



TWIN CITIES IN MOTION

FOR IMMEDIATE RELEASE

Twin Cities In Motion Energizes Year-Round List of Offerings

Organization announces holiday additions to running line-up for 2010

MINNEAPOLIS, MN (December 3, 2009) – Valentine’s Day, St. Patrick’s Day and Independence Day running events will become annual traditions in the Twin Cities under the umbrella of offerings from the same organization that hosts the annual Medtronic Twin Cities Marathon.

Continuing the growth of two already established races, Twin Cities in Motion purchased the Valentine’s Day TC 5K and the Irish for a Day TC 5K & TC 10 Mile from Marathon Sports as it moves ahead with its mission to bring greater opportunities to runners throughout the calendar year. Registration opened today for all three events at www.mtcmarathon.org

The Valentine’s Day TC 5K takes place Saturday, February 13 at Lake Harriet in Minneapolis and is the oldest winter running event in the Twin Cities, celebrating it’s 25th year in 2010. The Irish for A Day TC 5K & TC 10 Mile takes place Saturday, March 13th and is thought to be the largest St. Patrick’s Day event in Minneapolis. The announcement comes at the same time that the organization launched registration for its inaugural Red, White & Boom! TC Half Marathon, set for July 4, 2010, according to Twin Cities In Motion executive director Virginia Brophy Achman.

“The addition of these events supports our organization’s mission to provide fitness opportunities for people looking for both fun and competitive running events in the Twin Cities,” said Achman. “Combining them with a holiday allows runners and walkers a chance to add a fitness component to their festivities. The Valentine’s Day TC 5K and Irish for a Day TC 5K & TC 10 Mile are well established here in Minneapolis and we are proud to carry on these events, in a relationship with Marathon Sports as presenting sponsor.”

Achman says the organization will continue the traditions those races have included with special “couples” registration opportunities in the Valentine’s race, prizes for costumes, food donations at both events, and a special post-race party for the St. Patrick’s Day events.

Twin Cities in Motion has had a long time partnership with Marathon Sports, a local running store in Minneapolis. “The partnership is a natural fit,” said Marathon Sports president John Long. “We felt it is time to watch these events grow and know this is the vehicle to do so. We look forward to the future of both events as we continue to work together.”

Twin Cities In Motion announced its inaugural Red, White & Boom! TC Half Marathon in October. Registration for the event will be capped at 3,000 and opened today at www.mtcmarathon.org. The half marathon features an option for two-person, five-person and 10 or more people to register as a team and compete for prizes and receive entrance into a team tent that includes special food, participant gifts and other team incentives.

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Twin Cities in Motion, (formerly *Twin Cities Marathon, Inc.*) is the non-profit organization that organizes running events throughout the year, including the St. Valentine's Day TC 5K, Irish For A Day TC 5K & TC 10 Mile, Medtronic TC 1 Mile, Red, White & Boom! TC Half Marathon, 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 for more information and on our [Twin Cities in Motion page](#) on Facebook.

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