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MILE MARKER



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Dear Participants,

The Twin Cities Marathon, Inc. (TCM, Inc.) Association, comprised of the Board of Directors, more than 300 year-round volunteers, and the staff, thank you for joining us for the 28th annual Medtronic Twin Cities Marathon, the 11th annual Medtronic TC 10 Mile, and the 25th annual Medtronic TC Family Events, TC 10K & TC 5K. We hope that your training has been successful and you are ready to reach your goals.



As race weekend nears, all of the final touches are coming together for what looks like record fields for both the marathon and ten mile. In addition, we are seeing tremendous growth in our Saturday Events and our Corporate Team Challenge. New this year, the TC 10K has been a great addition to Saturday Events. Registration is still open online through September 25. Registration is also available Friday, October 2 at the Expo and Saturday, October 3 at the event. Challenge someone new to running to join us for the 10K, 5K, family mile, half-mile, Toddler Trot or Diaper Dash!

This year we are proud once again to host the USA Women's and Masters Marathon Championships, along with the Men's 10 Mile Championship. There are so many talented athletes, it's tough to name them all but we are looking forward to great fields, including Robyn Friedman, Sally Meyerhoff, Mary Akor, and Team USA Minnesota's Michelle (Lilienthal) Frey & Kristin Nicolini Lehmkuhle in the women's field. In the women's masters field, which could also produce the open champion, Colleen De Reuck is joined by returning champion Susan Empey and 2008's 2nd place finisher Meghan Arbogast. Dennis Simonaitis, Carl Rundell, Paul Aufdemberge and Tracy Lokken are back again to vie for first in our men's masters marathon race. In the men's open marathon field the ones to watch include Augustus Kavutu Mbusya, Grigoriy Andreev, Stephen Luruo and former Minnesotan Luke Watson, a champion from our TC 1 Mile who is debuting in the marathon.

In what is shaping up to be a street burner in the Men's 10 Mile Championship, 2007 champion Abdi Abdirahman returns to throw it down against Anthony Famiglietti, Mohamed Trafef, and Minnesota favorites Patrick Smyth, Jason Lehmkuhle and Josh Moen.

This year, we welcome the largest wheeler field we've ever hosted. Course record holder and five-time champion Saul Mendoza will challenge three-time winner Tony Iniquez, and 2005 winner Edwin Figueroa in an attempt to break the 1:35:03 posted by Mendoza in 1997. Last year's runner up Dawna Callahan will take the course in the women's wheeler race.

For those of you joining us for the first time, the 28th time (our Charter Club), or anywhere in between, we hope that you enjoy the beautiful scenery that made *Runners World* proclaim us the "Most Beautiful Marathon in America"®. We will have more than 300,000 spectators cheering you on, and you will be greeted by more than 5,000 race weekend volunteers, who are here to make your experience the best it can be.

While you're on the course, try to identify which country the Cheer Zones are representing, and watch for (and listen to) more than 30 entertainment acts lining the streets to pump you up. Strike up a conversation with a fellow runner and take in the glory that is our fall splendor in Minnesota.

On behalf of everyone at TCM, Inc., good luck and best wishes for a great race!

Yours in running,



Virginia Brophy Achman

Virginia Brophy Achman
Executive Director, Twin Cities Marathon, Inc.

Saul Mendoza - Ready to Go!



Among those participating in the 2009 Medtronic Twin Cities Marathon, Saul Mendoza's story is unlike any other. He's a top competitor in the wheeler category with six medals in three Paralympic games and a Gold and Silver medal at the Olympics as part of Mexico's national team.

Saul Mendoza is not new to the Twin Cities. He holds the wheeler course record for Medtronic Twin Cities Marathon at 1:35:03, set in 1997. Twin Cities Marathon, Inc. and the Minneapolis/St. Paul community is excited to see Saul back out on the course on October 4th.

We chatted with Saul to get some insight into his training and preparation for race weekend 2009.

