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MILE MARKER



In this Issue:

- **Become a Friend of TCM**
- **It's Time to Get Training with the Running Room**
- **Medtronic TC 10 Mile Lottery Opens July 5th!**
- **Recap: Medtronic TC 1 Mile and TC Kids Cross Country Fun Run**
- **National Running Day: Did you get your button?**
- **Life Time Fitness Training Tips - It All Starts Now!**
- **Take a Chance at the Governor's Cup in 2010**
- **Red, White & Boom! TC Half Marathon Night with the Minnesota Lynx**
- **Shoestrings**
- **Future Races**

Become a Friend of TCM

Help support health & fitness initiatives in our community.
Donate to the Twin Cities In Motion Community Fund.

It's common for athletes to race for a cause or log miles to raise money for a cause or an organization. With the Twin Cities In Motion (TCM) Community Fund, your contribution will help kids in local schools get resources they need to build healthy lifestyles while experiencing the rewarding success of accomplishing a goal. When you contribute to the TCM Community Fund, you support provides scholarships, transportation and allows for greater school participation, and you help to build tomorrow's healthy kids.

By donating to the TCM Community Fund, you become part of TCM's longstanding individual sponsorship program, Friends of TCM. Friends of TCM focus on creating healthy youth through running events, while underscoring the importance of starting good fitness habits early in life.

One major program that Friends of TCM contributes to is the Medtronic TC Kids Marathon.



The online training program includes year round 12-week, 8-week and 4-week options, and is recommended for kids in grades K-8. Teachers, youth programmers and parents can register online and log miles together, tracking progress towards a goal. The Medtronic TC Kids Marathon Program was named "Youth Running Program of the Year" for 2009 by Running USA. Other events supported by the TCM Community Fund include TC Kids Cross Country Fun Run (May), Medtronic TC Family Events (October), and TC Kids Indoor Fun Run (February).

Just last year, Friends of TCM helped more than 50 schools and 3,000 children find a way to be a part of the TCM Youth Programs. Two \$5,000 scholarships were also awarded to high school seniors in 2009. Chosen from 130 applicants, J. Oliver Haugland of Wayzata High School and Miranda Charley of North Branch Area High School were awarded the prize based on the strength of their running accomplishments, academic performance and community service. The TCM Community Fund helps kids at all ages accomplish their goals, whether it's running a mile or attending college.

We could use your help. Twin Cities In Motion is a not-for-profit organization, so your contribution is tax deductible. By giving, you can have the satisfaction of knowing you are giving a child the opportunity to learn health and fitness as a life-long habit. There are many levels available all with various reward packages to thank you for your support. Click [here](#) or email friends@mtcmarathon.org for more information. Help us to build the program and make a difference in the lives of young people!

It's Time to Get Training with the Running Room



In a few short weeks, lottery registration for Medtronic TC 10 Mile will be open. This year, TCM plans on welcoming 8,000 runners - the largest ten mile field ever! Competition just got a little bit tougher. It's time to get training.

Whether you're running to beat the 8,000 runner field, your own PR, or just to finish with a smile, get a competitive edge by training with the Running Room - the official Medtronic TC 10 Mile Training Program. Designed by runners for runners of all experience and ability levels. This 12-week program is sure to have you in peak shape by race weekend. In addition to bi-weekly group runs and workouts, the training program covers proper running shoes and apparel, nutrition, cross training, race day tips and other information designed to help you cross the finish line stronger than ever before.

For more information or to register, contact Peg Arnold (parnold@runningroom.com) or visit www.runningroom.com.

Medtronic TC 10 Mile

Medtronic TC 10 Mile Lottery Opens July 5th!

Gear up for the fall season by trying your hand at the Medtronic TC 10 Mile lottery. Opening Monday, July 5th at 8:00 a.m. and closing Wednesday, July 14th at 11:59:59 p.m. (CDT) you have a window of opportunity to throw your hat in the ring. The "Shortcut to the Capitol" begins near the Metrodome and makes its way to the State Capitol in St. Paul, allowing ten milers to kick back on the Capitol lawn and wait for the marathoners to come in on Sunday, October 3rd.

Runners will be randomly selected to gain entry into the 2010 MedtronicTC 10 Mile. This year's field limit was raised, allowing 1,500 more runners to compete in this popular event. Also new for 2010, Twin Cities In Motion will be tracking registrations in order to guarantee entry to those registrants who have not been chosen after two consecutive years. All lottery entrants will be charged a non-refundable \$5 administrative fee upon receipt of lottery application in order to track nonselected lottery registrants. No goods or services will be exchanged for this fee. Competition is stiff when it comes to gaining a spot at the start line, so don't forget to sign up!

