



The Tradition Continues
Med-City
Presented By:



Hello!

Thank you for choosing Med City Marathon (also Half Marathon, 4 person Relay, 20 Mile, and 5K)! The 5K starts at 5:00pm at the Mayo Civic on Saturday May 23rd. All other races start at 7:00 am on Sunday, May 24th at the Byron Elementary School, 501 10th Ave NE Byron, MN 55920 and will finish at the Mayo Civic Center, 20 Civic Center Drive SE, Rochester, MN (on the north side of building on East Center Street).

A map of the course will be available at the Expo, otherwise go to the following link for each of the runs:

Marathon

<http://cms.cws.net/content/medcitymarathon.com/files/fullhalfsegment15final.pdf>

Half Marathon

<http://cms.cws.net/content/medcitymarathon.com/files/fullhalfsegment15.pdf>

5K

<http://cms.cws.net/content/medcitymarathon.com/files/medcity5k15.pdf>

Packet Pick Up

Where:	Med-City Expo Mayo Civic Center Exhibit Hall, 30 Civic Center Dr. SE, Rochester
Date:	Saturday, May 23rd, 2015
Time:	10:00am – 7:00pm

Fitness Expo

- Saturday May 23rd, 2015, 10:00 a.m. – 7:00 p.m.
- Location: Mayo Civic Center Exhibit Hall, 30 Civic Center Dr SE, Rochester.
- Free and open to the public
- Race packet pick-up location.
- Hands-on health and fitness exhibits.
- Special offers and great bargains on running and fitness gear.

Shuttle Buses To The Start

-There will be shuttle from the Start Area at Byron Elementary School for participants of the Marathon, Half Marathon, 20 Mile Run, and Marathon Relay only.

-There will **not be shuttle buses** from the finish line back to Byron!

-Runners are encouraged to use the shuttle as there is limited parking in Byron for the start of the race.

-The preferred option is to park in the parking ramp and go to the shuttle bus stop located at 1st Avenue SE and 1st Street SE, Rochester.

-Buses will begin shuttle service at 5:20am and the last bus will leave Rochester at 6:20am.

-Buses will be departing from the corner of 1st Avenue SE and 1st Street SE, next to the Civic Center Parking Ramp.

-Please arrive early and proceed to the first bus in line so we can get everyone to the start in a timely manner.

Parking At The Finish Line

Free parking is available in the parking ramps, next to the finish and shuttle areas.

-There are two public parking ramps located at 1st Street SE and 1st Avenue SE

-There are other public parking ramps and lots in downtown that are also free.

-Parking ramps are free on weekends, so there is no cost to park in the city's parking ramps.

Rochester Parking Map (<http://www.rochesterparking.com/parkingmaps/parkingmaps.htm>)

Parking Map:



Runner Drop Off Areas

If you choose to have someone drop you off at the finish area to catch the morning shuttle, please have them drop you off at this location to avoid traffic congestion:

-the corner of 1st Street SE and 1st Avenue SE (Near the civic Center Parking Ramp)

If you choose to have someone drop you off at the start area in Byron, please follow these directions:

-From Rochester take Hwy 14 west to Byron

-Turn right on 10th Avenue NE

-Drop off Byron Elementary School

Marathon, Half, Relay, 20 Mile Start Area Logistics

Byron Elementary School will be the drop off point for shuttle riders. Signs will direct you to packet pick-up, which is from 5:30am-6:45am. **There is no race day registration.** The gymnasium and commons area of the school will be available for stretching, relaxing, or God forbid, inclement weather. We will have water available in the commons area and in the parking lot of the school. Restrooms will be available in the school and Port-a-Potties will be in the parking lot.

Byron Elementary School

501 10th Ave NE

Byron, MN 55920

Start area map of Byron Elementary School

Med City Marathon Start Line – Byron Elementary School



5K Start Area Logistics

The 5K will start on East Center Street on the North side of the Mayo Civic Center. All runners should proceed to the Start line as soon as they pick up their packet so they can meet the race director at the start line for a pre-race meeting.

