

RACE INFORMATION

PLEASE READ ALL INFO

MED CITY MARATHON
ROCHESTER, MN



[REGISTER HERE](#)

Happy race week! The Med City Marathon, presented by ActivePT, is this weekend, and we are excited to carry out this tradition of health and wellness in America's Med City... Rochester, MN!

First off, please know these events are impossible without our sponsors!



ActivePT is the presenting sponsor for the Med City Marathon has been an ongoing supporter of this event, as well, taking care of athletes and beyond in the Rochester community. They are truly the best at what they do. Stop by their booth at the expo to see how they can support you and help you maintain your running!

A huge thank you to our supporting sponsors who have made this

event possible!



The Med City Marathon events are proud to continue our fundraising support for the Ronald McDonald House of Rochester in 2022! If interested in supporting them further with a donation, please head here <https://www.rmhmn.org/> Even an extra \$5 goes a long ways! Thank you in advance!

There is a lot of information here! PLEASE take the time to review all this information and save it for your information coming into the weekend.



RACE COURSES, presented by Earth Works Garden Services

First, please review our course maps here <https://www.medcitymarathonmn.com/races-and-course-maps/>

A huge thank you to Earth Works Garden Service of Rochester MN. If you're too busy recovering from your race next week and would rather have the experts take care your garden needs or tree trimming, give them a call! They will be out with our race

team making sure your course is set for you this weekend!

SATURDAY TIMELINES

Saturday May 28

11AM Ronald McDonald House Walk

2PM-8PM TerraLoco Health and Wellness Expo + Local Arts! @Mayo Civic Center

2PM-8PM Orange Theory Packet Pick Up @Mayo Civic Center, as part of the TerraLoco Expo

5:30PM GLK Orthodontics Kids Run - Start is on Civic Center Drive in Front of the Mayo Civic Center

6:30PM Altra FCU 5K and corporate team challenge - start on Civic Center Drive in front of the Mayo Civic Center

6:30PM – 8:30PM Med City Block Party at the Finish line on Civic Center Drive, featuring Annie and the Bang Bang. Free beer to runners 21+

TerraLoco[®]
Endless Possibilities

TerraLoco Health and Fitness Expo + Local Arts & Orange Theory Packet Pick Up

Thank you, TerraLoco for being the host of our expo again this year! If you are in need of ANYTHING running related, TerraLoco is the place to be! Swing by their booth for last minute runner needs. As well, their store is within 10 minutes of the expo and is the BEST place to check out for any runner needs.

The Expo doors open at 2PM at the Mayo Civic Center (30 Civic Center Drive SE, Rochester MN 55902)

Entrance will be on the WEST side of the Civic Center Exhibit Hall (see photo map of layout) on Civic Center Drive. Please note, Civic Center Drive is closed to vehicles, but will be open for foot traffic. This area is our start and finish line area for the events.

The TerraLoco expo will host a variety of fitness related vendors to get you geared up for the racing season. As well, we will be hosting a variety of local arts vendors! Keep an eye out for our email tomorrow around all the happenings at the expo, including a tattoo artist and even some puppies to play to with!



The Orange Theory Packet Pick Up

A huge thank you to Orange Theory for stepping into our title sponsor role for the packet pick up! Orange Theory has an incredible focus on keeping your body moving for life. Our team has had a blast getting to learn about how Orange Theory can cater towards building a rounded fitness lifestyle with personalized plans. Check them out [HERE](#) today in Rochester

Orange Theory Packet Pick Up is for all events and will be hosted inside the TerraLoco expo space. Swing in, grab your packets and enjoy the expo! Open from 2PM-8PM on Saturday May 28 at the Mayo Civic Center.

