

MILE MARKER



TWIN CITIES IN MOTION



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Get Out Your Calendars and Get Ready For Running in 2010!

Registration Opens December 1 for the Red, White & Boom! TC Half Marathon



The inaugural TC Half Marathon takes place Sunday, July 4th in

Northeast Minneapolis. Visit www.mtcmarathon.org for details, and to register, beginning December 1. This race will be capped at 3,000.

Winter Medtronic TC Kids Marathon is Underway and Medtronic TC Kids Marathon Indoor Fun Run Registration is NOW open

Schools and families can take part in the 12, 8 or 4-week online training program and come out to join in the fun at the Medtronic TC Kids Marathon Indoor Fun Run on **Saturday, February 6** at the University of Minnesota Field House in Minneapolis. For more information on training, and to register visit www.mtcmarathon.org





6th Annual Medtronic TC 1 Mile and USA 1 Mile Road Championships

This 6th annual event down the Nicollet Mall in Minneapolis is fun way to kick of the Spring running season in Minnesota. Set for **Thursday, May 13th**, the TC 1 Mile is also host to the 2nd annual USA 1 Mile Road Championships.

Spring Medtronic TC Kids Marathon and Medtronic TC Kids Marathon Como Park Cross Country Fun Run

The 12-week kids online training program gets underway the week of February 22, 2010. Schools and families can take part in the online training program for free and come out to join in the fun at the Medtronic TC Kids Marathon Como Park Cross Country Fun Run on **Saturday, May 15** at Como Park in St Paul.

24th Annual TC 5K and 2nd Annual TC 10K

Kick off the Medtronic TC Family Events with the TC 5K or TC 10K on **Saturday, October 2**. Look for registration details in Spring, 2010.

Medtronic TC 10 Mile

Registration for this event is via lottery, which takes place in early July. The **Sunday, October 3** race is also host to the USA Women's 10 Mile Championship.

Medtronic Twin Cities Marathon

Registration for the 29th annual Medtronic Twin Cities Marathon gets underway in the Spring for the **Sunday, October 3** tradition. The marathon is host to the USA Men's Marathon Championship, and the USA Masters Marathon Championships.



Volunteer and Rookie of the Year Awards Mark Excellent Contributions at Twin Cities In Motion

Twin Cities in Motion (TCM) relies on hundreds of volunteers throughout the year to keep the organization running. The "Jerry Wilson Volunteer of the Year" award was established in 2004 to help recognize a member of the TCM Association of volunteers. The award's namesake was a long-time volunteer who defined reliability, friendliness, supportiveness, enthusiasm, and willingness to go above and beyond the call of duty.

This year's winner of the Jerry Wilson Volunteer of the Year award went to Lloyd Zastrow for his exceptional contributions to TCM on multiple committees. In response Zastrow said, "I was surprised

and honored to receive the award. I have worked with some great people on each committee and really enjoy the work and the people."

In 2008, TCM added the "Rookie of the Year" award to recognize an outstanding new association volunteer. This person is someone who truly exemplifies the organization's mission and spirit. The 2009 winner was Mike Cordes for his work on the Marketing Committee and the TC 1 Mile Committee.

Cordes also shared his gratitude and surprise at this honor, saying, "I feel very fortunate to have been nominated and presented with such an outstanding award! There [are] so many other deserving first year volunteers who also put in many long hours to help make this year's events a huge success. " Although recently having moved to Boston, he added, "I'm glad I was able to be involved with the marketing committee and I'm going to try to continue to be involved in some fashion with Twin Cities in Motion for many years to come."

Thank you to both Lloyd and Mike, and to the nearly 300 year-round volunteers, for their important contributions to Twin Cities in Motion!

2009 Medtronic Twin Cities Marathon Weekend Results Book Goes Green

The 2009 results book for the Medtronic Twin Cities Marathon, Medtronic TC 10 Mile, TC 10K and TC 5K will be delivered to race participants electronically this year. If you registered for any of the marathon race weekend activities, please look for the results book in your inbox in mid-December.

The move to an electronic version of the results book will increase the amount of space available for articles, participant stories and photos. It will also reduce the amount of natural resources used to publish hard copies of the book. In a given year more than 13,000 results books were published, using more than 1,950,000 sheets of paper and endless gallons of ink.

By transitioning to an electronic format of the results book, we are able to offer more content, an improved user experience and move to a more sustainable medium. Plus, the results book will be available online anytime at mtcmarathon.org.

If you have questions about the results book transitioning from print to an electronic version, please submit them to Kristine Smith at Kristine@mtcmarathon.org.

Runner Profile: Tom Kielpinski



Many runners finish their race and have a regimented post race routine. Whether it involves hugging friends and family, eating snacks at the finish chute, walking, stretching or just heading home for comfort. Rarely does a runner finish their race and cheer on other runners at the finish line for another 3 hours.

Meet Tom Kielpinski, an everyday (but fast!) runner. Tom finished the 2009 Medtronic Twin Cities Marathon in 3:00:07 and stayed at the finish line until it closed at the 6 hour mark.