4:45 PM 5K Registration Closes

4:50 PM Runner Info Meeting at the Start Line on E Center Street

5:00 PM Start of 5K

6:15 PM 5K Awards at the Mayo Park stage, south of finish line next to the river.

Marathon, Half, Relay, 20 Mile Bag Drop

Bag drop off area is located in the Byron Elementary School parking lot near the start line (There is signage for the Bag Drop Area). Your bags will be taken back to the finish and you can pick them up there after the race. If you are part of a relay team and have a bag to drop, please give it to the runner who has just finished and that runner can bring it back to the finish area for you. We are not responsible for valuables that are left in bags that we are transporting. This includes electronic devices with headphones that you bring to the starting line. Electronic devices with headphones are allowed on the course but please take them off or turn them off when you come to law enforcement as they are trying to ensure your safety and may need to relay valuable information to you.

IMPORTANT MESSAGE ABOUT SAFETY AND SECURITY

With the tragic events that occurred in Boston, we are taking as many precautionary steps as we can to keep the Med City Marathon safe for everyone involved. With that, we have a couple of important things for you the participants to note:

- 1. ALL UNNATTENDED BAGS left anywhere on the grounds will be confiscated.**
- 2. The Runner Bag Drop will be heavily monitored, and all Running Room brand bags used for the Runner Bag drop are subject to search.**
- 3. ONLY Running Room bags which participants receive at packet pickup will be allowed into the Runner Bag Drop.**
- 4. The Runner Bag Drop is ONLY for Half and Full Marathon Participants.**

Relay Information

One person may pick-up packet for entire team. *Please make certain that this person knows shirt sizes for the entire team.

- 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 Startline Shuttle.
- 7:00 AM Race Starts for the Marathon, Marathon Relay, Half Marathon, and 20 Mile
- 7:10 AM Busses at Start Line (Byron Elementary School) leaves for Exchange Zone 1
- 7:10 AM Bus #1 from the Exchange Zone Bus Parking Area leaves for Exchange Zone 1
- 7:30 AM Bus #2 leaves for Exchange Zone #2
- 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.

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. The 20 mile run is not timed and you will not receive a timing chip. 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.

Finish Area

The finish area is on the North side of the Mayo Civic Center. This serves as the finish line for the marathon, half-marathon and relay so it may be quite congested. Please be courteous and watch where you are going, especially look out for runners. There will be food, water, Gatorade, marathon finisher t-shirts and Half, Full Marathon, and Relay Team medals at the finish line. Please be courteous to other runners and take only what you need. ** Please ask your family members to **not partake** in this food, it is for runners only. There will be **free** beer for all eligible participants after the event. In order to be able to get free beer after the event, you will need to be carded and given a bracelet stating you are over 21 years old. The bracelets can be picked up at the Chip Check booth on Saturday during the Expo or at the post race party. You must have an ID to get the bracelet. Family member or friends can get a bracelet at the TEAM Red Booth for just \$10.00.



Medical:

- 1. If you have important medical information you would like medical professionals to have during the race in case of emergency, please write this on the **back of your bib number.****
- 2. If you need medical assistance out on the course, please talk to a course marshal or speak to someone at the waterstops.**
- 3. Each waterstop will have medical professionals at and the finish line has a medical tent next to the Finish Line.**

SCHEDULE OF EVENTS

Saturday, May 23rd, 2015

*All Saturday events will be at Mayo Civic Center, 30 Civic Center Dr., Rochester, MN

10:00am – 5:00pm	Kids Play Zone
10:00am – 7:00pm	Med City Fitness Expo Begins
10:00am – 7:00pm	Race Packet Pickup
11:00am	Med City Kids' Marathon
12:00pm	Toddler Trot/Diaper Dash
1:00pm	Mascot Races
1:45pm	Ronald McDonald Family Walk
5:00pm	Med City 5K run/walk
5:30pm	Happy Hour with FREE beer! You must have a wristband for the beer. Wristbands can be picked up at the expo.
6:15 pm	Med City 5K Awards

