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FOR IMMEDIATE RELEASE

CONTACT: Kristine Smith
Marketing and Public Relations Manager
(763) 287-3888 x 113

April 30, 2009

INAUGURAL USA 1 MILE ROAD CHAMPIONSHIPS TO RACE DOWN NICOLLET MALL
Top runners from around the nation will compete in Minneapolis on May 7 for a chance to break 4:00 mile (men) and 4:28 (women).

(Minneapolis, MN) –Some of the nation’s fastest professional road and track milers will be in Minneapolis (MN) next week to race down the Nicollet Mall for the Inaugural USA 1 Mile Road Championship title. With proven sub-four minute mile times, a fast race is expected May 7 out of the likes of David Torrence, Gabe Jennings, Jon Rankin and Darren Brown.

With an overall prize purse of more than \$22,500, the additional \$10,000 bounty for the first male to break 4:00 has some real potential on the straight, relatively flat course, with the same opportunity on the women’s side for the first place female breaking 4:28. Shannon Rowbury, Sara Hall, Jenelle Deatherage, and Team USA Minnesota’s Emily Brown and Carrie Tollefson are among the fierce competition in the women’s field.

The 2009 course will be run entirely on Nicollet Mall, and has a slight rise for the first three blocks, then maintains a slight downhill for seven blocks before rounding an easy curve and leveling off for the final 200 meters, according to race officials.

“We have an amazing field for this inaugural championship, many of whom have competed against each other just this past month, and the new course means it’s anyone’s race and anyone’s night to take home an extra \$10,000,” said Twin Cities Marathon, Inc. race director Brian Mastel. “It will be a fun race to watch. We’re hoping the 3,200 participants in the Medtronic TC 1 Mile will join us at one of the Cheers Zones after they run, to watch some of the best middle-distance runners in the country compete.”

The Medtronic TC 1 Mile is host to this championship event. In its 5th year, the Medtronic TC 1 Mile race begins at 6:50 p.m. with a mass wave of about 1,000 participants. Age graded waves and the Corporate Team Challenge wave follow, with the general field finishing just before the women’s professional field takes off in the USA 1 Mile Road Championship race at about 7:53 p.m.

Twin Cities Marathon, Inc. was awarded the bid to host the Inaugural USA 1 Mile Road Championships at the annual USA Track & Field meeting in December and will host this race through 2012. "Championships bring recognition to the true spirit and history of the sport of running." said CEO of USA Track & Field Doug Logan. "As part of our mission to elevate the stars and the sport, USA Track & Field works to partner with events across the nation to show the world the power and benefits of this sport. By hosting the Inaugural USA 1 Mile Road Championships, Twin Cities Marathon, Inc. continues to recognize the commitment to promoting running and healthy lifestyles. And as I said in my recent blog on American efforts at the Boston Marathon, 'Game on'. Good luck to every participant at the Medtronic TC 1 Mile."

-More-

The elite field as of Thursday, April 30, 2009 is as follows:

Men's Field

Athlete	Residence	Personal Best (in mile or closest dist.)
David Torrence (23)	Oakland, California	Mile: 3:57:04
Gabe Jennings (30)	Eugene, Oregon	Mile: 3:58:25
Kyle Alcorn (24)	Phoenix, Arizona	Mile: 4:00:58
Jon Rankin (age)	San Diego, California	Mile: 3:54:24
Blake Boldon (29)	Colorado Springs, Colorado	Mile: 3:59:18
Anthony Famiglietti (30)	Knoxville, Tennessee	Mile: 3:55:71
Darren Brown (22)	Austin, Texas	Mile: 3:58:35
John Richardson (24)	Lexington, Kentucky	Mile: 4:02:10
Jordan Fife (26)	Bloomington, Indiana	Mile: 3:59:75
Tommy Schmitz (24)	Madison, Wisconsin	Mile: 3:58:92
Ryan Kleimenhagen (27)	Madison, Wisconsin	Mile: 3:59:00
Brad Lowery (26)	Brookings, South Dakota	Mile: 4:01:67
Adrian Myers (24)	Indianapolis, Indiana	1500m: 3:52:02
Thomas Morgan (27)	Blowing Rock, North Carolina	Mile: 4:01:90
Bobby Curtis (23)	Philadelphia, Pennsylvania	Mile: 3:57:20

Women's Field

Athlete	Residence	Personal Best (in mile or closest dist.)
Shannon Rowbury (24)	San Francisco, California	Mile: 4:20.34
Sara Hall (26)	Mammoth Lakes, California	Mile (road): 4:25
Jenelle Deatherage (31)	Minneapolis, Minnesota	Mile: 4:31.58
Emily Brown (24)	Minneapolis, Minnesota	Mile: 4:37:58
Carrie Tollefson (32)	St. Paul, Minnesota	Mile: 4:27:95
Jen Rhines (34)	Mammoth Lakes, California	1500m: 4:09.52
Ann Detmer (24)	Madison, Wisconsin	3000m: 9:24:11
Colleen Newhart (28)	River Forest, Illinois	1500m: 4:19:12
Angee Henry (33)	Omaha, Nebraska	Mile: 5:08
Meghan Armstrong (23)	Minneapolis, Minnesota	Mile: 4:40.59
Mason Cathey (27)	Indianapolis, Indiana	Mile: 4:49:39
Sara Vaughn (23)	Boulder, Colorado	1500m(i): 4:22.29

About Medtronic TC 1 Mile

The fifth annual Medtronic TC 1 Mile will take place along the Nicollet Mall in Minneapolis, Thursday, May 7 beginning with the mass wave at 6:50 p.m. This annual celebration of Spring recognizes runners and walkers and the beauty of running an urban mile. Cheers Zones for spectators include outdoor seating spots at Brits Pub, Dakota Jazz Club, The Local, McCormick & Schmick's, News Room, Spikes at the Hyatt, and Zelo. Photos for use by the media may be found at <http://www.competitiveimage.us/running/TC109-Media/index.html> and participant photos are available for purchase at http://www.asiorders.com/view_event.asp?EVENTID=47876 and video of the event can be found after the race at <http://www.flotrack.org/videos/coverage/view/234973-medtronic-tc-1-mile>.

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, 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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