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Beat the Winter Blahs at the Medtronic TC Kids Marathon Indoor Run

With winter break in the rear-view mirror and snow continuing to pile up outside, kids (and parents) may be looking for outlets to burn off cold-weather energy. Grab the kids and get out of the house on Saturday, Feb. 7, and head over to the University of Minnesota Fieldhouse for the second annual Medtronic TC Kids Marathon Indoor Track Event. Kids of all ages are invited to this fun and exciting event, which begins at 9 a.m. Kids can choose to run either a half mile or mile run on the same 200-meter indoor track used for Big Ten annual championships. For some runners, the event will mark the culmination of the Medtronic TC

Kids Marathon fall training program, but participation is not limited to program participants. All registered runners on Feb. 7 will receive a great medal and finisher apparel. The event will be capped at 1,000 kids, so check out mtcmarathon.org for more information, directions and registration details. Registration is online this year, and the entry fee is \$10 per child, and day of registration is also available in person.

Medtronic TC 1 Mile to Host the Inaugural 2009 Men's and Women's USA Mile Road Championships



Twin Cities Marathon, Inc. is proud to announce that this year's Medtronic TC 1 Mile will be the host of the inaugural 2009 Men's and Women's USA Mile Road Championships. USA Track and Field awarded the honor to TCM, Inc. through 2012. Offering an annual \$20,000 prize purse, this 5th annual race will be one to run and one to watch, as the best of the best fly down the Nicollet Mall on May 7th.

As the stakes have been raised and the competition has heightened, finishing times are likely to fall. Last year's men's winner Josephat Kithi finished in 4:09 and the women's top finisher, Rose Kosgei, came in at 4:37. Not only will this road mile championship attract runners from far and wide, it will also bring world-class local runners that can compete with the best of the best, seeking a home course advantage.

Attracting runners of every ability level, the mile is a great race to kick off spring and summer training. The race is open to the first 3,200 runners and is organized by wave starts to offer ample space. Starting in Loring Park and racing straight down Nicollet Mall, the Mile offers a great opportunity to see downtown in a whole new way. Start-to-finish spectators come out to cheer on the runners bringing the Twin Cities community together in a whole new way.

Registration for the 5th edition of the race opens Friday, March 13 at noon. This year, 1,000 random finishers will receive a guaranteed entry into the Medtronic TC 10 Mile, set for October 3, 2009.

New 2009 Creative Theme Reflects Beauty of Course

Look for the 2009 creative concept, which was unveiled for the first time January 1st on the marathon website at mtcmarathon.org. You'll start seeing it online, in your mailbox and in advertising. The concept was created by award winning creative firm, and Twin Cities Marathon, Inc. partner, Orangeseed Design. As part of initial designs in June of 2008, the overall theme combines the "beauty" of our marathon and tagline "Most Beautiful Urban Marathon in America"® with the "urban", creating an updated approach. For a glimpse of new graphics, visit the website and watch the rotation at the top. (And thanks, Orangeseed, for continuing the tradition of beautiful again in 2009).

On the Road to Kids' Fitness!

Many students returned to school this fall carrying a few extra pounds, and not just in their backpacks. According to a study published in the Journal of the American Medical Association this year, "Nearly 32 percent of U.S. children and adolescents are overweight or obese." Recent studies have emphasized the importance of helping youth develop healthy behaviors early in life, and the most successful kids are supported by families who make lifestyle changes together.

Here's the happy part: Medtronic TC Kids Marathon offers a 12, 8 and four-week online training program that helps kids (and parents) get started and makes running fun, provides an online log to track progress, gives tips for a healthy lifestyle and incentives for reaching goals, and culminates in the February, May and October events. The training program is free! Designed for teachers, parents and youth program coordinators, it can be started at any time:

To download the training program and/or register for the coming February 7th event, visit mtcmarathon.org.

Life Time Fitness Trainer: Fun with Family Fitness

Quote of the Month

"I have found the best way to give advice to your children is to find out what they want and then advise them to do it." - *Harry S. Truman*

Ready for a New Year?

Ever thought about why you began running? For many, it was because of a mom or dad? Or perhaps, you were inspired watching your son or daughter in cross country or track. Needless to say, you can have a lot of fun involving the whole family with your running routine.

- Consider a TEAM run of a race together as a family. Make a special uniform and have a special night of it before (think TEAM dinner at a restaurant). Celebrate post-race together too!
- Let kids bike along with you on a training run. Also, you can have them and a spouse/significant other drive with the kids and have impromptu water stops.
- Want to impress your son or daughter? Try a therapeutic massage with them. Very cool.
- Challenge each other with establishing lofty and aggressive goals. Discuss them around the dinner table. They also make great refrigerator material and can help keep you accountable.
- Who can do the most push-ups, sit-ups, etc. in your family. You might be amazed to find out the answer.
- Select a captain each week (perhaps each Sunday). Then let the captain decide where the run will take place for a designated day. If they want to go to Luce Line, then so be it.

Involving the whole family in a fitness routine, especially with your marathon training, can help with

the time commitment immensely.