Recap: Medtronic TC 1 Mile and TC Kids Cross Country Fun Run were Fast and Fun



It was a fast and furious couple days in May for runners of all ages. On Thursday, May 13th, 2,363 milers raced down Nicollet Mall to the cheers and encouragement of their support crew, who were doubly dedicated to supporting such worthy establishments as [The Local, Brits, McCormick's and Vincent.] Runners navigated the mile beginning with age group waves leading up to the USATF MN Championship wave and finally, the USA 1 Mile Road Championships. Defending champion David Torrence of Oakland, CA repeated his winning ways with a 4:04 performance.

Olympian Anna Pierce of Mammoth Lakes, CA won the women's Championship in 4:33. Though both speedsters took home \$4,000 for their efforts, they just missed the \$10,000 bounty for running under 4:00 (men) and 4:32 (women). The race was covered live by RunnerSpace and can be viewed at RunnerSpace.com.

On a gorgeous Saturday, May 15th, 1,134 kids participated in the TC Kids Cross Country Fun Run at Como Park in St. Paul. Toddlers to teens took on the half mile, one mile and two mile courses over grassy hill and dale. Their efforts were rewarded with finisher medals, t-shirts, and a delicious picnic lunch. Harry and Sally were popular for photo ops, and Team USA Minnesota runners were busy signing t-shirts, medal ribbons and race numbers. The event saw a 5% increase in participation over 2009 with greatest growth in the two mile distance (up 75%!). Nineteen area schools trained for the event in the preceding weeks and brought kids to the event. Girl Scout troops, recreation centers, mentors and parents also provided encouragement, race strategies and that all-important ride to Como.

National Running Day: Did you get your button?



Participants in National Running Day can download a free "I Ran Today" button on Facebook!

Running enthusiasts around the nation got out and celebrated on Wednesday, June 2 for the 2nd Annual National Running Day. The metro area held many hometown running events to celebrate and inspire running junkies and even those just starting out.

Collaborative group events at Life Time Fitness (St. Louis Park & Highland Park), Running Room (Grand Avenue) and Marathon Sports celebrated together with Twin Cities In Motion and Team USA Minnesota athletes to show the benefits of running as part of a healthy, active lifestyle.

If you didn't make it to a local group event but laced up and ran solo, you weren't alone. From New York to San Diego, runners across the nation got out and enjoyed the sport of running. A few of the participating organizations included: Atlanta Track Club, Boston Athletic Association, Chevron Houston Marathon, Chicago Area Runners Association, The Competitor Group, Little Rock Marathon, Marine Corps Marathon, New York Road Runners, Oregon Track Club, Running USA, Twin Cities In Motion and USA Track & Field.

If you ran, visit the official National Running Day website at www.runningday.org or the [National Running Day](#) page on Facebook for more information on the initiative. Download a Facebook "I Ran Today" button to show you participated in this fun, nation-wide event.

Life Time Fitness Training Tips: It All Starts Now!

Quote of the Month:

"Beyond the very extreme of fatigue and distress, we may find amounts of ease and power we never dreamed ourselves to own; sources of strength never taxed at all because we never push through the obstruction." - William James (from Born to Run by Christopher McDougall)

June is here. Time to start thinking October!

We are almost at the start of training for the Medtronic Twin Cities Marathon. Here are some quick tips to be thinking of as your fall training starts:

- Shoes - do you have relatively new shoes? General guideline is to replace shoes every 200-250 miles. Err on less miles. Your feet/knees/etc. will thank you for it.
- Any shorter races planned for the interim, such as 5K, 10K, 10 Mile or half marathons? Races are a great way to see where you are with your training and to have others to run with. Think "dress rehearsal".
- Recruit people to train with, especially for the long runs. That is the most valuable component of a training group.
- Reservations - book your favorite restaurants, hotels (if traveling), etc. now.
- Calendar - put placeholders in your calendar the week of Sept 27 - also known as "Race Week". Make that week stress free. You are investing a considerable amount of time over the next few months. Don't lose it with unplanned work emergencies. Steer travel away from this week as well.
- Consider placing some Friday afternoon "appointments" in your calendar to get ready for the long runs on weekends.
- Let everyone know what you are training for a marathon. They will keep you honest through race day. You will be amazed how many people will ask "how the training is coming".
- Get your supplies - Body Glide, water bottles, hats, etc. Stop by a local running specialty store to get a good feel of your options. Don't wait until the last second.