1.) Tell us about your start in racing :

Saul: I went to a school for kids with disabilities in Mexico City. I was involved in sports from an early age both on my crutches (playing soccer) and from a wheelchair. It helped me to grow up loving sports and competition. When I was 13, I was discovered on a basketball court with a natural talent for speed. The coaches soon got me involved in track. Once I began racing there was no stopping me, with my first big win being in 1985 at the Mexico Marathon at 19 years old.



2.) Tell us about your favorite training routes/courses:

Saul: I live in Wimberley- a small town in between Austin and San Antonio, Texas. It's called the "hill countryside"; other people call it the Tuscany (Italy) of Texas. It is well known for the hills and the rivers. It is one of my favorite rides- 20 miles along the Guadalupe River. I can describe it as hilly, but beautiful because the road goes along the River. When away from home my favorite rides are in the Mexican mountains at 12,000 ft, "Centro Ceremonial Otomi" is well known for its tall pine trees and hard uphill with fantastic weather most of the time.

3.) You've applied your educational background in industrial science to contribute to wheelchair design and performance. What kinds of modifications have you made?

Saul: I race in a lightweight, custom built, three wheeled racing chair. Basically, I've been trying to get the lightest and more aerodynamic chair I can. To achieve this, I spent a week in Atlanta giving a company my input on these two topics.

4.) You currently hold the course record for the Medtronic Twin Cities Marathon at 1:35:03 in 1997. What do you remember about that race? What are your expectations for this year? Are you hoping to challenge your previous record?

Saul: 97 was pretty cool, but was beautiful and the perfect conditions to achieve the record. I think that if the competition is strong and there is nice weather, we can break the record. I would love to finish in the top three this year.

5.) With career accomplishments such as: a former World record holder in 800 meter, 5000 meter, and in the 10k at the Peachtree road race in Sydney, Australia. The third fastest wheelchair marathon in history at the Oita marathon in 1999. To add a gold medal at the 2000 Sydney Olympic Games in the 1500M, with an Olympic record and

numerous marathon victories. How has the experience of running changed for you over the years? What keeps you motivated?

Saul: What keeps me motivated is that I love to train. I love to get up every morning with the energy to go around my favorite rides, some of them are harder than others, but that is part of it. I love to also see different parts of the world and I have been blessed to do it through racing. The experience of running changed my life first as a teenage boy and now with my family and work. I learned to love the sport and use qualities such as dedication and perseverance in my life.



6.) On Medtronic Twin Cities Marathon race weekend, there will be more than 20,000 participants along the course- running distances from a Toddler Trot to the full 26.2 miles. Do you have any advice or words of encouragement for those currently "in training"?

Saul: I would love to tell them that the morning of the race and every morning when training is hard, we need to have courage... Waking up each morning with the decision to do our best. We must value our abilities, talents and our personal tools.

Most definitely we can go beyond our limits!!

Pick up Your Race Packet and Marathon Weekend Gear at the Target Health & Fitness Expo

Race day is nearly here! You've completed your training and now it's time to carbo load, relax, and get some sleep. But don't forget the most important race preparation: picking up your race number and packet!

Marathon and Ten Mile Participants:

Race Packet "Pic Cup" presented by Caribou Coffee takes place at the Saint Paul RiverCentre, 175 West Kellogg Blvd. in downtown Saint Paul. You can pick up your packet from noon to 8:00 p.m. on Friday, October 2 and 10:00 a.m. to 8:00 p.m. on Saturday, October 3.

Bring your Confirmation Ticket (back cover of Participant Guide) and one form of photo identification. **NO RACE DAY PACKET PICK-UP IS AVAILABLE.** If you are unable to pick up your race packet in person, you can make arrangements for someone else to pick up your materials. Details are available at <http://www.mtcmarathon.org/>.

TC 5K, TC 10K, and Medtronic TC Family Events Participants:

Pre-registered participants may pick up race numbers, packets, and t-shirts at the Saint Paul RiverCentre, Friday, October 2, from noon to 8 p.m. Race day packet pick-up information is available at <http://www.mtcmarathon.org/>.

