



MEDTRONIC  
TWIN CITIES MARATHON

# PARTICIPANT GUIDE

OCT 1  
2017



Download our **Marathon Weekend App** for  
tracking, course maps, and more! (see page 4)



**TWIN CITIES IN MOTION**



# THE ULTRA SOFT GLYCERIN 15 INSTANTLY ADAPTS TO YOU.

*Super DNA cushioning  
provides a made-for-me  
feel for every runner*



## SPEND \$100 AND GET 20% OFF APPAREL, FOOTWEAR AND ACCESSORIES.\*

\*Sale items not included. Valid on BrooksRunning.com orders of \$100 or more. Valid only 9/1-9/28/17.  
One redemption per order with code **TCMPGAD91928**



## GOING THE DISTANCE FOR HEALTH

### We're in it for the long run.

Since 2006, we've partnered with the Twin Cities Marathon to bring fun and accessible fitness opportunities to more and more people. And on October 1, we'll be there to cheer for you and 28,000 others who will run, jog, and wheel their way to the finish line in a spectacular celebration of health and community.

It's just one part of our commitment to health that starts in Minnesota and extends to 160 countries around the world.

**Let's take healthcare Further, Together.**

Learn more at [medtronic.com](https://www.medtronic.com).

**Medtronic**  
Further, Together

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Twin Cities in Motion gratefully acknowledges the sponsors who support our runners, volunteers, spectators, and community during Medtronic Twin Cities Marathon. We couldn't run without you!



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#### SUPPORTING SPONSORS



## DEAR MEDTRONIC TWIN CITIES MARATHON PARTICIPANT,

On behalf of the Twin Cities In Motion Board of Directors, staff, and volunteers, welcome to the 36th running of the Medtronic Twin Cities Marathon! Thank you for choosing to participate in our event!

TCM's mission is to ignite everyone's inner athlete. We want to help inspire the Twin Cities—and the world—toward our vision: Move. Together. We are proud to organize high quality, community-supported running events that promote health and fitness, so we applaud the value you place on living a healthy, active life.

As fall arrives, we're looking forward to race day on October 1. This year, we're expecting a record number of Medtronic Twin Cities Marathon Weekend participants, including more than 10,000 runners in the marathon.

Many, many people make Medtronic Twin Cities Marathon Weekend special. We'd like to thank the nearly 5,000 race-weekend volunteers who will support you from start to finish. We'd also like to thank the more than fifty sponsors who make this race possible, especially Medtronic, our title sponsor for the past twelve years, and our media partners KARE 11, Pioneer Press, 1500 ESPN, KS95, and myTalk 107.1.

Finally, we'd like to thank the cities of Minneapolis and Saint Paul—their officials and their citizens—for hosting the Most Beautiful Urban Marathon in America®. Community support is vital to the success and energy of our events. As you race between the Twin Cities, you'll be cheered by more than 300,000 spectators, plus bands and cheer zones at every mile including at Medtronic Passage, at mile 19.

Twin Cities In Motion is proud to be a nonprofit organization that raises awareness for other community nonprofits. This year, our goal is to again help raise more than one million dollars for the community. Together we are building bridges by reaching out and touching people's lives.

Good luck and thank you for joining us on this special weekend and for participating in the 36th annual Medtronic Twin Cities Marathon.

*Michael J. Logan*  
Mike Logan  
President, Twin Cities In Motion

*Virginia Brophy Achman*  
Virginia Brophy Achman  
Executive Director, Twin Cities In Motion

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WE'RE PROUD

to host the 2017 RRCA Minnesota Marathon State Championships.



# MEDTRONIC TWIN CITIES MARATHON

## FRIDAY, SEPTEMBER 29

EVENT	TIME	LOCATION
HEALTH AND FITNESS EXPO	11 a.m. - 8 p.m.	Saint Paul RiverCentre
NEWS CONFERENCE Professional Marathon and 10 Mile Athletes and Faces in the Crowd	12:30 - 2 p.m.	Saint Paul RiverCentre
EXPO SEMINARS*	12:30 - 4:30 p.m.	Saint Paul RiverCentre

## SATURDAY, SEPTEMBER 30

TC 10K, TC 5K AND MEDTRONIC TC FAMILY EVENTS		State Capitol grounds in Saint Paul
TC 10K	7:15 a.m.	
TC 5K <i>Presented by Fredrikson &amp; Byron</i>	9 a.m.	
Kare 11 Family Mile <i>Presented by Medica</i>	10 a.m.	
Half Mile <i>Presented by KS95</i>	10:30 a.m.	
Harry & Shelly's Mascot Invitational	11 a.m.	
Diaper Dash <i>Presented by Pioneer Press</i>	11:15 a.m.	
Toddler Trot	11:30 a.m.	
GMC Finish Like A Pro 27th Mile/ Family Activity Tent	8 a.m. - 12 p.m.	
HEALTH AND FITNESS EXPO	10 a.m. - 7 p.m. (Packet pick up open until 8 p.m.)	Saint Paul RiverCentre
EXPO SEMINARS*	11 a.m. - 4 p.m.	Saint Paul RiverCentre

## SUNDAY, OCTOBER 1

WORSHIP SERVICE <i>Hosted by Team World Vision</i>	6:30 a.m.	Hope Community Church
MEDTRONIC TC 10 MILE <i>The Shortcut to the Capitol®</i>	7 a.m. Start	Downtown Minneapolis to the State Capitol
MEDTRONIC TWIN CITIES MARATHON <i>The Most Beautiful Urban Marathon in America®</i>	8 a.m. Start (7:55 a.m. Wheelers)	Downtown Minneapolis to the State Capitol
GMC FINISH LIKE A PRO 27TH MILE Runners meet their friends and family beyond the finish	8:30 a.m. - 2:30 p.m.	State Capitol grounds in Saint Paul