The above is a good start. Remember also the Life Time Fitness Marathon Training Program, starts mid-June. Information coming shortly!

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,

and a team atmosphere. Complementing this is state-of-the art strength and cross training equipment, running information, and loads of fun and challenge throughout the year in 19 states across the country. For more information, please contact Jodee Thomas at jthomas@lifetimefitness.com.

Take a Chance at the Governor's Cup in 2010!

Emergency Responders, Police, Fire and Ambulance Workers! Register your 5K team to take part in the 4th Annual Governor's Cup on October 2nd!

The race works like this: times are collected from each team member, and the lowest three times from each team are tabulated for a total team time. The lowest team time wins the competition, and that team takes home the Governor's Cup. The Cup is then passed from city to city, team to team, each year, based on the race outcome. Take home the glory of being the top team in Minnesota! Email catherine@mtcmarathon.org to get your team registered!

Twin Cities In Motion and the Minnesota Lynx present: Red, White & Boom! TC Half Marathon Night at the Target Center with the Lynx! July 8th @ 7:00pm vs. the San Antonio Silver Stars



The Minnesota Lynx support Twin Cities In Motion and their dedication to promoting healthy lifestyles in the Twin Cities and you can support them this season! To celebrate a great run on July 4th at the Red, White & Boom! TC Half Marathon, the Minnesota Lynx are offering VIP Seating for just \$25 each for the July 8th game. These seats are normally \$60 and \$45 in the first 14 rows! We are also offering \$30 lower level tickets for \$15! You do not need to run the Red, White & Boom! TC Half Marathon to participate in this event.

If interested, contact Al Damlo at damlo@lynxbasketball.com or call (612)

673-8413 to order tickets! Note: The best seats available will be selected. Larger groups may have to be separated but will be seated together whenever possible.

Shoe Strings - Twin Cities In Motion Info You Should Know

Plan your Training Run with a stop at the TCM Waterstops

On July 17th and August 14th Twin Cities In Motion will be hosting a training station at Calhoun Executive Center's parking lot, Northwest corner of Lake Calhoun. Stop by between 7:00 a.m. and 10:00 a.m. during one of your training runs for some water, mountain blast flavored POWERADE ION 4 sports drink, and GU energy gel. .



Inaugural Hot Dam 5K Fun Run

Participate in the Inaugural Hot Dam 5K Fun Run, presented by the Minneapolis Park & Recreation Board on July 3rd. Take in the beautiful view of the Minneapolis skyline as you enjoy a comfortable walk or run on the most scenic course in Minneapolis, which includes historic Main Street and the Stone Arch

Bridge. Stick around after the event and enjoy live music and a showing of the movie "Independence Day" on Water Power Park. Music starts at 7pm with the movie starting at dusk. More information at www.mplsredwhiteboom.com

Check Corral Status via Registration Confirmation

The marathon uses a wave start with participants lining up in two corrals. Corral 1 will consist of those who have completed a sub 3:45 marathon OR sub 1:45 half marathon OR have a Boston qualifying time within the last 2 years. To submit application for placement in Corral 1, email corral1@mtcmarathon.org and the marathon office will verify authenticity. It is your responsibility to check final verification through [Registration Confirmation](#) on the Medtronic Twin Cities Marathon website.

CALLING ALL BANDS, MUSICAL GROUPS, AND MUSCIANS!!

Looking to get noticed? Waiting for that BIG BREAK? Be part of the entertainment along the Medtronic Twin Cities Marathon course on October 3 and be seen and heard by over 10,000 runners and some of the 300,000 spectators! Motivate and inspire! Get a cool t-shirt and a heartfelt 'thank you' from thousands of runners for your efforts. Interested musicians please contact our Entertainment Committee at entertainment@mtcmarathon.org.

Change of address?

If you have changed your address since registering for one of our events, contact Catherine@mtcmarathon.org. Please include your event name, first name, last name, old address and new address.

Volunteers Needed

Twin Cities In Motion is looking for volunteers for the Red, White & Boom! TC Half Marathon! We need course marshals to monitor intersections and people to hand out water and POWERADE® ION4® sports drink at Aid Stations. Click [here](#) to register or email volunteer@mtcmarathon.org for more information

Media Committee Chair Wanted

Do you have media and leadership experience? Do you want to volunteer with other fun and energetic volunteers who belong to the TCM Association? Email volunteer@mtcmarathon.org for details.