For those unable to pick up their packets at the TerraLoco expo on Saturday, we will host a day of Orange Theory Packet Pick Up at the Start line of the Marathon/Half/20 Mile/Relay near RST airport. The packet pick up day of is from 5:30am-6:45am at the Rochester International Event Center (startline!) 7333 Airport View Dr SW, Rochester MN 55902

EVENT PARKING

Ramps are free on Saturday and Sundays! This makes it extremely convenient for accessing all the events. Please review any google map for parking ramps in DT Rochester MN. There is plenty of parking available and within a 5-minute walk of the finish line area on Civic Center Drive.

PAID PARKING: For those catching an early morning shuttle on Sunday morning, the only times Rochester charges for parking is from 2:30am-6:30am. So those that park downtown around 5am will have to pay a manageable and small fee of \$3-\$4 total for their parking. We still recommend parking downtown in the ramps Sunday morning before you take the bus shuttles to the airport start line for the marathon/half/20 mile/relay.



SATURDAY RACING EVENTS

GLK Orthodontics Kids Run

Thank you GLK Orthodontics for supporting our kids run and offering the run FREE to the community! As well, thanks for keeping our smiles in order! Learn more at www.getasmile.com

Start Time is 5:30PM on Civic Center Drive, just outside the Mayo Civic Center.

Please be sure to get to your packets at the Orange Theory Packet Pick Up at least an hour early. That will give you time to explore the expo, get your kids race shirts and bibs on, and get out to the start line.

The start line is the same spot as the finish line. You will see the large blue arch set up on Civic Center Drive. Please be outside and in that area 20 minutes ahead of time. Mayor Norton will be there with the GLK Ortho team to support the race. The Rochester Education Association is putting on this race and will assist in helping 1K runners to the start line. They will walk the kids down to the start line to start the race. Kids will finish on Civic Center Drive and have a pick up area near the finish line, hosted by the Rochester Education Association.

Kids runners will receive a separate email with info around the 1.2 Mile course (if there is any confusion, the course is not a 1K, it is a 1.2 Mile course). Be sure to stop by the GLK Ortho booth after the Orange Theory Packet Pick Up to get your running bibs.



Altra FCU 5K and Corporate Team Challenge

Altra Federal Credit Union is sponsoring the 5K races this year! Thank you for your ongoing support! Learn more about them at <https://www.altra.org/locations/rochester-mn-19th-st>

The race starts at 6:30PM on Civic Center Drive at the big blue arch. Please arrive at least an hour early! The Rochester Running Club will be hosting a water stop for you on the route.

The finish line will lead right into your post-race party: the Med City Block Party! Meet up with your family, friends, and coworkers at the finish line fest. Hydration at the finish line is presented by Gillette Pepsi of Rochester. HyVee will be supplying bananas to all 5K finishers.

Charlie's Eatery & Pub and Schott Distributing are teaming up at the Block Party to give our racers free beer to 21+ runners on both Saturday and Sunday!

Be sure to swing by Charlie's for food after the block party!

<https://charlieseateryandpub.com/>

Be sure to wristband ahead of time at the expo at the TEAM RED booth for 21+! Thank you to TEAM RED for supporting and volunteering for this event.

The Corporate Team Challenge 5K

As part of the Altra 5K, we also have some registered teams this year! Follow the same directions as the 5K race. Your scores will be added up per team, and the fastest teams will be awarded! Times are only taken from the top 5 fastest team members. Celebrate together at the Block Party Finish!

5K AWARDS

Awards will be given to 1st, 2nd, and 3rd place overall Male and Female runners.

Overall winners receive custom mugs and swag bag. 1st place winners receive free entry to 2023 as well.

Age groups are awarded 1st, 2nd, and 3rd place in these categories

15 and under

16-19

20-29

30-39

40-49

50-59

60-69

70-79

80+

OVERALL winners will be announced on the main stage at the Med City Block Party at around 7:45PM.

There will be no announcements for age group awards. We will host an awards tent inside the expo. Please stop by to pick up your award and to get an awards photo after your event. You will be able to check your awards online with live results at <http://pickleevents.com/r/2022/medcity5k>

Corporate Teams will be awarded fastest teams 1st and 2nd place overall. Team members will all be announced.