\* See page 7 for speakers and seminars



# RACE WEEKEND

## INFORMATION

### SPECTATORS

The Spectator's Guide includes the essential race weekend information for your family and friends! Download yours online at [tcmevents.org](http://tcmevents.org) or pick up a copy at one of the following locations:

- Caribou Coffee locations surrounding the course (See Course Map)
- Whole Foods locations throughout the Twin Cities metro area
- Airport Information Booth—located across from Baggage Claim Carousel in Terminal 1
- Local running stores
- Health & Fitness Expo Information Hub



### ATHLETE TRACKING

#### DOWNLOAD THE NEW MARATHON WEEKEND APP:

NEW this year, the Medtronic Twin Cities Marathon Weekend App contains the latest race weekend information including athlete tracking, course maps, transportation information, and more. Search "Twin Cities In Motion" in your app store to get it now.

### CONNECT WITH TCM

Join TCM in 2018! Run the Hot Dash 5K & 10 Mile on Saturday, March 24 or take on a 2018 TC Challenge Race Series! Visit [tcmevents.org](http://tcmevents.org) for more great TCM events and registration information.



Like Twin Cities In Motion on Facebook and follow us on Twitter @tcmarathon and Instagram @twincitiesinmotion. We'll be active all weekend with live videos, giveaways, behind-the-scenes footage, and our favorite photos! Use #tcmarathon to join the conversation!



Course maps, weekend schedule, expo information, live tracking, transportation details, spectator tips, and more!

# The Most Beautiful Urban App in America.



TWIN CITIES IN MOTION

## Everything you need to know about Marathon Weekend.

Download the Medtronic Twin Cities Marathon Weekend app. Search "Twin Cities In Motion" or "Twin Cities Marathon" in your app store!



**REAL** Not Fake

**TRUE** Not False

**INVESTIGATED** Not Fabricated

**CONFIRMED** Not Presumed

**REALITY** Not Fantasy

**RESEARCHED** Not Concocted

**INFORMED** Not Imagined

**FACT** Not Fiction

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RACE WEEKEND  
CONTINUED

VOLUNTEERING

Our race weekend takes nearly 5,000 volunteers! It's because of people like you that Twin Cities In Motion can run events. Positions are still available for Thursday through Sunday. Claim a shift at [tcmevents.org](http://tcmevents.org) and be sure thank the volunteers you see—they make this spectacular weekend possible!

PUBLIC TRANSPORTATION  
FROM THE AIRPORT

AIRPORT TO DOWNTOWN SAINT PAUL

Follow “Ground Transportation” signs for taxi, Super Shuttle, or bus transportation to downtown Saint Paul from the airport. Daily city bus service on Route 54 runs every 15 minutes. Travel time is about 20 minutes.

AIRPORT TO DOWNTOWN MINNEAPOLIS

Follow “Ground Transportation” signs for taxi, Super Shuttle, bus, or Metro Transit Blue Line light rail transportation to downtown Minneapolis from the airport. The light rail train leaves every 10-15 minutes, every 7.5 minutes during rush hours. Travel time to Warehouse District Station is 25 minutes.

For transit information, visit [metrotransit.org](http://metrotransit.org).

“YOU GOT THIS.”  
- coffee



Stop by the Caribou Village at Capitol Hill for a free cup of coffee!



HEALTH & FITNESS  
EXPO



EXPO PARKING AND  
TRANSPORTATION

The Saint Paul RiverCentre is easy walking distance from most downtown Saint Paul hotels. Parking is available in many nearby ramps. Because of other events taking place, rates may be higher than usual. There is limited on-street parking at meters which are enforced. Visit [rivercentre.org/parking](http://rivercentre.org/parking) for more information.

Union Depot, Official Transit Hub of the Medtronic Twin Cities Marathon Weekend, will provide free shuttles to the expo on Friday and Saturday. Shuttles will depart every 20-30 minutes from the curb cutout in front of the Kellogg Street entry. Visit [www.uniondepot.org](http://www.uniondepot.org) for the shuttle schedule, directions to Union Depot, and parking information.

Hourly parking rates will apply at the Science Museum of Minnesota (across the street from the main entrance to the Saint Paul RiverCentre). Please visit their website for pricing and information.

PHOTO ID AND RACE NUMBER NEEDED

You will need to know your race number and present a photo ID to pick up your packet at the Health & Fitness Expo.

HELP DESK/RACE NUMBER LOOK UP

The Help Desk located in the packet pick up area is staffed by individuals available to help you with registration-related issues. There are also two “Race Number Look Up” tables located near the packet pick up entrance to pick up your packet.

PACKET PICK UP

All participants are required to pick up their race packet during the Health & Fitness Expo at the Saint Paul RiverCentre, 175 West Kellogg Blvd. in downtown St. Paul.

FRIDAY  
11 a.m. - 8 p.m.

Health and Fitness Expo is open from 11 a.m. - 8 p.m.

SATURDAY  
10 a.m. - 8 p.m.

Health and Fitness Expo closes at 7 p.m.

THERE IS ABSOLUTELY NO PACKET PICK UP  
ON RACE DAY. NO EXCEPTIONS.

Admission is free and open to the public. Registration and packet pick up for the TC 10K, TC 5K, presented by Fredrikson & Byron, and Medtronic TC Family Events will be at the Expo on Friday only.