Sunday, May 24th, 2015

5:20am - 6:25am	Busses from Rochester to start in Byron (1 st Ave. & 1 st St NE)
5:30am-6:45am	Med City Packet Pick up at Byron Elementary School begins
7:00am	Med City Marathon, Half Marathon, Relay & 20 Mile Start at Byron Elementary School
8:00am- 1:30pm	Finish Line Mayo Civic Center
9:00am – 2:00pm	Kids Play Zone
9:30am – 1:00pm	Post Race Party featuring POP ROCKS! FREE beer! You must have a wristband for the free beer. Wristbands can be picked up at the expo
10:45am	Half Marathon Awards
11:00am – 5:00pm	Finish Line Party Begins
12:00pm	Marathon Awards
6:00pm – 9:30pm	After party!

Pacers

We are happy to welcome back the Minnesota Pacers setting out a rock solid pace for you



to get to the Marathon and ½ Marathon finish line in style.....Sam Ryder and Co. do a great job of pumping you up and keeping you rolling so be sure to check them out and let them know that you love them being there! Sam will have wristbands available at packet pick up to help the pacers know if you want their support. They will be pacing the Marathon and ½ Marathon runners.

Mn Pacers Pace Team are our pacers. There is no need to sign up – just find your designated time goal and join the group. Mn Pacers Pace Team have a booth at the Expo in case you have questions. The following pace groups are available:

Marathon pace groups: 3:05, 3:15, 3:25, 3:45, 4:00, 4:15, 4:30, 4:45, 5:00.

Half Marathon pace groups: 1:35, 1:40, 1:45, 1:50, 1:55, 2:00, 2:10, 2:15, 2:20, 2:30.

Med City Water Stop Locations

Pre-Race - Bryon Elementary School – 10th Avenue NE-Byron

Waterstop A – Mile 2 - Country Club (CR 34) and Cty Rd 3 on south side of road

Waterstop B – Mile 4 - Country Club Rd (County 34) and 60th Ave NW on south side of road

Waterstop C – Mile 6 - Country Club Rd (County 34) in front of People of Hope Church

Waterstop D – Mile 8 – On the trail off Civic Center Dr NW - 0.2 mile west of West Circle Drive

Waterstop E – Mile 10 - in Silver Lake Park on 7th St NE

Waterstop F – Mile 12 – Along trail before 15th Ave NE in East Park

Waterstop G – Mile 13 – Ucr Pkwy SE & Ucr Dr. SE at the North Roundabout

Waterstop H – Between Mile 15 and Mile 16 - 8 ½ St SE & 15th Ave SE in Homestead Park

Waterstop I – Mile 19 – Trail intersection on the east side of Bear Creek

Waterstop J – Before Mile 18 – Trail intersection at 20th St SE

Waterstop K – Mile 20 - next to the trail at 6th St SE on the east side of Bear Creek

Waterstop L –Between Mile 24 and Mile 25 – Trail intersection off S Broadway

Waterstop M – Mile 23 – Trail intersection North of 16th St SW

Port-A-Potty Locations

At start and finish and miles: 2, 4, 6.1, 7.9, 9.9, 11.8, 13.1, 13.8, 16.1, 17.3, 19.1, 19.7, 20.3, 21.3, 23.1, 24.2, 25.2

Optimize Running Performance: Hydrate your Body Before, During and After the Race

The Med City Marathon is quickly approaching! As you prepare, make sure proper hydration is part of your routine. Below are our tips for hydrating your body before, during, and after the big race.

Before the race:

Hydration should begin the night prior to the race by drinking solely water or green tea; this should follow 8 to 10 hours of quality sleep. When you awake, continue hydrating yourself prior to the race by drinking 16 – 24 fluid ounces of water to help ensure proper hydration.