We are having a traveling trophy and will connect with the winners to deliver the trophy post event. All members of the 1st and 2nd place team winners will receive an awards cup, pick up at awards booth inside the expo.

SUNDAY EVENTS

All race events on Sunday Morning start at **7am** at the Rochester International Events Center, near the RST airport. 7333 Airport View Dr SW, Rochester MN 55902

This is for the Med City Marathon, presented by Active PT, all relay races, the 20 Mile, and the Gillette Pepsi Half Marathon.



Race Day Packet Pick Up will be open at the events center starting at 5:30am to the start of the race.

Bag drop will be available from **Two Men and a Truck Moving Company** at the start line. They will collect all your items and bring them back to the start of the race. You will give them your tear tag on your bib and you can get your items back at the finish line area. They will be safe and secure for the duration of the race.

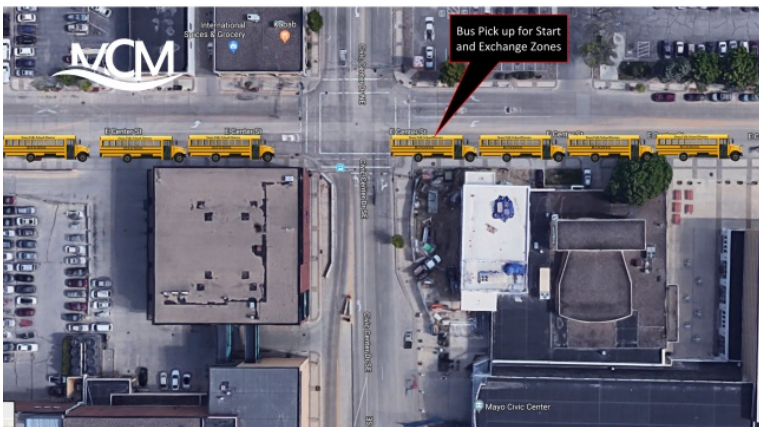
Thank you, Two Men and a Truck! Learn more [HERE](#)



Shuttle Busses to the Start FOR ALL RACES (view maps below)

- Buses will begin shuttle service at 5:20am and the last bus will leave Rochester East Center Street at 6:20am.
- There will be shuttle to the Start Area at Rochester International Event Center for participants of the Marathon, Half Marathon, 20 Mile Run, and Marathon Relay only.
- There will **not be shuttle busses** from the finish line back to the Event Center!
- Runners are encouraged to use the shuttle as there is limited parking at the Event Center for the start of the race.
- The preferred option is to park in the parking ramp and go to the shuttle bus stop located on E Center Street by Mayo Civic Center
- Buses will be departing from the corner of Civic Center Drive and E Center Street to the start.
- Please arrive early and proceed to the first bus in line so we can get everyone to the start in a timely manner.
- Runners may have someone drop them off at the start line area. Again, parking is limited here.

Downtown bus pick up image below. It is on the corner of E Center Street and Civic Center Drive at Mayo Civic Center.



RELAY EXCHANGES & EXCHANGE BUSES

IMPORTANT

*ONLY 1 MEMBER OF THE TEAM WILL PICK UP THE PACKET FOR THE ENTIRE TEAM, INCLUDING SHIRTS

*THERE IS ONLY 1 BIB PER TEAM! The runner who crosses the finish line must wear this bib! The other runners will not wear a bib.

*There will only be 1 timing chip in the packet for the entire team. Each runner will need to wear this same timing chip during their run. The chip is on an ankle strap. The first leg runner will wear this during their leg of the run. They will meet with their relay partner at exchange zone 1. Runner 1 will remove chip strap from their ankle, give it to runner 2. Runner 2, place chip strap on ankle and then run your leg. The same process happens at exchange zone 2 and 3 until they reach the finish line. To keep it simple...Run with the chip strap. Meet your partner at the exchange zone, give them the chip, then they repeat this!