While picking up your race packet, visit the Target Health & Fitness Expo, where you'll find hands-on health and fitness exhibits, great bargains on running and fitness gear, free sampling and massages, information on equipment, nutrition and other races. Medtronic Twin Cities Marathon merchandise will be available for sale including posters, apparel for kids and adults, novelty items, and more. We look forward to seeing you race weekend!



Event parking rates will be in effect at ramps closest to the RiverCentre.

A Conversation with Three Champions: Women's Masters Marathon

Medtronic Twin Cities Marathon will be hosting its 20th Masters Championship on Sunday, Oct. 4th. Collectively, over the marathon's 27 year history it has served as the host for 20 of 21 Masters Championships. This year the marathon also adds another element of excitement for its women runners. The race serves as the only 2009 qualifier race for the women's marathon at the 2012 U.S. Olympic Team Trials.

By all accounts this is a special year for the Master's Championship. However, what truly sets the event apart from other race day activities is its participants. These racers range from age 40 to more than 95 years old and are in peak physical condition. Colleen De Reuck, who is competing for the open and masters title, leads the field. To get a little more insight into some of the other leaders, we spoke with last year's women's Masters Champions: Susan Empey, Meghan Arbogast and Doreen McCoubrie.

Each of these ladies shared their personal story of how they got involved in competitive running and what's kept their interest in the sport. Their stories were different but their commitment to running and dedication to perform at their best is unifying.

How did you get involved in running?

Doreen: I have been running since fourth grade when the coach was looking for people to run on the team. I [have] always loved to run and used to set up courses in the neighborhood and begged people to race with me. In high school [I participated on the] cross country team [starting my] freshman [year, and] continued running after college but got "serious" again when all my kids went to school.



Meghan: I have always enjoyed sports and participated in everything I could in high school [such as] volleyball, basketball, track and horseback riding. After college and the birth of my child I decided I needed a way to get exercise that was affordable and quick [without] much equipment, so I started running somewhat regularly when I was 25...and over the years I sort of morphed into a faster runner.

Susan: I started running very recreationally in college basically as a way to stay [healthy]. My roommate's boyfriend at the time was a runner and he thought my roommate and I would have fun doing the Run to the Farside in San Francisco, so we trained for that, ran it, and I was hooked...I didn't get "serious" about running until several years ago when I wanted to try to break 3:00 in the marathon, which I did at Chicago in 2003.



What has kept you motivated to keep running over the years?

Meghan: [Running] has become my lifestyle. I enjoy the feeling most of all, but the side benefits of better health, good friends, and the psychological boost are icing on the cake.

Susan: I felt so great breaking 3:00 [at Chicago in 2003] that I decided I wanted to see how low I could go. And that's exactly what [has kept] my interest [in running] over the years. It's the curiosity to see with proper training and support, how fast your body will let you go!

Doreen: I think what has kept my interest is that I enjoy the challenge of setting a goal for myself and working to achieve that goal. I love to run just for the pleasure of it, but a goal keeps me focused and motivated. Next, I would like to try an ultra.

For more information about the 2009 Women's Masters Championship, visit mtcmarathon.org.

Global Hero Leslie Minnix Wolfe

"I had always looked at myself as being one of the healthiest people I know," says Leslie Minnix-Wolfe of Herndon, Virginia, a 2009 Medtronic Global Hero.

Shortly after her 40th birthday, Leslie went to the doctor for an annual physical when her doctor surprised her by suggesting she visit a cardiologist.

For Leslie, it was unthinkable that something could be wrong with her heart. As a competitive runner and triathlete for more than 30 years she had qualified and competed in the Women's Olympic marathon trials. Her resting heart rate had once been 35 BPM!

In the coming months, the long-time runner experienced syncope attacks (fainting often caused by reduced oxygen flow to the brain) almost on a weekly basis. "It seemed that whenever I slowed down and relaxed, I passed out."