During the race:

During the first 30 – 60 minutes of the race, maintaining hydration using water is the goal. Thereafter, most marathoners find they perform better if they consume carbohydrates

during the race. Thus, a sports drink is preferred over water after the first hour, with 6 – 8 ounces being consumed every 15 – 30 minutes. However, some runners find they need more carbohydrates to maintain their blood sugar level than what a sports drink provides. For these individuals, eating at some of the water stops is crucial for success. There is a wide variety of bars, gels and even dried fruit that can be helpful – just be sure to determine what works best for you in your training runs.

Hours after the race:

Immediately following the race, athletes should replenish energy stores and fluids immediately in order for the body to remove lactic acid that builds up during exercise, and to increase the protein content of muscles, tendons and ligaments. To rehydrate yourself, drink 20 ounces of water for every pound of body weight that was lost during your run.

To learn about **Mayo Clinic Sports Medicine's running performance program**, visit www.sportsmedicine.mayoclinic.org.

Relay Exchange Zones

Exchange Zone 1 Mile 6.1 - In the People of Hope Church parking lot off of Country Club Rd SW.

Drop Off – At 1st St. & 36th Avenue NW

Arrive From: Take Broadway to Civic Center Dr. Go left, turns into 14. Exit W. Circle Dr. Go left or South on W. Circle Dr.(35th Ave. NW). Turn right on 3rd St. NW. Left on 36th Ave NW.

NO cars past 1st St. & 36th Ave. (**Country Club Rd. will be closed** – after drop off go back north on 36th Ave.) **Relay runners please note that the 1st relay exchange zones access will not be available on 2nd St. SW.**

Exchange Zone 2 Mile 13.1 – Ucr Pkwy SE & Ucr D. SE (at North Roundabout)

Drop Off – At the intersection of Collegeview Rd. E & UCR Dr. SE, then walk south to roundabout.

Arrive From: Go south on Broadway from E Center Street to 4th St SE. Veer left onto Collegeview Rd.

Exchange Zone 3 Mile 19.7 On the trail & 6th St SE (East side of Bear Creek).

Drop Off - At 10th St. SE and go to 7th St. SE. The exchange zone is on path by road.

Arrive From: Go to 2nd St. SE. Turn left onto 2nd St., take a right on Civic Center Dr.(3rd Ave SE). Turn left on 4th St. Right on 10th Ave SE & go to 7th St SE. The exchange zone will be on the path by the road.

AWARDS AND RESULTS

Results will be at the Final Time Trailer on East Center Street next to the Finish Line. Results will be posted at this location prior to awards. You can also view the results online at www.finaltiming.com

Award ceremony will be after the event has concluded at the Mayo Park stage next to the river. **You must be present to claim your award.** Awards that will be given will consist of 1st, 2nd, and 3rd Place Medals. Awards will be given overall and in each age group and division. Age groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over, Wheelchair Division both male and female. Four person relays will be given 1st, 2nd, and 3rd Place Medals for male, female and co-ed.

Awards for the 5K: 1st, 2nd, and 3rd Place Medals. Awards will be given overall and in each age group and division. Age groups: 10 & Under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over, both male and female.

GOOD TO KNOW

* The Med City is a ChampionChip Timed Event by Final Timing. Marathon and ½ Marathon participants will receive a commemorative chip with the Med City logo on it that they can keep!! All other participants please return your chip post race. Lost or unreturned chips are subject to a replacement fee of \$30.00.

*If you are unable to finish the event for any reason please turn your timing chip in and let either the race director and/or Final Time know that you have withdrawn from the event.

*Sound devices are allowed but turn them off when you are coming to an intersection that has marshals or police to ensure that you hear the necessary directions.

*Strollers are NOT allowed.

*No dogs are allowed.

*After the event, we will have drinks, snacks, and other fun things going on!