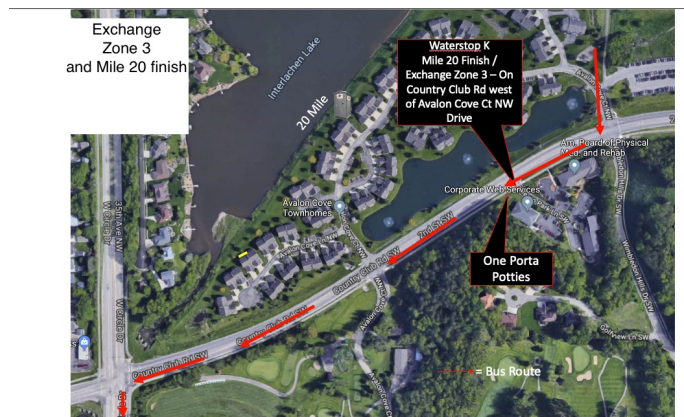
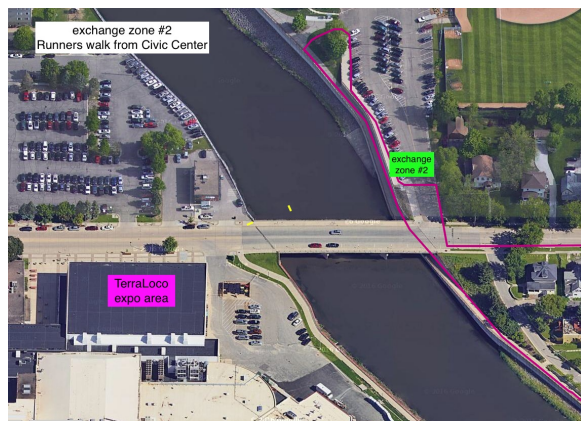
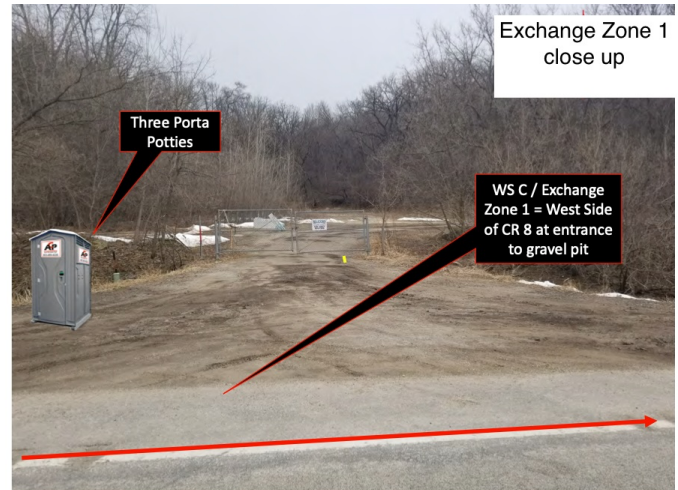
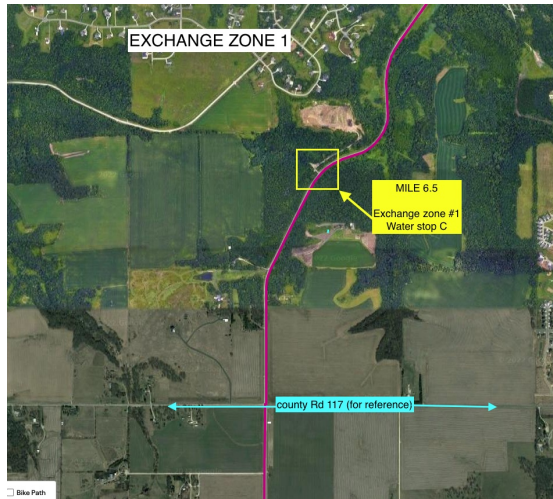
- The relays are split into 4 separate legs of the race, with 3 separate exchange zones (half marathon relay runners only need to use exchange zone 1). The legs are approximately 6.5 miles a piece and are paired with specific water stops. (maps of each below)
- Runner 1 can ride the bus or be dropped off at the start line.
- Parking is limited at the exchange zones, so taking shuttles are encouraged.
- 6:50 AM Two busses come back to Exchange Zone Bus Parking Area to shuttle people to the Exchange Zones. The Relay Exchange Zone Bus Area is the same place as the Start line Shuttle.
- 7:00 AM Race Starts for the Marathon, Marathon Relay, Half Marathon, and 20 Mile
- 7:10 AM Busses at Start Line (Rochester International Event Center) leaves for Exchange Zone 1 (runner 2 that starts at exchange zone 1 can ride to start line with the first leg runner)
- 7:10 AM Bus #1 from the Exchange Zone Bus Parking Area leaves for Exchange Zone 1
- 7:30 AM No buses this year to Exchange Zone #2, 2 blocks away on E Center Street
- 7:30 AM – 12:40pm Busses will be picking up and dropping runners at exchange zone #3.
- Please take the shuttles if at all possible because parking at the relay exchange zones is crowded and hard to maneuver.
- Leads will help direct info to help questions around what bus to take