When asked what motivated him to stay at the finish line, Tom replied, "I don't always get the opportunity to stay very long after a

race but when I have [time] it's given me some of the best experiences I've received from racing. Sometimes I get too caught up in times and PR's but seeing the runners who finished in 4 or 5 or 6 hours reminds me of my first marathon." Kielpinski has spent plenty of time on the course since his first marathon. He has completed 7 marathons, two 50 milers, and one 50K and has been racing for almost 4 years. Staying at the finish line post race "makes me walk away saying I love this sport."

Training is a normal part of life for Kielpinski. He has been running for over 25 years, having only missed about 10 days during this time. This summer, he faced a new challenge with he was diagnosed with type 1 diabetes, just six weeks before the marathon. Prior to the diagnosis, Tom was feeling a loss of intensity on speed work and an overall slower pace. His training got tough and he had to learn to run with diabetes. "Once I starting taking insulin and feeling much stronger, I unfortunately only had three long runs left to try to figure out how everything needed to work together - how much insulin to take before running, the effects of energy gels, the way running for three hours influences glucose levels." The 2009 MTCM was Tom's third best marathon time, and first marathon running with diabetes- "I was very pleased with how I did considering the short time frame to adjust" said Tom.

Tom has been busy since the marathon - he completed a 5K walk for the American Diabetes Association and has been doing some trail racing. "In the future I'd like to try a 100k race. That will be a real challenge to work out the glucose levels and insulin (as well as doing the distance!)" said Kielpinski when asked about his post-MTCM plans.

Tom currently lives in Middleton, WI and is married to Chong and has two boys Nicholas (16) and Nathan (14). His marathon PR is 2:58:05.



**TWIN CITIES
IN MOTION**

Twin Cities In Motion Association Elects 2010 Board of Directors

Thank you to outgoing Twin Cities Marathon, Inc. board member and past president Joanne Jirik Mullen, who served on the board for 10 years. And congratulations to returning and new Twin Cities In Motion board members, who were elected in October, at the annual association banquet.

2010 Board Members:

Ron Abrahamson	John Aronson	Tim Bowman	Jim D'Aurora
Charles Fazio	Scott Fogelson	Bryan Fuhr	Tavis Hudson
Ron Kaliebe	Julie McDaniel	Lisa Myers	Mary O'Neill
Amy Ronneberg	Scott Ross	Sue Skelton	Mike Staloch

Each year, the board seeks candidates to fill specific skill sets. In order to become a board member through the election process, it is helpful for a candidate to have been involved with the association/or to have prior volunteering experience with the organization, so if you're interested in board service, start thinking about becoming involved now for 2010 elections.

Record Numbers Took Part in 2009 Corporate Team Challenge

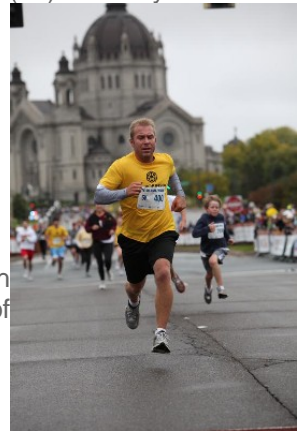
A record number of participants signed on to compete in the 2009 Corporate Team Challenge (CTC) events held during marathon weekend. Thirty-nine companies registered teams for the Medtronic Twin Cities Marathon, with 38 companies registering teams for the TC 5K. In all, more than 1,700 CTC runners completed either the marathon or the 5K.

3M took home top honors in the competition for the fastest marathon team thanks to outstanding performances from team members Dan Morse, Andrea Rediger and John Ostergren. Last year's winner, United Health Care, placed second, with BlueCross BlueShield of Minnesota nabbing third. Medtronic had the most marathon finishers with 67, followed by Target (65) and Mayo Clinic (61).

Best Buy fielded the fastest TC 5K team, edging out HealthPartners and BlueCross BlueShield of Minnesota, who placed second and third, respectively. Top scorers for Best Buy included Mark Brose, Dawn Substad, Becca Lang, Rich Kurhajetz and Michael Hentges.

With an impressive 134 team members finishing the 5K, HealthPartners had the greatest number of participants. CH Robinson Worldwide was second with 83 finishers, and GreatBatch Medical was third with 65. For a complete list of teams who competed, [click here](#).

Year after year the CTC events continue to grow. The next competition opportunity will be at the Medtronic TC 1 Mile in May 2010. Start planning now to join the fun and field your own corporate team next spring!



LifeTime Fitness Training Tips - Cross Training

"Results require a willingness to act, even if you are unsure of what lies ahead." -Vince Lombardi

Love Cross Training?

Willingness to act. How many of us avoid cross training because we do not want to take a day off from running? Or, perhaps we do not know as much about cycling and swimming? To help avoid injuries and to complement your running, here are some cross training ideas to consider during the off-season.