Please consider joining us at one of the following upcoming races:

Time to Fly –June 20 * 10k, 5K, 2K, 1K – St. Paul, MN

Gopher to Badger Run – Aug. 8 * ½ Marathon, 5K – Hudson, WI

The Healthy Human Race – Aug. 22 *1/2 Marathon, 5K-Rochester, MN

If you would like *immediate* event updates and news, join us by clicking any of the buttons below to see what is happening at **Final Stretch, Inc.**



Or to follow the Med City Marathon, simply click the button below.



Thank you for participating in this Final Stretch event.

If you have any comments or suggestions for improving this race, don't hesitate to email me at mbongers@finalstretch.com.

Mark Bongers

Race Director

Med-City Marathon Emergency Plan

If a weather emergency occurs, staff and volunteers along the course will immediately begin notifying participants. If a severe weather emergency does occur, you should seek emergency shelter immediately along the course and stay in that area until the weather situation passes.

In the event of a public emergency along the race course, you should follow the directions provided by public safety officials and race staff and volunteers. In rare instances, it may be necessary to either close the course or re-route racers due to the emergency. If this occurs, it is for the safety of the participants.

Please remember that safety is our primary concern.

The Med-City Marathon reserves the right to cancel, delay or change the race to a non-scored run in case of extreme weather or other conditions affecting the safety of the runners. A flag system will be used to alert you to weather conditions.

GREEN FLAG – Normal

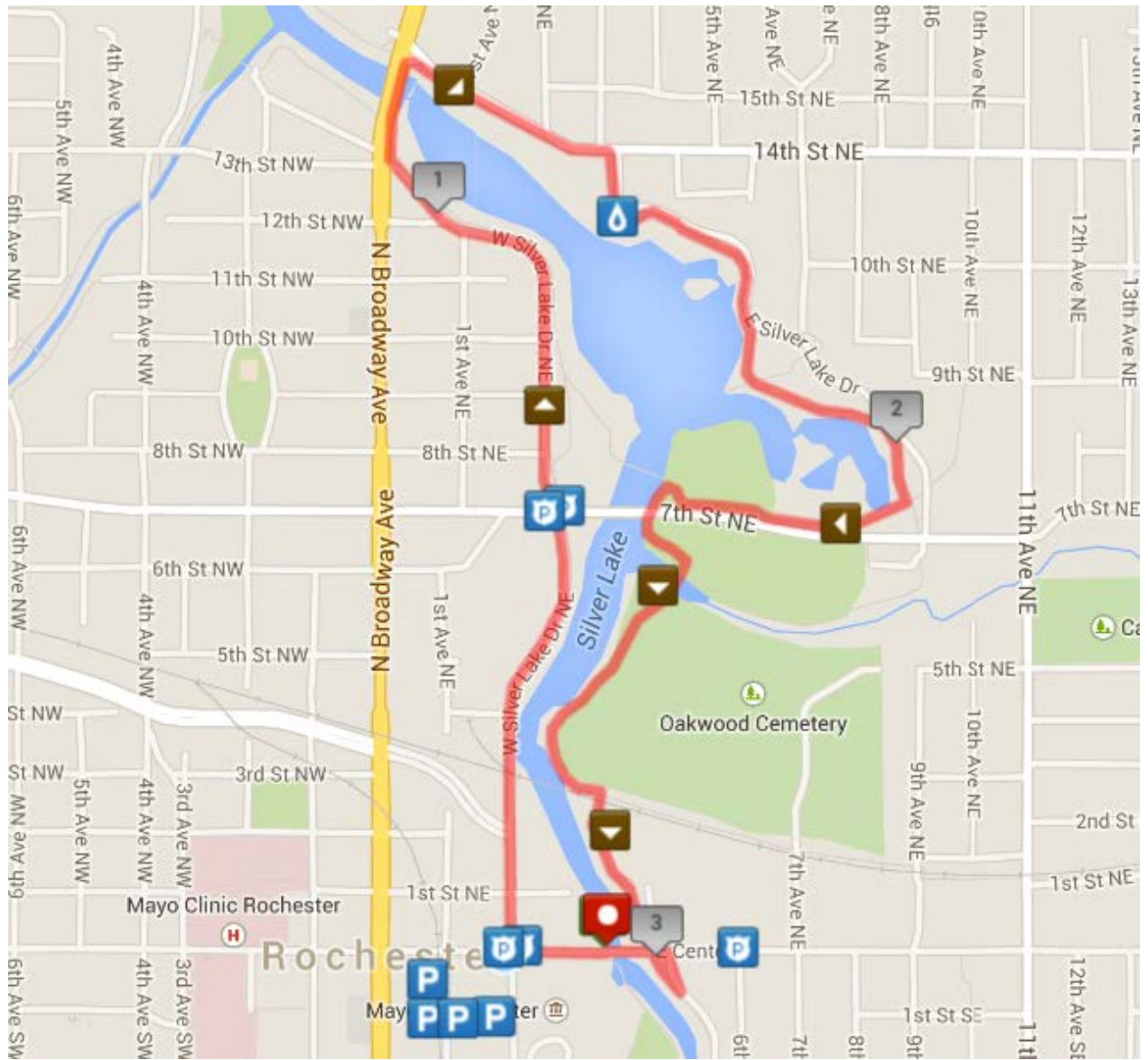
YELLOW FLAG – The heat index is at a point that participants should slow down and drink plenty of water.