Exchange zone #2

This is located just across the E Center Street Bridge, about 2 blocks NE from the Mayo Civic Center. The third leg runner will

simply need to walk there to meet their runner. Do not take the bus if you are the 3rd leg runner.

Exchange zone photos below



WATERSTOPS

Here are the miles of water stops. Water and Gatorade is provided.

Mile 8, 15, and 22 have energy Gels, and Mile 10 and 24 will have bananas.

As noted below, water stops D, E, and F will be hit twice by the marathon.

A huge thank you to the volunteer groups listed below!

WS	Mile	Group	Bottles	Gatorade	Extra
A	2.5	Byron Girls Track	6	2	
B	4.5	Byron CC	8	6	
C	6.7	Byron Boys Track	8	6	
D	8.8 & 22.8	Boy Scouts	13	9	Gel
E	10.3 & 24.3	Mayo <u>eMERGing</u>	13	9	bananas
F	12 & 26	<u>Slatterly Park</u>	13	9	
G	13.0	Eastside <u>Pioneers Ass'n</u>	8	4	
H	15.0	Mayo <u>eMERGing</u>	6	3	Gel
I	16.7	Hiawatha Homes- Marge Dent	6	3	
J	18.3	Century Track	7	3	
K	20.2	People of Hope	7	4	



POST RACE PARTY AND FINISH

The Finish is on Civic Center Drive, leading right into the Med City Block Party with music from Loud Mouth Brass. Enjoy the victory! Downtown is also ready to host you after the block party, just blocks away with a ton of great local establishments to refuel.

AWARDS

Awards will be given to 1st, 2nd, and 3rd place overall Male and Female runners and masters.

Overall winners receive custom mugs and swag bag. 1st place winners receive free entry to 2023 as well.

Age groups are awarded 1st, 2nd, and 3rd place in these categories

15 and under

16-19

20-29

30-39

40-49

50-59

60-69

70-79

80+

OVERALL winners will be announced on the main stage at the Med City Block Party.

There will be no announcements for age group awards. We will host an awards tent near the stage. Please stop by to pick up your award and to get an awards photo after your event. You will be able to check your awards online with live results at <http://pickleevents.com/r/2022/medcitymarathon>

20 MILE RUNNERS

You will be running the same course as the relay and marathon runners. At the 20 mile mark you will receive a medal and catch the relay shuttle bus back to the finish area at the Civic Center. A shuttle bus will be dropping off the fourth leg runners and picking up the third leg runners at Exchange Zone #3 (see Relay Exchange Zone Information). This is the bus that will take you to the finish line area.

There is NO PARKING at the 20 mile finish

THE TERRALOCO PACE TEAM & BIKERS

The TerraLoco pace team is back to help you get through your race!