- More than 100 exhibitors
- Great bargains on running and fitness gear
- Medtronic spectator sign station
- Shop the new Buick/GMC selection
- Brooks Running® gear and shoes for sale
- Much more!

SHOP THE MARATHON WEEKEND STORE!

Pick up our limited edition 2017 Medtronic Twin Cities Marathon Weekend merchandise! Shop from Brooks® technical gear, posters, apparel, novelty items, and more. Beat the crowds and shop online at [tcmevents.org/shop](http://tcmevents.org/shop) for the best selection!

EXPO SEMINAR SCHEDULE

FRIDAY, SEPTEMBER 29

- |            |  |
|------------|--|
| 12:30 p.m. | <b>ATHLETE NEWS CONFERENCE</b>   |
| 2:30 p.m.  | <b>MINDFUL RUNNING</b><br><i>Mackenzie Lobby-Havey</i>   |
| 3:30 p.m.  | <b>VIRTUAL COURSE TOURS: MARATHON &amp; 10 MILE</b><br><i>presented by Twin Cities In Motion</i> |
| 4:30 p.m.  | <b>EXCEL + ENJOY: HOW TO RACE LIKE A MOTHER</b><br><i>Another Mother Runner podcast hosts</i>    |

SATURDAY, SEPTEMBER 30

- |        |  |
|--------|--|
| 1 p.m. | <b>OVERCOMING INJURIES AND LOVING TO RUN</b><br><i>Mayo Clinic Sport Medicine</i><br><br><i>Corey Kunzer (Physical Therapist and Physical Therapy Supervisor, Mayo Clinic Sports Medicine) and Dani Vsetecka (Ironman 70.3 Champion)</i>   |
| 2 p.m. | <b>VIRTUAL COURSE TOURS: MARATHON &amp; 10 MILE</b><br><i>Presented by Twin Cities In Motion</i>   |
| 3 p.m. | <b>FIRST TIME MARATHONER’S PANEL</b><br><i>Presented by Twin Cities In Motion</i>  |
| 4 p.m. | <b>KEY EXERCISES AND STRENGTH TRAINING FOR RUNNERS</b><br><i>Mayo Clinic Sport Medicine</i><br><br><i>Becca Gusmer (Physical Therapist, Mayo Clinic Sports Medicine) and Paul Yerhot (Physical Therapist, Mayo Clinic Sports Medicine)</i> |



HEALTH & FITNESS EXPO

CONTINUED

IF YOU CANNOT MAKE IT TO THE EXPO

If you are unable to pick up your race packet during expo hours, you can make arrangements for someone else to pick up your race materials. A packet request form is available online and at the “Race Number Look Up” table. Your friend will ONLY need to provide his or her photo ID to pick up your race packet, not yours.

RACE PACKET CONTENTS

Please ensure you receive each of the following items from the packet pick up area:

- Race bib with attached timing chip
- Sweats bag check sticker
- Four safety pins

Proceed with your race packet to the chip check station to ensure your race bib correctly displays your information.

**REMINDER:** Unauthorized sale and/or transfer of race entries or bib numbers is strictly prohibited and may result in disqualification and being banned from future races.

RACE SERIES PACKET PICK UP

**TC ULTRA SUMMIT CHALLENGE PARTICIPANTS:** Pick up your marathon packet in the general marathon area at packet pick up during Friday or Saturday packet pick up hours.

**TC ULTRA LOONY CHALLENGE PARTICIPANTS:** Pick up your 5K and 10K packets at packet pick up at the Expo in a separate area marked for TC Ultra Loony participants OR the morning of the events at the Capitol grounds. Pick up your marathon packet in the general marathon area at packet pick up during Friday or Saturday packet pick up hours.

CORPORATE TEAM CHALLENGE PACKET PICK UP

PRESENTED BY ORTHOLOGY



CORPORATE TEAM CHALLENGE MEMBERS

**should check the online registration confirmation tool to verify team designation.** Pick up your marathon packet in the general marathon area at packet pick up during Friday or Saturday packet pick up hours.

SCORING PROCEDURES

Participants must cross all of the timing mats to be considered an official finisher.

Official finish times under USA Track & Field Rules of Competition and prize money will be based on gun time, the elapsed time between the official start of the marathon and the point in time you cross the finish line. 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 posted online, and are often used for qualifying purposes in races with established qualifying times, including the Boston Marathon.

WELCOME FIRST-TIME MARATHONERS CLASS OF 2017

- Read all race materials and confirm your personal information is correct.
- Study the course and area maps in the back of this guide. Download the Marathon Weekend App for the most-up-to-date course information.
- Be on time! Plan to arrive to the start area in Minneapolis NO LATER than 7 a.m.
- Form one line PER portable toilet in the start area.
- Exercise proper race etiquette. If you need to walk or stop to drink, check behind you and move to the side.
- If you have problems during the race or feel you cannot finish, please do not hesitate to ask a Twin Cities In Motion race official about the drop out zones, located at or near the Medical Aid stations. Your health is most important; listen to your body; there will always be another race.
- Meet up with your fellow first-timers! Attend the First-Time Marathoners panel at 3 p.m. on Saturday at the Health & Fitness Expo for a group photo!

TIPS & NOTES FOR FIRST-TIMERS



minnesota's own

KARE 11

news at 5p • 6p • 10p



# RACE DAY

## TRANSPORTATION



### FREE RIDES ON METRO TRANSIT LIGHT RAIL

- Free rides on Green Line and Blue Line
- Participants only, must show race bib to board
- Saturday, September 30 and Sunday, October 1
- Start Line Station: U.S. Bank Stadium Station
- Finish Line Station: Robert St. Station, 10th St. Station, or Capitol/Rice St. Station

For the full Metro Transit schedule, visit [metrotransit.org](http://metrotransit.org).

