



## TWIN CITIES IN MOTION

FOR IMMEDIATE RELEASE

### **Twin Cities in Motion Launches New Half Marathon, July 4, 2010**

*Inaugural "Red, White & Boom" TC Half Marathon will also include four-mile and kids distances*

MINNEAPOLIS, MN (October 7, 2009) – Twin Cities in Motion is adding a half-marathon to it's line-up of offerings throughout the year of running events in Minneapolis, Minnesota. "Red, White & Boom" TC Half Marathon is the first half marathon planned by the organization and was created to meet the growing interest in that distance and to offer runners a major event that can be included in holiday weekend plans surrounding July 4<sup>th</sup>.

"Running is showing no signs of slowing as people continue to value health and fitness," said Twin Cities in Motion executive director Virginia Brophy Achman. "We're thrilled to offer the new Red, White & Boom TC Half Marathon on July 4<sup>th</sup> and have seen interest in this distance supported through research the governing body of running has conducted as well as from our running community here in the Twin Cities."

A four-mile distance, as well as kids events, will be part of the morning, allowing walkers and runners of all ages and abilities to join in the festivities. The national half-marathon is planned for the Minneapolis area surrounding Boom Island during the peak tourism season in the Midwest, giving families more opportunities to "Explore Minnesota". Visit [mtcmarathon.org](http://mtcmarathon.org) for more information.

**Twin Cities in Motion**, (formerly *Twin Cities Marathon, Inc.*) is the non-profit organization that organizes running events throughout the year, including the Medtronic TC 1 Mile, Medtronic Twin Cities Marathon, Medtronic TC 10 Mile, the TC 10K, TC5K and the Medtronic TC Family Events and Medtronic TC Kids Marathon program and related events, as a community service for the Minneapolis/St. Paul area. Visit [mtcmarathon.org](http://mtcmarathon.org) for more information and on our [Twin Cities in Motion page](#) on Facebook.

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