Life Time Fitness is a proud sponsor of the Medtronic Twin Cities Marathon. Since 2003, Life Time Fitness has been the official health and fitness company and the official marathon-training program. The Life Time Fitness Running Club provides group runs, training classes, social activities, triathlon training, team atmosphere, state-of-the art strength & cross training equipment, running information, and loads of fun and challenge throughout the year in 18 states across the country. For more information, feel free to see our website www.lifetimefitness.com and click "Running" under "Sports & Activities". Once there, you can choose "Activities" and "Run Club".

Runner Profile: John O'Hagan May Become "One to Watch"

John O'Hagan is a great example of what could happen when sharing fitness goals with your kids. At 11-years-old, this Denver native finished 33rd at the TC 5K in October out of a field of 2,075.

"I came to Minnesota to run with my Dad, who is working to run a marathon in all 50 states," said O'Hagan. "I had a goal to beat my last 5K time of 19:37 and I did it!" John's TC 5K time was 17 seconds faster than his goal. He said he started running after spending time biking along side of his Dad during his marathon training runs. While he is not "in-season" right now (he runs on two cross country teams in Denver), he says he still finds his two mile jaunt around the park near his home good exercise.

Congratulations to both John, and his Dad, for making fitness a lifelong journey and the reason for some great memories along the way.

Shoe Strings - Twin Cities Marathon, Inc. Info You Should Know

KARE 11's Keep Movin' Event at Como Park Ski Center, January 25

Join Diana Pierce for a day of winter fun at the 4th annual winter Keep Movin' event at the Como Park Ski Center on January 25th from 11 a.m. - 4 p.m. Come for a day of skiing (downhill and Cross Country), snowboarding, snow shoeing and sledding - all for free. No pre-registration is required. Just show up and make sure to dress warm! Bring the whole family and keep movin'! We hope to see you there. [Click here for more information.](#)

Medtronic is Seeking Long-Distance Runners For 2009 Global Heroes Program

Runners from around the world who benefit from medical technology are encouraged to apply to become part of the 2009 Global Heroes class. Applications are being accepted through March 31st. To apply or recommend someone, and to learn more about the Global Heroes Program, visit medtronic.com/globalheroes.

Twin Cities Marathon, Inc. and RBC Foundation, USA Offer Two \$5,000 College Scholarships

RBC Foundation, USA has joined Twin Cities Marathon, Inc. to offer two \$5,000 college scholarships to area high school seniors with a passion for running, a dedication to academics and a commitment to their community. The scholarships are available for one male and one female college-bound high school senior living in the eleven county metro-area. The application process is open through March 1 and applications are online at mtcmarathon.org.

Bolder Options Challenge 2009: Join the Team Running at the ING Amsterdam Marathon

There's more to Holland than riverboats, tulips and Van Gough. There's also the ING Amsterdam Marathon! Why not experience them all AND make a difference in the Twin Cities community? In October 2009, members of the 4th annual Bolder Options destination fundraising team will challenge themselves to run the ING Amsterdam Marathon while raising support and awareness for Bolder Options youth mentoring program. Are you up for the challenge and the fun? As we say at Bolder

Options, all it takes is all you got! An informational meeting will be held Thursday, March 5 at 6:00 p.m. at Bolder Options Minneapolis. For more information, or to sign up for the meeting, contact Ryan Foss at 612.379.2653 x207 or click here to email. For more information about Bolder Options, a Twin Cities Marathon, Inc. community partner, visit www.bolderoptions.org.

USA Track & Field Minnesota Annual Awards Celebration

Save the Date! Celebrate an incredible 2008 on the roads and track. USA Track & Field Minnesota will hold its annual Awards Celebration on Saturday, February 21. Time and location TBD, visit www.usatfmn.org for more information.

Missed the Chance to Purchase Great Marathon Gear on Race Weekend?



All Remaining Brooks Technical Gear and Medtronic Twin Cities Marathon weekend gear is now 50-70%! Check out the remaining '08 inventory at great savings. Visit mtcmarathon.org to check it out the most recent reductions!



Medtronic TC 1 Mile Registration Opens Friday, March 13

Mark your calendars and go online March 13th to register for the 5th Annual Medtronic TC 1 Mile. More information at mtcmarathon.org.

Save these 2009 Twin Cities Marathon, Inc. event dates!

Saturday, February 7: Medtronic TC Kids Marathon Indoor Track Meet, University of Minnesota Field House, Minneapolis

Thursday, May 7: 5th Annual Medtronic TC 1 Mile, Downtown Minneapolis

Saturday, May 16: Medtronic TC Kids Marathon Cross Country Meet, Como Park, St. Paul

October 2-4: 28th Annual Medtronic Twin Cities Marathon Race Weekend and Expo

Future Races

Securian Frozen 5K and Half Marathon

Saturday, January 24

St. Paul

[Click here to register](#)

Marathon Sports Valentine's Day 5K

Saturday, February 14

Lake Harriet Bandshell, Minneapolis

[Click here for more information](#)



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