## BUSES

### PARTICIPANT BUSES TO START

- Free rides on participant buses from the following locations:

<b>InterContinental Saint Paul Riverfront</b> 11 East Kellogg Blvd. St. Paul 5 a.m. - 6:45 a.m.	<b>Radisson Plaza</b> 35 S. 7th St. Minneapolis 5:30 a.m. - 7 a.m.	<b>Best Western Plus Capitol Ridge</b> I-94 & Marion Sr. St. Paul 5 a.m. - 6:45 a.m.
--	---	---

- Participants only, must show race bib to board
- Buses depart every 10 minutes, or when full
- Bus drop off is on 6th street near Portland Avenue near start line

### PARTICIPANT BUSES FROM FINISH

- Free rides on participant buses from 9 a.m.-2:45 p.m.
- Participants only, must show race bib to board
- Buses depart when full; drop off near Radisson Plaza and InterContinental Saint Paul Riverfront ONLY
- Buses will be located on Cedar St. near the beer garden

## PARKING

- Union Depot offers discounted parking in Lot C East for \$2 between 6 a.m. and 1 p.m. and in Lots B and C for \$4
- Board the Light Rail Green Line at the Union Depot Station
- Sears (just west of the State Capitol grounds) offers limited event parking for \$20, first-come, first-served
- Board the Best Western Plus Capitol Ridge participant bus

### RESERVE YOUR PARKING IN ADVANCE WITH SPOTHERO!

SpotHero is the nation's leading parking reservation app to book convenient and affordable parking with rates up to 50% off drive-up. Download the SpotHero App and enter special promo code MTCM17 for an extra \$5 off your first park!

## VIKINGS GAME 12 NOON

The Minnesota Vikings will play at U.S. Bank Stadium at 12 noon. Special Event parking rates will be enforced all day.

### PARTICIPANTS WILL NOT HAVE ACCESS INTO THE U.S. BANK STADIUM.

## PARKING NOTES

- Game Day parking rates will apply in Downtown Minneapolis
- Limited parking is available on streets around start and finish areas
- Watch for hooded meters: NO parking
- TCM is not responsible for towed or ticketed vehicles

## WORSHIP SERVICE

HOSTED BY TEAM WORLD VISION

Sunday, October 1, 6:30 a.m., Hope Community Church on the corner of S 7th Street and 10th Avenue Street, Minneapolis. A brief worship service will be provided for all Medtronic Twin Cities Marathon participants, family and friends. Enter the church on 7th St. side only.

## RESTROOMS

Portable restrooms will be available near the start corrals, points along the course, and in the finish area.

## SWEATS CHECK

PRESENTED BY UPS

Participants may place their gear and other items in the clear, plastic race bag provided at packet pick up. Please take note of the following details related to this free, race day service:

- Personal bags will not be accepted
- Do NOT leave bags unattended on race day at any time
- Affix race number sticker from race packet to front of clear, plastic bag



## RACE START

**WHEELERS** 7:55 a.m.  
**RUNNERS** 8:00 a.m.

Please allow enough time to arrive at your proper start corral (at least 30 minutes prior to start time). No early starts are permitted.

- Tie bags securely shut before dropping at designated drop zone, corresponding with race numbers
- Do not check valuables, TCM is not responsible for lost or stolen items
- Sweats check closes at 7:45 a.m.
- Bags are transported by UPS to finish line and must be claimed by 2:15 p.m.

## RACE NUMBER/CHIP INSTRUCTIONS

TCM uses a MyLaps timing device to score the race. It is a single-use chip that is affixed to the back of your bib. Do not alter your race number or bend the foam timing device in any way.

All race numbers must be visible and worn on the FRONT and OUTSIDE of clothing during the entire race, please be prepared to show your race number when asked by a race official.

Race numbers and timing chips are non-transferable and must be worn only by the participant to whom it is assigned

## RUNNER SAFETY/MEDICAL INFORMATION

**IMPORTANT:** Complete the medical and emergency contact information forms on the RaceSafe website and on the back of your race bib with permanent ink. It is secure, private, and takes less than 3 minutes to submit. RaceSafe respects your privacy and is committed to maintaining the confidentiality of your personal medical information.

Participants will receive an email with complete RaceSafe instructions in September.

Your friends/family should know your race number so that they can find you if you are in the medical tent. There is a specially designated Family Medical Information Tent where they can wait for you to be released from the medical tent.

### FOR YOUR SAFETY

Listen to your body. Do not continue running with chest pain, chest pressure, severe shortness of breath, or other symptoms that are not familiar to you. If you are ill on race day or a few days prior to the race, your risk of injury increases and you should consider withdrawing. Your health is most important; there will always be another race.

No hand-cranked wheelchairs, baby joggers, baby strollers, skate boards, roller blades, unauthorized bicycles or any other unauthorized wheeled device will be permitted on the course.

### DROPPING OUT OF THE RACE

If you wish to drop out, but do not need medical assistance, please proceed to a designated drop out zone, located near the medical aid stations (beginning at mile 9). Injured

runners may also catch a ride to the finish area from any of the medical aid stations. Runners that are caught by the sweep vehicle will be delivered to a drop out zone for a ride to the finish area. Runners that drop out will not receive a finisher's medal or shirt. Note: the closest drop out zone may be behind you.