Here are the mile paces to help you along the way.

Full Marathon

Finish Time

Pace Per Mile

3:25 (7:49/mile)

3:35 (8:12/mile)

3:45 (8:34/mile)

4:00 (9:09/mile)

4:15 (9:43/mile)
4:30 (10:17/mile)
5:00 (11:26/mile)

Half Marathon

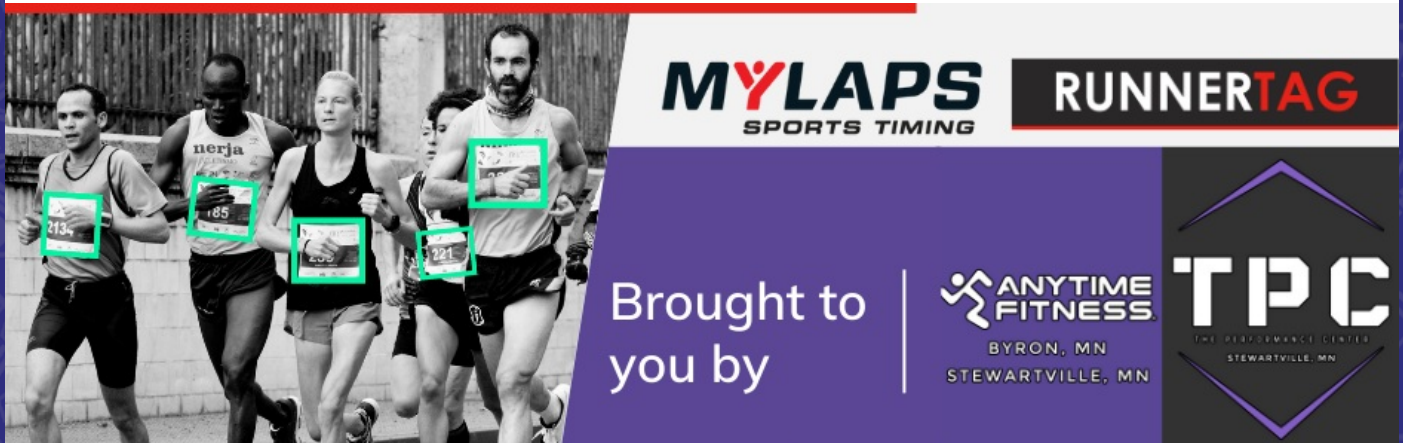
Finish Time Pace Per Mile

1:35 (7:15/mile)
1:40 (7:38/mile)
1:45 (8:00/mile)
1:50 (8:24/mile)
1:55 (8:47/mile)
2:00 (9:09/mile)
2:10 (9:55/mile)
2:15 (10:17/mile)
2:20 (10:41/mile)
2:30 (11:26/mile)

As well, we will have bikers assisting lead runners through the course.

RESTROOMS

Restrooms will be in the Finish Line area on Civic Center Drive. There are plenty for both days. As well, we will have 27 restrooms set up at the start line on Sunday morning near the airport. Restrooms are also at EVERY water stop along the routes.



MYLAPS
SPORTS TIMING

RUNNERTAG

Brought to you by

ANYTIME FITNESS
BYRON, MN
STEWARTVILLE, MN

TPC
THE PERFORMANCE CENTER
STEWARTVILLE, MN

RACER PHOTOS, presented by Anytime Fitness

We have partnered with Anytime Fitness to bring you personalized race photos this weekend! Post race, we will send you a link. You will simply need to type in your bib number, and anywhere you are caught in a photo, it will show up in your race album. A huge thank you to Anytime Fitness for making this possible!

As well, we will send out your finisher videos after the race.

GUIDELINES

You must know the course, don't rely on volunteers or police to tell you where to go, unless there is an emergency.

Be prepared for any type of weather. The event will take place rain or shine.

Race Day:

Please check the main race page for start time and location. Race numbers are to be worn on the FRONT of your shirt, pins will be provided.

