in 2013
- Male wheeler course record: 1:35:03, set in 1997

**PARTICIPANTS WILL...**
- Cross 409 intersections
- Drink 21,000 gallons of water
- Enjoy more than 500 gallons of broth
- Hear the cheers of more than 300,000 spectators

---

**TCM CREWS:**

**NEVER RUN ALONE**

NORTHIES are Newbies

REVELS love Fun

GRAYWOLVES have Experience

LOONIACS are Passionate

**What TCM Crew is right for you?**

Learn more at tcmevents.org/crews
2020 EVENTS

TC Kids Fieldhouse Fun Run
FEBRUARY 1, 2020

Valentine’s Day TC 5k
FEBRUARY 8, 2020

Hot Dash 5K & 10 Mile
MARCH 21, 2020

Medtronic TC 1 Mile
MAY TBA, 2020

TC Kids Cross Country Fun Run
MAY 16, 2020

Women Run the Cities
MAY 17, 2020

Red, White & Boom! TC Half Marathon, Relay & 5K
JULY 4, 2020

MEDTRONIC TWIN CITIES MARATHON WEEKEND

TC 10K
OCTOBER 3, 2020

TC 5K
OCTOBER 3, 2020

MEDTRONIC TC FAMILY EVENTS
OCTOBER 3, 2020

MEDTRONIC TC 10 MILE
OCTOBER 4, 2019

MEDTRONIC TWIN CITIES MARATHON
OCTOBER 4, 2020

MARATHON WEEKEND APP

DOWNLOAD THE FREE TWIN CITIES IN MOTION APP
Presented by Medtronic

- Participant live tracking
- Complimentary participant photos
  presented by Great Clips
- Course maps
- Weekend schedule
- Virtual offers

REWARDS IN MOTION

Running is hard.
You deserve rewards for your participation!

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TwinCitiesInMotion
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QUICK REFERENCE FOR SPECTATORS

Participant’s Race Number __________________________________________

What they are wearing _____________________________________________

Locations and times to meet them

_________________________________________________________________________ @ ____________

_________________________________________________________________________ @ ____________

_________________________________________________________________________ @ ____________

_________________________________________________________________________ @ ____________

Things to bring (i.e. beverages, snacks, layers, cowbells, etc.)

__________________________________________________________________________

Post-race meet up location (i.e: letter K in the Family Meet Up Area)

__________________________________________________________________________

A special thanks to our sponsors, including:

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