Further testing led to the implantation of a pacemaker to improve her heart's pumping efficiency. Since having her pacemaker, Leslie is confident that she will not have any more fainting spells and more importantly, it has given her the gift of being able to run again.

"My pacemaker has simply become part of me and I rarely even remember that I have it. Without it, I don't know what I would do."

Leslie will run the Medtronic Twin Cities Marathon on Oct. 4, joining 24 other Global Heroes who will run the TC 10 Mile or marathon.

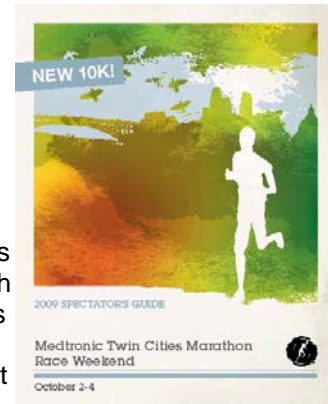
A cooperative effort between the Twin Cities Marathon, Inc. and the Medtronic Foundation, Global Heroes is a first-of-its-kind program that celebrates the accomplishments of runners who benefit from medical device therapies that treat chronic conditions such as heart disease, diabetes, spinal disorders, chronic pain or neurological disorders.

To learn more about the 2009 Medtronic Global Heroes, visit www.medtronic.com/2009globalheroes/

Spectator Guides: What they are and why your fans need them

What's going on and where on Saturday, October 3rd?
When to expect an 8-minute miler to get to Minnehaha Falls?
Why does that guy have a bright yellow number bib?

This and many other mysteries revealed in the 2009 Spectator's Guide. This pocket-sized concierge has all things marathon and the weekend's lineup of events, maps of the marathon and ten-mile start and finish areas and all courses, a pacing table (to help figure out when a runner will reach certain points on the course), an explanation of race number colors, ways to follow runners via radio, TV and Internet, handy viewing tips and sure-fire cheers. It's where to be and what to say and how to look good doing it -- everything earnest spectators, bless them, need to know to carry out their mission of support.



Pick up Spectator's Guides, free!, at Caribou Coffee, Whole Foods, Life Time Fitness locations, running stores in the Twin Cities, and at the marathon expo on Friday, October 2 and Saturday, October 3 at the Saint. Paul RiverCentre. There will be one in your race packets or [download one here](#) on the right hand column of the page.

Best Seat in the House Winners Named!

In the world of running, the satisfaction of the effort tends to turn into it's own passion. It certainly has for this year's inaugural Best Seat in the House winners.

Jeff Erickson of St. Paul, MN, ran his first marathon at the Medtronic Twin Cities Marathon in 2007. He finished, but was a little surprised by how hot running a marathon was and that his time wasn't quite what he'd planned, so he did some reading on the Twin Cities Marathon, Inc. website and turned his attention to the Medtronic TC Kids Marathon program. As a teacher at the World Cultures school, he decided to see if his 4th graders would try this new sport he had started to enjoy, and so began his unofficial running club. His students ran with him during lunch and after school. They were able to use the buses provided by the program and came to Como Park for their first kids event.

These kids are now 6th graders and will be at the Medtronic TC Family Events on Saturday, with some of the younger students from their school, who have now joined the club. Jeff will be right there with them and they will be on his mind when he runs the 26.2 miles the next day. You can hear more about Jeff on WCCO AM radio on Sunday, September 27 at 12:20 p.m.

Of course, no marathon feels the same when you've got your key supporters out there cheering you on. This year's Best Seat in the House spectator winner goes to a Mom named Phillis Rabourn, who has spent many a day like many other moms, cheering through the challenges and accomplishments. Her son Roman says she's been his biggest fan "since my first adventures of a kids one-mile fun run" when he was in first grade. "She sat there and waited at the finish line patiently while I came running across with a red face and panting wildly." And she's been following him through every race ever since...sometimes online if she wasn't able to be in one of the nearly 50 states he's visited (it's his goal to get to all 50).