All athletes must obey instructions from police officers, course marshals, and other emergency personnel. This is an open course on public roads, police patrols will be at major intersections to direct traffic and cones will be used to separate traffic from athletes, but you ARE NOT TO ASSUME you have the right of way.

No individual support vehicles or assistance by anyone is allowed.

No dogs allowed on the course. Pacesetters are not allowed.

Heart-rate monitors, GPS's, and other informational technology is allowed.

First-aid is located at the finish line, thank you Mayo Clinic for your support! If you need transportation to the finish line for a medical or equipment Disqualification, notify any course marshal or WaterStop person and they will contact a race director. Any medical emergency should be directed to "911". Any race volunteer can assist in making this contact.

Water or other hydration drinks will be provided no more than 5K apart.

You must know the start time for the race and ensure that you arrive in time. All race participants are expected to be at the start line 10 – 15 minutes prerace for any last minute updates and directions. Races will begin with READY – SET – and a SIREN will sound noting the start of the event.

The finish line is located directly under the finish line banner.

Each mile is marked with a marker. All turns off the existing roadway are noted by at least one of the following: course marshal, Turn arrow on a traffic cone, road surface paint, or law enforcement.

Medical personnel have ultimate and final authority to remove a participant from the race, if, in their judgment, the participant is physically incapable of continuing the race without sustaining physical damage or loss of life.

Participants are allowed to wear headphones or any sound producing device during the race as long as the sound is off for the start, for law enforcement, course marshals, and finish line.

We look forward to hosting you in the Med City this weekend!

RACES AND COURSE MAPS



**CALLING ALL
VOLUNTEERS**

We are always in need of volunteers! Help support this community and be part of the magic that makes this race so great. Click below to see all spots here on our online sign up.

VOLUNTEER



MED CITY BLOCK PARTY

CIVIC CENTER DR.

SATURDAY, MAY 28 | 6:30-8:30PM

Annie and the
Bang Bang



Reserve Your **FREE** Running Analysis Here!

Join us at the Med City Marathon expo! As part of the event, our team will be offering FREE RUNNING ANALYSES Saturday May 28th from 2-8pm. Let our team of experts take a look and make sure your body is race ready!



Reserve Your **FREE** Lifting Analysis Here!

Our team will be offering FREE LIFTING ANALYSES at the Med City Marathon expo Saturday, May 28th from 2-8 pm. If you are experiencing any pain or discomfort, or would simply like an expert evaluation, reserve a spot today!

After the event, you will receive a link to find your photos from the event! Brought to you by Anytime Fitness.

Orangetheory® FITNESS Packet Pick Up

as part of **TerraLoco®** Expo

Saturday May 28, 2PM @ Mayo Civic Center



"A **PASSIONATE TEAM**
DELIVERING
INCREDIBLE PATIENT
RESULTS."

ActivePT has become a staple of **health, healing, growth, and longevity** in our "med city" community. They have helped thousands of individuals get back on their feet with their world class physical therapy, strength training, and beyond. We are beyond thankful for their support at the Med City Marathon and are happy for the work they do for our runners.

Experiencing injuries or pain that might be holding you back from your next marathon?

[CLICK HERE](#) to find out more about how ActivePT and Sports can get you moving again.

Coming up for ActivePT!

Friday, July 22

They are looking for teams to join at their charity golf tournament. The event will be

at Northern Hills Golf Course. All proceeds will go to The Landing MN! To register,
email Golf@ActivePTandSports.com

Thank you!

The Med City Marathon Team



Follow us!



The 2022 Med City Marathon, presented by [ActivePT](#), will take place
the weekend of May 28-29 in Rochester, MN.

Corporate and Community Team 5K Challenge

We are now including a corporate and community team 5K race challenge on Saturday evening!
We invite you to put a team together and promote your business, organization, and community teams, in the spirit of health and community wellness.



www.medcitymarathon.com





Med City Marathon | medcitymarathon@finalstretch.com