- Cycling - this can be via mountain bike or road bike. Inside or outside.
- Pool Work - Swimming is perhaps the one activity that rivals running to help fitness and to get your heart rate up. Also, a good aqua-jogging class can help improve fitness.
- Cross Country Skiing -it's not coincidence that many high school cross country champions in the fall, do well with cross country skiing in the winter. Great cardiovascular workout without the wear-and-tear on the legs.
- Core Workout - one of the more popular advancements in strength training is building the core (trunk of your body/abs) - this is done with low-to-no impact exercises, such as "the plank".
- Weight Training - runners focus on low weight and high repetitions in a number of standard exercises.
- Your favorite sport - never be afraid to do anything athletic as it allows for you to use muscles

that you do not use in running (which is why you may feel a little sore after, but that soreness goes away). Playing basketball, ice skating, soccer, golf, racquetball, tennis, etc. all complement your running.

Consider cross training at least 3 days a week in the off-season. This can be done by considering duration of workout. For instance, let's say you initially planned to run for 60 minutes. It may prove more beneficial to run for 25 minutes, bike for 25 minutes and swim for 10 minutes. Remember, variety is the spice of your workout regiment.

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 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". Also, in 2009, Life Time Fitness debuted its Endurance Program, which can be found at www.lifetimeendurance.com

Governor's Cup Winners Named in the TC 5K

The 2009 TC 5K ING Governor's Cup Challenge winning team (fastest overall) was Olmstead County Sheriffs Department! The oldest runner in the Cup was Danny Kagol, 61, from the Minneapolis Park Police Department with a time of 25:10 The youngest runner in the Cup was Rob Lokhorst, 23, also from the Minneapolis Park Police Department with a time of 24:04 And the Fastest overall runner was Ron Hawkins, 42, of White Bear Fire Department, with a time of 21:00.



Question of the Month:

What would you like to earn for finishing the Red, White, & Boom! TC Half Marathon on July 4th? Twin Cities in Motion is looking for ideas, thoughts, and suggestions from you. Are finisher medals important for a half marathon? What about something commemorative like a pint glass or re-usable water bottle? Send your suggestions to info@mtmcmarathon.org - who knows, your suggestion just might end up at the finish line!



Before the Start: Insight from the Race Director's Office

If runners think like we think you do, you are already looking forward to the 2010 racing calendar, setting goals for specific times, or maybe thinking about moving up to that distance you've never run before. If you ran your first 5K in 2009, maybe your goal will be to move up to the TC 10K or maybe even the Medtronic TC 10 Mile. If you ran the 10K or ten mile, maybe you are thinking about a half marathon on your way up to someday running a marathon. With the excitement of race weekend, you may not have noticed the announcement of our newest event - the Red, White, & Boom TC Half Marathon! That's right, 4th of July, 2010 you'll have the opportunity to run through the streets of "Nordeast" Minneapolis. The course details are still being finalized, but we are as excited for our new event as we were when the Medtronic TC 1 Mile launched 5 years ago. Look for more details in the coming weeks and get ready to celebrate Independence Day with a 13.1 mile run!

If you have a question about our events you'd like answered in this column, feel free to email race director Brian Mastel at brian@mtcmarathon.org.

Shoe Strings - Twin Cities In Motion Info You Should Know

Download Your Results Certificate

Did you finish a race during the 2009 Medtronic Twin Cities Marathon weekend? You can download an official results certificate for your records, to use for qualifying for other events or as a memento of your race. It's free. Click here for [5K](#), for [10K](#), click here for [marathon](#), click here for [ten mile](#).

Limited Edition Medtronic Twin Cities Marathon Commemorative Photographs Available

Twin Cities in Motion and Competitive Image are offering limited edition, signed photographs to commemorate the 2009 Race. A portion of the proceeds for each print will go directly to the support of the Medtronic TC Kids Marathon, a Twin Cities in Motion program. [Click here to learn more.](#)

You can contribute to the Medtronic TC Kids Marathon Program and help instill healthy lifestyles in kids throughout Minnesota. Twin Cities In Motion's Friends of the Marathon program is now available to [contribute online](#).



Holiday Gift idea.... due to popular demand, the "poster shirt" is back for a limited time and in limited quantities. There are still close-out prices on the In-Training shirt and the Brooks hats. Check out these and other great deals on the [Twin Cities In Motion online merchandise store](#).

2010 Twin Cities In Motion Event Dates!

February 6: Medtronic TC Kids Marathon Indoor Fun Run, University of Minnesota Field House, Minneapolis

May 13 (tentative date): Medtronic TC 1 Mile and USA 1 Mile Road Championships, Nicollet Avenue, Minneapolis

May 15: Medtronic TC Kids Marathon Cross Country Race, Como Park, St. Paul

June 2: National Running Day

July 4: Red, White & Boom! TC Half Marathon, Minneapolis

October 2: TC 5K, TC 10K, and Medtronic TC Family Events, State Capitol Grounds, St. Paul

October 3: Medtronic TC 10 Mile and Medtronic Twin Cities Marathon, Minneapolis to St. Paul

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

Drumstick Dash

Thursday, November 26

Lake Harriet, Minneapolis

[To register](#)

Medtronic TC Kids Marathon Indoor Fun Run

Saturday, February 6

University of Minnesota Field House, Minneapolis

[To register](#)



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