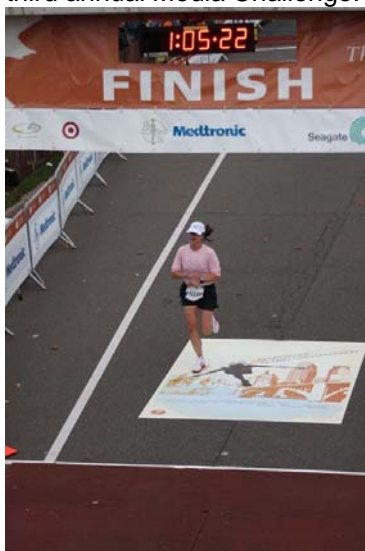
Minnesota will be his 50th state. So his Mom decided this was the race she would finally run with him, since neither have ever been to Minnesota, and her two Boxer dogs needed the training runs. A few weeks into training, Roman said, "my Mom noticed Addy (their dog) was struggling when she's usually pulling my mom down the road. Addy was diagnosed with cancer and died four weeks later...Unfortunately running made her too sad without Addy." She kept walking with their other dog

Dell and will be cheering Ramon on from the course instead. Ramon said about his Mom "her smile is radiating, her dedication is uncompromising and her charm is second to none. Who wouldn't want her in the Best Seat?"

More than 300,000 spectators come out in the sun, rain, early morning...with a lawn chair, a bopper or sign, ready to cheer on marathon and ten-mile runners and wheelers on Marathon Sunday every year. Without these people, the races would still be the "Most Beautiful" but would surely lack some of the fun. Thank you to everyone who submitted their story to the Best Seat in the House contest. We wish everyone a great race, running or not!

Getting A First Hand Look at the Story: 2009 Medtronic TC 10 Mile Media Challenge

In addition to fierce competition at the front of the pack of the Medtronic TC 10 Mile for the USA Men's Championship, local journalists will share some friendly battles of their own on race day in the third annual Media Challenge.



Teams must have at least four employees running the 10 Mile, and awards will be handed out for the fastest and slowest teams, as well as a separate prize for student media outlets. Race officials have 11 teams competing in this year's Media Challenge: Cable News 12, FSN, Fox 9, Minnesota Monthly, Hubbard Broadcasting, KSTP-TV, Minneapolis-St. Paul Magazine, Pioneer Press, Star Tribune, WCCO TV and KARE.

5 Eyewitness News reporter Tom Hauser recruited anchor Leah McLean for last year's KSTP team - her first race ever. After finishing the 10 Mile last October, McLean ran a half-marathon this summer and said that she and her teammates are very motivated to improve their finish times from 2008. "Last year was all about surviving," she said. "We're excited to be competing a little more than last year. We're not just looking to finish anymore." Although a hectic newsroom schedule means that most KSTP teammates train on their own, McLean said it gives a big boost to office morale and health when colleagues are chatting about workouts and miles logged over the weekend. "It gives everyone a reason to rally and cheer one another on," she said.

The team to beat this year will be Star Tribune, who will come back to the race with two consecutive wins. Good luck and have fun!

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



It's September, which means it is nearly race day! This month, rather than answer an individual question, we thought it would be good to discuss what you as a runner, or spectator, can take advantage of to enhance your weekend.

If you are running the marathon, be sure to let your friends and family know they can track you live throughout the course on the marathon website through use of MTrack. Each time you cross a chip mat, MTrack updates your location and estimated finish time. For both marathoners and ten milers, be sure to stop by the "Sprint @ the Finish Results & Communication Station" after you leave the Secure Finish Area. New this year, friends and family can access MTrack in the new tent provide by Sprint, you can look up your own results online after the race, and you can make phone calls on Sprint phones to family letting them know where to meet you or to brag about your new PR. Look for the "Sprint @ the Finish" tent near the Family Meeting Area on Sunday.