You should know your sweat rate so you can replace enough fluid, but not too much, during your race. Running while dehydrated decreases your performance and increases your risk of collapsing, so you need to ingest fluid along the course. Drinking too much water or sports drink can be fatal, so you should not drink more than you sweat. If you are running at a pace that is slower than four hours, you can probably drink when you feel thirsty and be safe. If it is hotter than expected on race day, slow your pace accordingly.

## WEATHER INFORMATION

In the days leading up to the marathon, be sure to check your email, visit [tcmevents.org](http://tcmevents.org), [twincities.com](http://twincities.com), [kare11.com](http://kare11.com), [1500espn.com](http://1500espn.com) and tune in to KARE11 TV and 1500 ESPN radio for important information regarding expected temperatures or impending inclement weather. Race Officials will announce the race conditions (based on Wet Bulb Globe Temperature information) prior to the start to help you gauge your pace and fluid replacement.

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. Familiarize yourself with the flag colors and meanings, on the next page, which will be displayed at the start line, and along the course.

## IMPAIRED RUNNER POLICY

TCM medical personnel race officials are permitted to remove from the race any runner deemed medically impaired. Medical officials will use these criteria to determine whether you should continue. You must be able to:

1. Proceed in a straight path toward the finish line.
2. Say who you are, where you are and what you are doing.
3. Look clinically fit to proceed, with good color and reasonable running posture.

## RACE DAY CANCELLATION POLICY

Twin Cities In Motion's primary concern is for the safety of the volunteers setting up for the event, participants, spectators and the community at large. TCM will not expose participants or the Twin Cities community to undue risk as a result of staging our event. When weather or other conditions present a danger to the participants or community at large, the Games Committee



## RULES OF COMPETITION

The marathon course (MN13001JRG) is certified by the Road Racing Technical Council of USA Track & Field, and sanctioned by USATF MN and USA Track & Field.

The Medtronic Twin Cities Marathon is conducted according to USATF and TCM Rules of Competition. In order to ensure a safe, fair race, there are a few rules we would like to call to your attention. Failure to abide by these rules may lead to disqualification from the race. The Rules of Competition are available at [tcmevents.org/rules-competition](http://tcmevents.org/rules-competition).

### ELECTRONIC DEVICES ON RACE COURSE

While it is discouraged, runners are permitted to use headphones during the Medtronic Twin Cities Marathon. You must be aware of your surroundings at all times—this includes being able to hear all verbal warnings/instructions from Race Officials, police/course marshals and the sound of vehicles and participants on the course. The abuse of headphone devices (being so distracted that you become a hazard) may result in disqualification.

### PROPER START

TCM has assigned you to one of three starting corrals based on the information you submitted. You must start in the corral assigned to you and may be disqualified if you start in a corral you are not assigned. However, you are allowed to move back to a higher numbered corral. Follow the signs and instructions of the volunteers to ensure you enter the correct corral, which will also be marked by balloons that correspond to the color on your race number. Anyone climbing a fence or barricade will be disqualified and subject to the trespassing laws of the City of Minneapolis.

### RACE COURSE COURTESY

If you are running with a group of friends or one of the pace groups, please be aware of other runners and let passing runners through. You should also be aware of other runners when passing through fluid stations. If you are slowing, move out of the way of passing runners. Please be careful not to throw water or cups on another runner, or require them to make a sudden stop. There are portable toilets located within the start/staging area and throughout the course. Respect all private and public property. You will be disqualified if you abuse it in any way.

### BANDITS/ASSISTANCE TO RUNNERS

Anyone running or walking on the marathon course without an official race number or race official designation is considered a “bandit.” The Rules of Competition prohibit bandits from

being on the course and also prohibit assistance to authorized runners by bandits. The premise is that everyone covers the entire distance on his/her own, unaided by persons not in the race.

It is unfair to the participants to permit bandits to take up space in the roadway and the participant they are running with may be disqualified.

**NOTE:** Participants with a marathon race number cannot run in the 10 mile event. Likewise, participants with a 10 mile race number cannot run in the marathon. Anyone attempting to run in an event they have not entered will be disqualified and will be asked to leave the course.

### SIX-HOUR COURSE LIMIT

All participants must be able to finish the marathon in six hours. 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 pace.

The finish line remains open until 2:15 p.m. (assuming an 8 a.m. start). Participants must cross the finish line by 2:15 p.m. in order to be considered official finishers. The finisher shirt and medal will not be awarded after 2:15 p.m. Finishing the marathon by 2:15 p.m. generally means maintaining an average pace of 13:44 per mile. The race course is opened to traffic on a rolling schedule as participants make their way to the finish. In order to ensure safety, a sweep vehicle and bus follows the race route to pick up participants who are unable to maintain this pace on a consistent basis. Participants are required to board the sweep bus when instructed by race officials. Should you choose not to board the sweep bus, by order of both Minneapolis and Saint Paul police, YOU MUST MOVE TO THE SIDEWALK. Runners not on the sidewalk will have their race number recorded and are subject to disqualification from future TCM events.

# OVER 5,000 TRAILS BLAZED DAILY.

326 destinations, 60 countries, 6 continents, 1 airline.

Official Airline of the Medtronic Twin Cities Marathon.



Based on average number of Delta flights per day in 2015 and September 2015 schedule, respectively. Includes flights operated by our Delta Connection® carriers: Compass Airlines, Endeavor Air, Inc., ExpressJet Airlines, Inc., GoJet Airlines, Shuttle America, and SkyWest Airlines; Delta Shuttle® carriers: Shuttle America and Compass Airlines.

