



M E D T R O N I C
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M A R A T H O N

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**TEAM USA MINNESOTA'S MEGHAN ARMSTRONG PICKS UP
23rd ANNUAL TC 5K WOMEN'S TITLE**

*Fast finish in inaugural TC 10K part of Medtronic TC Family Events and TC 5K events on Saturday,
October 3*

(St. Paul) – Nearly 2,000 runners participated in the inaugural 10K run today, with more than 3,000 taking part in the TC 5K run/walk.

“The participation in our first-ever 10K run exceeded our expectations, and we were excited to see several Minnesotans among our top finishers,” said Twin Cities Marathon, Inc. executive director Virginia Brophy Achman. “More than 5,000 people participated in the day, which included the Medtronic TC Family Events, our best showing to date.”

Evgeny Beletskiy, of Russia, won the 10K in the men’s field in what was his first time participating in a Twin Cities Marathon, Inc. event. Ariella Gottfried was the TC 10K female winner. Gottfried said she was pleased with her time, “I wanted to get one more race in before an upcoming marathon. The route was great, and my 10K time surpassed my recent 10K times in college.”

Team USA Minnesota’s Meghan Armstrong’s first place 16:45 finish in the women’s 5K race was well ahead of second place finisher Georganne Watson of State College, PA.

TC 10K Top Male Finishers

Evgeny Beletskiy (23), Minneapolis	33:59
John Stanton-Geddes (27), St. Paul, Minn.	34:39
Dale Weiler (24), Minneapolis	37:59

TC 10K Top Female Finishers

Ariella Gottfried (22), Minneapolis	36:43
Lisa Rauschendorfer (35), Minneapolis	38:32
Kelly Keeler Ramacier (47), White Bear Lake, Minn.	40:58

TC 5K Top Male Finishers

Matthew Chesang (28), Olathe, Kan.	15:30
Andy Richardson (20), New Brighton, Minn.	15:32
Steve Sulkin (18), Elmhurst, Ill.	15:34

TC 5K Top Female Finishers

Meghan Armstrong (23), Minneapolis	16:45
Georganne Watson (24), State College, Pa.	19:13
Melissa Armstrong (31), Winnipeg, Canada	19:15

The TC 5K and TC 10K are part of the 23rd annual Medtronic TC Family Events, including the Diana Pierce Family Mile, Half Mile, Diaper Dash, Toddler Trot and Harry & Shelly's Mascot Invitational. Runners young and old came out among the moderately cool and light rain weather conditions to run in waves according to ages, exceeding previous participation levels.

The events took place at the State Capitol Grounds in St. Paul, Minn. More than 1,500 runners, young and old, participated in the Diana Pierce Family Mile. Approximately 700 people participated in the Half Mile, and there were toddlers and Diaper Dashers gaining great strides for an estimated total of about 5,000 participants throughout the day.

About Medtronic Twin Cities Marathon Weekend

The Most Beautiful Urban Marathon in America® is recognized as one of the top marathons and great road races of our time and registration is currently underway. Join us as the tradition continues October 2-4. The three-day weekend celebration of fitness includes the inaugural TC 10K, a 5K run/walk, children's fun runs, pasta dinner, health and fitness expo and Medtronic TC 10 Mile, in addition to the marathon. Medtronic is the title sponsor of marathon race weekend events. Visit mtcmarathon.org for more information.

About Twin Cities Marathon, Inc.

Twin Cities Marathon, Inc. is the non-profit organization that organizes running events throughout the year, including the 5th Annual Medtronic TC 1 Mile, 28th Annual Medtronic Twin Cities Marathon, 11th Annual Medtronic TC 10 Mile, the inaugural TC 10K, the 23rd Annual Medtronic TC Family Events & TC 5K and Medtronic TC Kids Marathon program and related events, as a community service for the Minneapolis/St. Paul area. Visit mtcmarathon.org for more information and on our [Twin Cities Marathon, Inc. page](#) on Facebook.

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