Race Operations Association Members Needed

The Race Operations division is responsible for the organization and management of the marathon and ten mile races. If you are interested in Race Operations and have experience with you believe will be useful to the division, email volunteer@mtcmarathon.org for more details.

Twin Cities In Motion Board of Directors

The Twin Cities In Motion Board of Directors will be accepting applications for the four positions which are up for election in October, 2010. The Board is interested in persons who have expertise in Human Resources, Finance and/or General Business Management with corporate and government connections. Each position will have a 4 year term of office. Directors are expected to attend 7-8 Board meetings a year, serve on at least one standing committee and attend the Twin Cities In Motion year round events.

Interested persons may secure an application from [Lindsey Altermatt](#) beginning July 1, 2010. Prospective candidates should file an application and attach a current resume. All applications and resumes need to be received by July 23, 2010. If prospective candidates have questions, please contact James D'Aurora at 651-644-2248 (until June, 30), Scott Ross at 612-618-0618 or Ron Abrahamson at 612-339-4856.

Congratulations Medtronic TC 1 Mile Corporate Team Challenge Winners!

Congratulations to Target for taking home the titles "fastest team" AND the "largest team" in the Medtronic TC 1 Mile Corporate Team Challenge! Life Time Fitness came in 2nd and Medtronic was 3rd for the fastest team competition. In the participation competition, Medtronic had the second largest team and Ginger Hop/Chiang Mai Thai had the third largest team. Be sure to register your corporate teams for all three of our fall Corporate Team Challenge events: TC 5K, & TC 10K on Saturday, October 2 and the Medtronic Twin Cities Marathon on Sunday, October 3. For complete details, click [here](#) to download the marathon, 5K or 10K Corporate Team Challenge packet. Encourage your team members to complete

their individual race registrations, too. We look forward to a great competition in October!

University of Minnesota Looking for Volunteers for Study on Fat Effects on Muscle Metabolism:

We are currently looking for volunteers to evaluate the effects of fat infusion on muscle metabolism and glucose usage. We are interested in subjects ages 18-45 who are participating in a regular running program and are otherwise in good health, as well as subjects ages 18-45 who are not exercising regularly and are otherwise in good health. The study will involve 3 outpatient visits to the University of Minnesota. Compensation will be provided. For additional details or to sign up for the study, please email endores@umn.edu

Red, White & Boom! TC Half Marathon More Than 85% Full



The Red, White & Boom! TC Half Marathon is on its way to filling the cap of 3,000 runners. Don't miss your opportunity to be part of this inaugural event. All participants will receive a cool Brooks short sleeve technical participant shirt, finisher medal, and custom Fitsoks. Be sure to stop by the merchandise tent to purchase commemorative gear. Registration is still available at mtcmarathon.org.



Already registered for the Red, White & Boom! TC Half Marathon? Join Team Up For The Boom! Team participants get special perks in the start/finish area, a free 5x7 team photo, and a special gift. Plus cool prizes will be awarded in fun, festive categories. More info [here](#).

Training for the 2010 Medtronic Twin Cities Marathon? Check out the [online store](#) for men's and women's In-Training shirts and more.



If you're looking for us on Facebook, you can find us at www.facebook.com/TwinCitiesMarathon and you can follow us on Twitter at <http://twitter.com/tcmarathon>.

Future Races - 2010

Kids Against Hunger - Fill Their Plate Run

Saturday June 19

Minneapolis

[Registration](#)

Hot Dam 5K, Presented by Minneapolis Park Board & Recreation

Saturday July 3

Minneapolis
[Registration](#)

Red, White & Boom! TC Half Marathon

A Twin Cities In Motion Event

Sunday, July 4

Minneapolis

[Registration](#)

Twin Territory 4K, Present by Twin Cities In Motion

A Twin Cities In Motion Event

Sunday, August 1

Minneapolis

[Registration](#)

TC 5K, TC 10K & Medtronic TC Family Events

A Twin Cities In Motion Event

Saturday, October 2

[Registration](#)

Medtronic TC 10 Mile, USA Women's 10 Mile Championship

A Twin Cities In Motion Event

Sunday, October 3

[For information](#)

Medtronic Twin Cities Marathon, USA Men's and Masters Marathon Championships

A Twin Cities In Motion Event

Sunday, October 3

[Registration](#)



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