REALISTIC  
BALANCED  
**BE A BETTER FAN.**

UNBIASED  
PRACTICAL

**1500 ESPN**  
**TWIN CITIES**  
**(( 94.5 FM HD-2 ))**



will maintain the right to cancel the race without refunds or race credits. The staging of a race of this magnitude requires substantial expense prior to the actual race itself.

In the unfortunate case of inclement weather or other dangerous situations, participants can watch for communication by Twin Cities In Motion at [tcmevents.org](https://tcmevents.org), via email, and on Facebook ([/TwinCitiesInMotion](https://www.facebook.com/TwinCitiesInMotion)) and Twitter ([@tcmarathon](https://twitter.com/tcmarathon)).

COURSE AMENITIES

CLIF PACE TEAMS

Experienced pace leaders from Clif will run even splits and provide encouragement and advice along the way to help you cross the finish line within two minutes of your goal finishing times. There is no cost to participate.



Pace team leaders will be placed in the start corral that corresponds with their designated pace.

- 3:05

Harvey & Tom
- 4:15

Diane B
- 3:15

Sam
- 4:30

Diane W
- 3:25

Matt
- 4:45

Laura
- 3:35

Kyle
- 5:00

Star
- 3:45

Bill
- 5:30

Danny
- 4:00

Jo

CLOCKS, MILE MARKERS, AND TIMING

The clocks provide the elapsed gun time for the race and are set to correspond with Corral 1 at 8 a.m. Digital clocks are available at miles 3.1, 5, 10, 13.1, 15, 20, 25 and at the finish line. Each mile will be marked with plumes on both sides of the course. MyLaps split timing will be at the 5K, 10K, 13.1, 30K, mile 24 and an additional spot. You must run across the mats on the course to get your official splits, as well s at the start and finish line, or you will be disqualified.

FLUID STATIONS

Water, Mountain Berry Blast flavored POWERADE® sports drink; toilets and medical aid are available at the following location on the course: miles 2.5, 5, 7, 9, 11, 13.1, 15, 17, 19.1, 20.6, 22, 23, 24 and 25. Please note that the electrolytes are in white cups of POWERADE® and marked by neon yellow plumes. Water is grouped second in Medtronic blue cups marked by bright blue plumes.



FLUID STATION TIPS AND TRICKS

- There is more than one table per fluid, if tables are crowded, move to the next one
- Try to throw empty cups into or near a trash box on the side of the road
- Make eye contact with the volunteer to help ensure a successful cup handoff
- If you choose to walk through a fluid station, move to the side of the course and allow runners the center of the road
- Pinch the cup to avoid swallowing air or spilling fluid
- Do not accept fluids or food items from sources other than official fluid stations
- Thank the volunteers for providing valuable course support!

EVENT ALERT SYSTEM (EAS)

FLAG COLOR	EVENT CONDITIONS	RECOMMENDED ACTIONS
BLACK	EVENT CANCELLED EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED Follow event official instructions.
RED	EXTREME CAUTION POTENTIALLY DANGEROUS CONDITIONS	SLOW PACE : CONSIDER NOT PARTICIPATING Observe course changes. Drink extra fluids if you are thirsty or sweating heavily. Those with previous heat stress problems or heart disease should not start.
YELLOW	CAUTION LESS THAN IDEAL CONDITIONS	SLOW PACE : BE PREPARED FOR WORSENING CONDITIONS Those with previous heat stress problems or heart disease consider not starting.
GREEN	LOW RISK GOOD CONDITIONS	ENJOY THE EVENT Risk of heat stress is low, but be watchful for symptoms. Be alert.
WHITE	RISK OF HYPOTHERMIA	BE PREPARED FOR UNPLEASANT OR WORSENING CONDITIONS Consider stopping and finding warm shelter. Dress for cooler conditions. Take precautions if raining.

COURSE TECHNICAL LAYOUT

MILE	MEDICAL AID	CLOCK	FLUIDS*	SPONSOR	LANDMARK
START			●		NEAR PORTLAND AVE.
1-2					BASILICA OF ST. MARY
2-3	●	●	●		SCULPTURE GARDEN
3-4		●			LAKE OF THE ISLES
4-5					DEAN PARKWAY
5-6	●	●	●	MEDICA	LAKE CALHOUN
6-7					LAKE HARRIET
7-8	●		●		LAKE HARRIET
8-9					MINNEHAHA PARKWAY
9-10	●		●		MINNEHAHA PARKWAY
10-11		●			MINNEHAHA PARKWAY
11-12	●		●	CARIBOU COFFEE	LAKE NOKOMIS
12-13					LAKE NOKOMIS
13-14	●	●	●		LAKE NOKOMIS
14-15					MINNEHAHA PARKWAY
15-16	●	●	●	GREAT LAKES COCA COLA	MINNEHAHA FALLS
16-17					MISSISSIPPI RIVER
17-18	●		●	CLIF ENERGY ZONE	MISSISSIPPI RIVER
18-19					MISSISSIPPI RIVER
19-20	●		●	MEDTRONIC	FRANKLIN BRIDGE
20-21	●	●	●		MISSISSIPPI RIVER
21-22	●				UNIVERSITY OF ST. THOMAS
22-23	●		●		SUMMIT AVENUE
23-24	●		●		SUMMIT AVENUE
24-25	●	●	●	PIPER JAFFRAY & CO.	GOVERNOR'S MANSION
25-26	●		●	DELTA AIRLINES	CATHEDRAL OF ST. PAUL
26.2 FINISH	●	●	●		STATE CAPITOL

\*WATER AT START • WATER AND POWERADE® AT ALL OTHER STATIONS.