We know that the races on both Saturday and Sunday impact our community and road are closed; so be sure to share our Road Closure information available at <http://www.mtcmarathon.org/Spectators/RoadClosings.cfm>.

Finally, have fun! All of the volunteers that plan, manage, organize, and run the events are ready. You've all worked very hard to prepare for whatever distance you'll be running on the 3rd and 4th, so enjoy the rewards of race day!

Life Time Fitness Training Tips

Quote of the Month: "We do not remember days....we remember MOMENTS." -- Cesare Pavese

Final Stages

You are less than 2 weeks out from stepping up to the starting line. At this point, it's time to taper. What that means is running less miles, perhaps adding a little bit of speed work, and to focus on rest. You are letting your body recover from the build-up training. At times, you will feel sluggish and tired. It is then you need to trust the work you have done the past 15 weeks. Trust. The taper allows recovery and sharpening. With that in mind, here are our favorite tips that will bring you to race day!

- Less is more. If you are deciding between adding a few more miles to your training runs, don't, especially if you feel sluggish. Moderation is key at this point. Let the legs recover for race day and err on less miles.
- Thinking of getting new shoes for the big day, get them now. You will want to break them in a few miles to make sure blisters are less likely to develop.
- You never know what it will be like race morning. Be prepared. It's a good idea to bring sweats you never care to see again to wear at the start line in case it's cold. That way, you can throw them to the side once the race starts and not have to worry about getting them back.
- Consider getting up at the exact same time you expect to on race morning each of the next few Sundays leading up to the race. Get your body acclimated and in a routine.
- Consider how you will get to the start (i.e. coordinate a driver to drop you off or determine

where you will park). It will be less stressful leading up to the race to have that done now.

A huge good luck to everyone. You will remember the MOMENT of crossing the finish line in St. Paul forever!

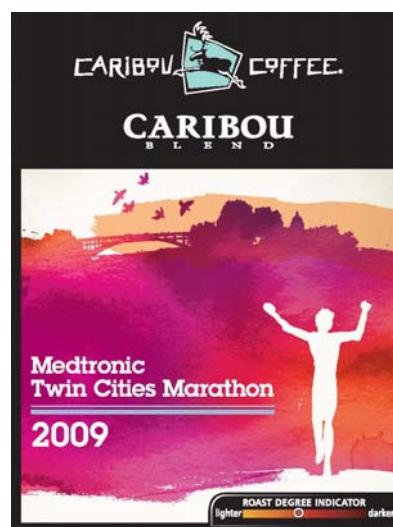
Life Time Fitness is a proud sponsor of the Medtronic Twin Cities Marathon. Since 2003, Life Time Fitness has been the official health and fitness company and the official marathon-training program. The Life Time Fitness Running Club provides group runs, training classes, social activities, triathlon 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, feel free to see our website www.lifetimefitness.com and click "Running" under "Sports". You can also check out our comprehensive Endurance Program at www.lifetimeendurance.com.

IT'S BACK!

Caribou Coffee's Medtronic Twin Cities Marathon Blend.

Caribou Coffee is once again selling their Medtronic Twin Cities Marathon (MTCM) Blend. This fantastic coffee sells for \$10.99/pound and \$1 from each pound sold will be donated to the Medtronic TC Kids Marathon Program. MTCM Caribou Blend is an inspired merging of sweet, spicy and berry notes for a smooth, relaxing, down-to-earth cup. A cup of MTCM Caribou Blend is perfect for any time of the day!

Pick up your pound of the Medtronic Twin Cities Marathon Caribou Blend at the Twin Cities Marathon, Inc. Merchandise store or at the Caribou Coffee booth at the Target Health & Fitness Expo or online at Caribou Coffee. Order online and receive FREE SHIPPING when you add 2 pounds of MTCM Caribou Blend to your order. Commemorate a great event, enjoy great coffee, and support a great cause.