RED FLAG – Dangerous weather. Participants should slow down and take plenty of water. Timing of the event has stopped and no awards will be given out after this action has taken place.

BLACK FLAG – Race has been cancelled due to extreme weather or course emergency. Events such as lightning, tornado, or human disaster have or are occurring and all participants need to seek shelter immediately.

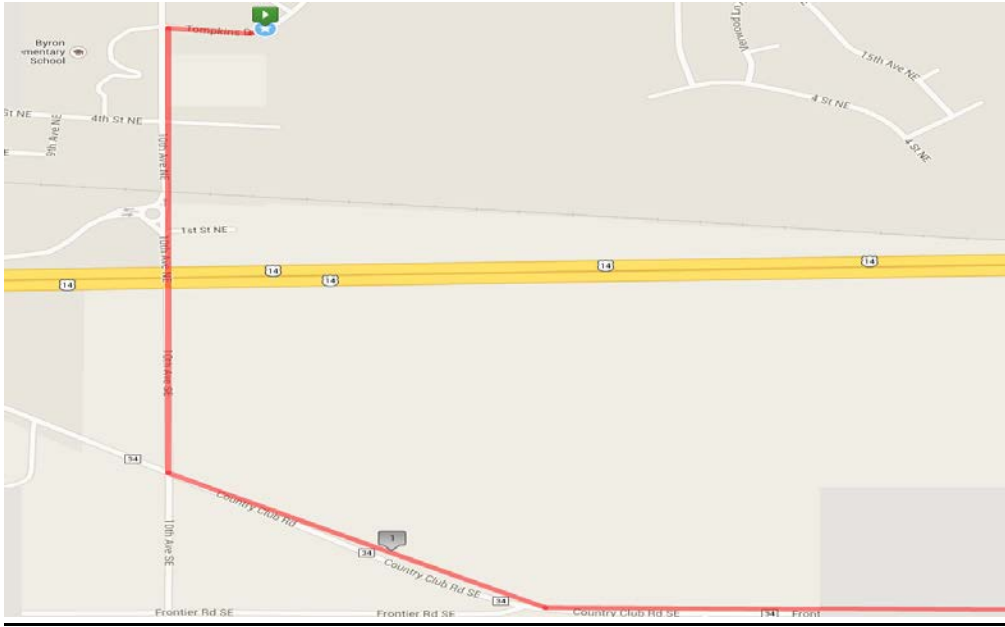
* There will be no refunds and the race will not be rescheduled if it is shortened or cancelled for any reason.