RACE DAY  
CONTINUED

CLIF SHOTS

Clif Shots will be distributed in assorted flavors at approximately Mile 17, while supplies last.



MEDICAL AID STATIONS  
PRESENTED BY MEDTRONIC



Medical aid stations are located just after each fluid station along the course. In addition, orange vested medical volunteers will provide petroleum jelly, athletic tape, and First Aid at every fluid station beginning at mile 3 and later in the course every 1/2 mile. Aid stations will not supply ibuprofen or naproxen at the medical aid stations. Each aid station will have emergency assistance.

STATE CAPITOL GROUNDS

CROSSING THE FINISH LINE

As you cross the finish line, you will enter the Restricted (Runners Only) Area. To provide a safe and enjoyable finishing experience, only registered participants, designated race officials, credentialed media and volunteers are permitted in the Restricted Area. THIS RULE APPLIES TO ALL CHILDREN. Do not bring your children across the finish line or you may be disqualified from the race.

After you cross the finish line, DO NOT STOP. As you proceed through the Restricted Area, you will receive a finisher medal, heat blanket, water, POWERADE®, and an official finisher shirt.

Food, including chicken or vegetable broth, is also available to finishers in the Restricted Area. Please be considerate of those finishing after you when serving yourself.

FINISHER SHIRTS



Finisher shirts will be awarded to all official marathon finishers in the Restricted Area after the race. You will receive the size you requested during registration, which is also printed on your race bib. Requests for exchanges can be made in the “Ask Me, Find Me” tent and by emailing leahh@tcmevents.org in the week following the race. Requests must be made by November 1 and are subject to availability.

RACE SERIES MEDALS

Race Series finisher medals will be distributed to finishers after the race outside the finish line area. These items will not be mailed to registrants who did not participate.

SWEAT BAG PICK UP

Look for the designated sweats pick up area in the Restricted Area where you can retrieve your race bag. Volunteers will be available to assist in locating your bag. Changing tents are outside the finish area for your convenience. Only participants are allowed in. Participants are welcome to visit a Life Time Fitness club to shower and change after the event on race day. Be prepared to show your race bib at the front desk.



BEER AT THE FINISH LINE

All marathon and 10 mile finishers who are 21 years of age or older with a valid photo ID will receive a FREE 12 oz. can of Summit at the beer garden. It will not be sold on site and is not permitted beyond the beer garden. Runners must present a photo ID to receive a beverage.



OLD DUTCH FAMILY MEETING AREA

After you exit the Restricted Area, please proceed to the Old Dutch Family Meeting Area to meet family and friend (see Finish Area Map). Alphabetically posted signs marked A-Z will enable friends and family members to establish a specific meeting place after the race. Remember, it may take some time to walk through the Restricted Area and to pick up your race bag, so advise friends and family to plan accordingly. Do not have your friends and family try to meet you in or near the exit of the Restricted Area.



MEDICAL TENT

PRESENTED BY MEDTRONIC

The Medical Tent is located east of the finish line with the Restricted Area. Your family or friends will not be able to accompany you if you need medical attention. The Family Medical Information Tent is available east of the medical tent (see Finish Area Map.) Your family can get information regarding your whereabouts and wait for you there if you need medical attention after the race.



MASSAGE THERAPY

PRESENTED BY CENTERPOINT MASSAGE

Massage therapists will offer complimentary post-race massage treatments to marathon participants in the Massage Tent, located near the changing tents outside the finish area. Massage tent is only for participants and closes at 2:15 p.m.



Good luck, Medtronic Twin Cities Marathoners!

THE ONLY  
MARATHONS  
WE DO  
ARE ON  
NETFLIX...





RACE DAY  
CONTINUED

LOST & FOUND AND LOST CHILDREN

The Information Booth located just outside the Restricted Area (see Finish Area Map) is designated for lost and found items. Items will remain at the booth until 2:30 p.m. on race day, and held at the TCM office until November 1. Contact leahh@tcmevents.org to inquire about lost items. Thereafter, all items will be donated to charity. Lost children will be escorted to the Information Booth where a protocol is in place to reunite them with their guardian(s).

GMC FINISH LIKE A PRO 27TH MILE

Join us between 8:30 a.m. and 2:30 p.m. for activities and fun along Reverend Dr. Martin Luther King Jr. Boulevard! The GMC Finish Like A Pro 27th Mile offers post-race food and refreshments to participants and spectators alike in a festive atmosphere including Caribou Coffee, sponsor sampling, product giveaways, and a live video of the finish line on LED video screen provided by Freestyle Productions. Shop the Medtronic Twin Cities Marathon Merchandise Store for Brooks® technical gear, free posters, apparel, novelty items and more!

NEW THIS YEAR

FREE PARTICIPANT PHOTOS!

Twin Cities In Motion is thrilled to provide complimentary race photography to participants! Pic2Go will be stationed throughout the course to capture images from your race. Opt-in at the Health & Fitness Expo to have your photos posted directly to Facebook after the event or wait for the photos to be emailed to you later in October!

RESULTS

Preliminary race results are available online at tcmevents.org. Results become final approximately 30 days after the race. Corporate Teams and Race Series participants can expect to see preliminary and cumulative results in 4-6 weeks following the event.





JOIN US FOR

FREE RUN CLUB



WEDNESDAY EVENINGS & SUNDAY MORNINGS  
AT 7 LOCATIONS IN MINNESOTA

All Abilities Welcome | Fun & Motivating | Meet New Friends

CHECK RUN CLUB LOCATIONS & TIMES





# WE'VE GOT EVERYBODY'S NUMBER!

There's more to Medtronic Twin Cities Marathon Weekend than Sunday's beautiful 26.2-miler. We offer races, walks and activities for every age and ability level. Walk, jump or run, wiggle or crawl, there's fun at our races to be had by all!