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

TC 5K, TC 10K and Medtronic TC Family Events are Open for Registration

Got plans on Saturday, October 3? How about a quick 5K or 10K? Or watch your youngest run in the Diaper Dash or Toddler Trot. Or just come out for the fun, free family activities taking place in the Pioneer Press Family Activities Tent in front of the State Capitol. Visit mtcmarathon.org to register online through 9/25 or in person Friday, 10/2 at the Expo or 15 minutes before event start on Saturday, 10/3.

Looking for a Place to Use a Whirlpool, Sauna, Spa or Take a Shower After the Race?

Life Time Fitness would like to provide any person who shows their race number (marathon or ten mile) at any Twin Cities Life Time Fitness location on race day. For those traveling, the closest Life Time Fitness club is located in downtown St. Paul, approximately 1 mile from the race finish area, 340 Cedar Street, St. Paul, MN 55101. Life Time Fitness has 24 clubs in the Twin Cities. Amenities vary by club.

Looking for New Members to Join the Twin Cities Marathon, Inc. Board of Directors!

Do you have an interest in helping shape the direction of Twin Cities Marathon, Inc. as the organization continues to grow? The board is looking for people with specific experience working with foundations, and/or human resources, and/or governmental agencies, and or senior level general business and strategic issues. Applications will be taken until September 25, and the election will be held during the annual Twin Cities Marathon, Inc. Association Banquet, October 22. Look for more information and applications online at mtcmarathon.org. For specific questions, [click here](#).

Celebrate the Twins' last weekend in the Metrodome on Marathon Race Weekend with Discounted Tickets

Kansas City Royals take on the Twins and there are discounts on tickets and concessions especially for Medtronic Twin Cities Marathon Weekend participants and families on Friday and Saturday, October 2-3. For more information and ticket purchases, visit www.twinsbaseball.com/tcmarathon and enter passcode 26.2 or call 800-33-Twins.

Twelfth Annual Twin Cities Sports Medicine Conference, October 2-3

Join health care professionals to get the latest on the evolving field of sports medicine. Topics include running and marathon issues, pediatric sports, gymnastics injuries, and injuries of the hand and wrist, lumbar spine, and foot and ankle. Keynote speaker: Michael Joyner, MD, FACSM, Professor of Anesthesiology, Mayo Clinic. Click here for [information and to register](#).

Are you "Geared up" for the 28th Annual Medtronic Twin Cities Marathon or Medtronic TC 10 Mile?



Get the hottest "In-Training" Brooks' technical gear in men's and women's sizing!

And pick up the winning poster contest design from artist Tom Foty. Visit mtcmarathon.org to purchase yours!

Twin Cities Marathon, Inc. Event Dates!

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

If you're looking for us on Facebook, you can now find us at www.facebook.com/TwinCitiesMarathon and you can follow us on Twitter at

<http://twitter.com/tcmarathon>.

Future Races

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

Saturday, October 3

State Capitol Grounds, St. Paul

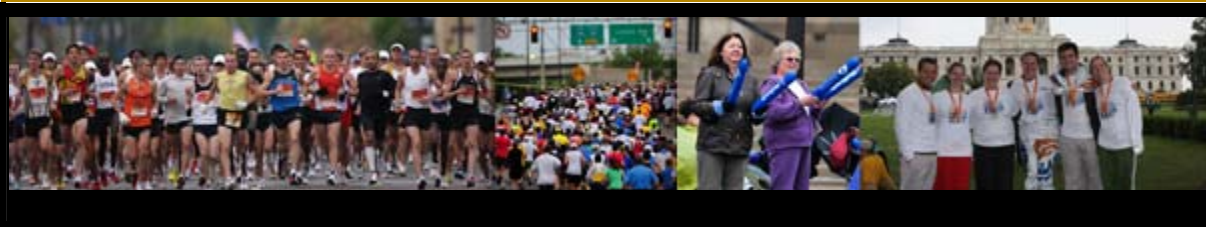
[To register](#)

Women Run the Cities

Sunday, September 27

Minnehaha Park, Minneapolis

[To register](#)



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