Participate as a family! Bring a bunch of friends! We just hope you'll join in the weekend fun!

## SO MANY REASONS TO RUN!



Medals for all finishers —  
**Collect the entire series!**



Post-race food and water  
for all participants



Chip timing for 5K and 10K



Family activity tent filled  
with fun just for kids



Walker-friendly courses



Free popcorn  
and face painting



Shirts for all participants,  
including kid sizes



Caribou Coffee on site

## SATURDAY EVENTS SCHEDULE



TC 10K  
7:15 AM TC 10K



TC 5K  
9 AM TC 5K PRESENTED BY FREDRIKSON & BYRON

Fredrikson  
& BYRON, P.A.



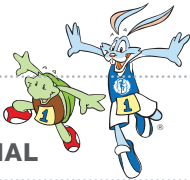
MEDTRONIC  
TC FAMILY EVENTS  
10 AM KARE 11 FAMILY MILE PRESENTED BY MEDICA

MEDICA®

10:30 AM HALF MILE PRESENTED BY KS95



11 AM HARRY & SHELLEY'S MASCOT INVITATIONAL



11:15 AM DIAPER DASH PRESENTED BY PIONEER PRESS  
This "competitive" crawl on the State Capitol lawn  
is perfect for little ones still on their hands and knees.

TwinCities.com  
PIONEER PRESS

11:30 AM TODDLER TROT  
This 50-yard-long event on the State Capitol lawn is run in waves,  
starting with the youngest competitors.

8 AM-NOON FAMILY ACTIVITY TENT  
Entertainment and arts and crafts! On Rev. Dr. Martin Luther King Jr. Blvd.  
on the State Capitol grounds.

## PROUD SPONSOR OF THE 2017 MEDTRONIC TWIN CITIES MARATHON

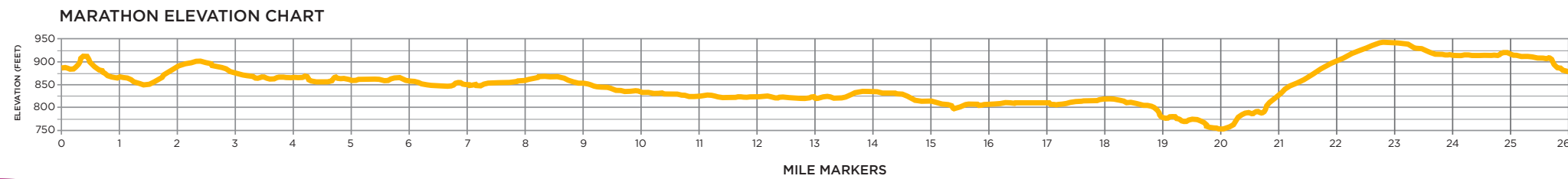


VISIT US ONLINE AT MEDICA.COM

MEDICA®



# COURSE MAP MARATHON





# START LINE SUNDAY



# STATE CAPITOL GROUNDS SUNDAY







**SPORTS  
MEDICINE**

[sportsmedicine.mayoclinic.org](https://sportsmedicine.mayoclinic.org)  
Rochester: 507-328-0104 / Minneapolis: 612-444-1873



## INTRODUCING THE ALL-NEW 2018 GMC TERRAIN. SHATTERS THE STATUS QUO.

When designing the all-new 2018 Terrain we gave every detail our attention, so that every detail catches yours. From its striking C-shaped LED signature lighting to its stunning floating roof, this SUV has been refined on every level.



MEDTRONIC  
TWIN CITIES  
MARATHON  
WEEKEND

**OFFICIAL AUTOMOTIVE SPONSOR.  
SEE YOUR SELECT MINNESOTA  
GMC DEALER.**

**[TWINCITIESBUICKGMC.COM](https://twincitiesbuickgmc.com)**



Great ideas don't  
get blisters.



official design agency  
of Twin Cities In Motion

**KICK**

[ideasthatkick.com](http://ideasthatkick.com)

# Let's move, together!

Fun for everyone — all year long!

 <b>TC Kids Fieldhouse Fun Run</b> February 10, 2018	 <b>TC 10K</b> October 7, 2018
 <b>Valentine's Day TC 5K</b> February 10, 2018	 <b>TC 5K</b> Presented by Fredrikson & Byron October 7, 2018
 <b>Hot Dash 5K &amp; 10 Mile</b> March 24, 2018	 <b>Medtronic TC Family Events</b> October 7, 2018
 <b>Medtronic TC 1 Mile</b> May TBD, 2018	 <b>Medtronic TC 10 Mile</b> October 8, 2018
 <b>TC Kids Cross Country Fun Run</b> May 19, 2018	 <b>Medtronic Twin Cities Marathon</b> October 8, 2018
 <b>Red, White &amp; Boom! TC Half Marathon, Relay &amp; 5K</b> July 4, 2018	 <b>Medtronic TC Kids Marathon</b> Year- round training programs for TC Kids events
 <b>Twin Cities Orthopedics' women's run</b> TBD, 2018	

Twin Cities In Motion has been the region's leader  
for excellence in race organization and commitment  
to the community for more than 35 years.

Choose TCM as your proven, experienced race partner.

Learn more at [tcmevents.org](http://tcmevents.org)

*Ignite everyone's inner athlete.*



**TWIN CITIES  
IN MOTION**