5K Course Maps



Half Marathon Course Maps

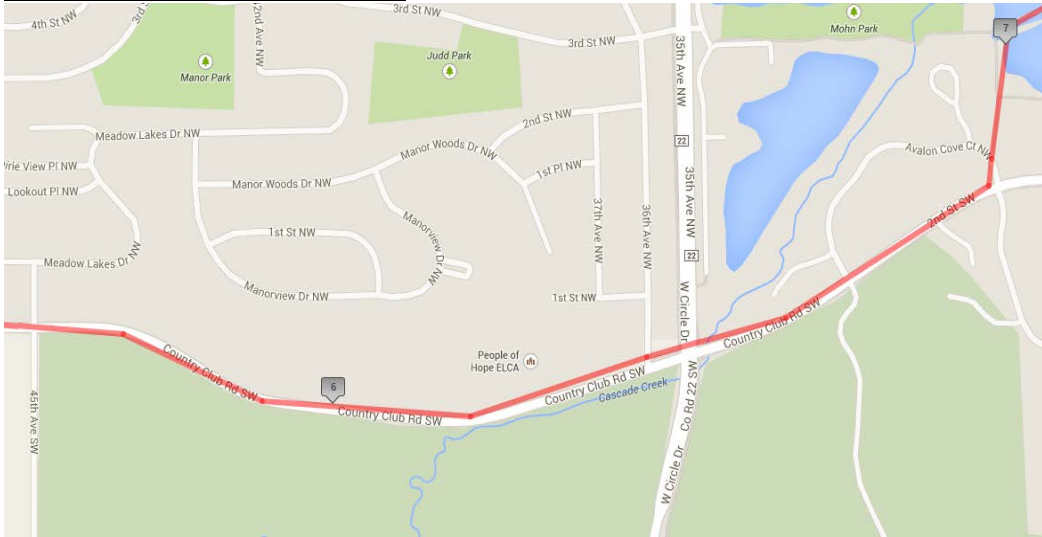
Half Marathon Map 1 of 8



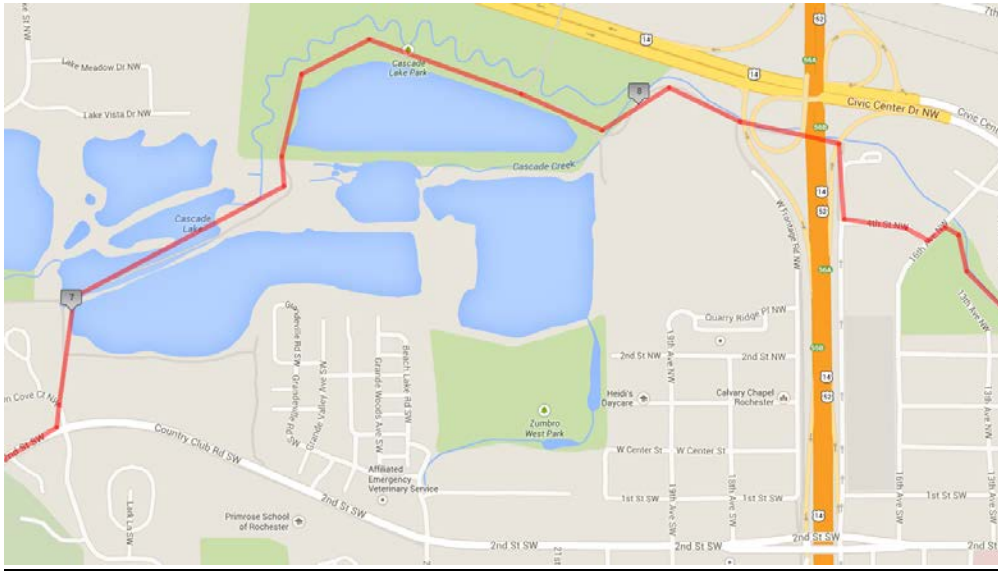
Half Marathon Map 2 of 8



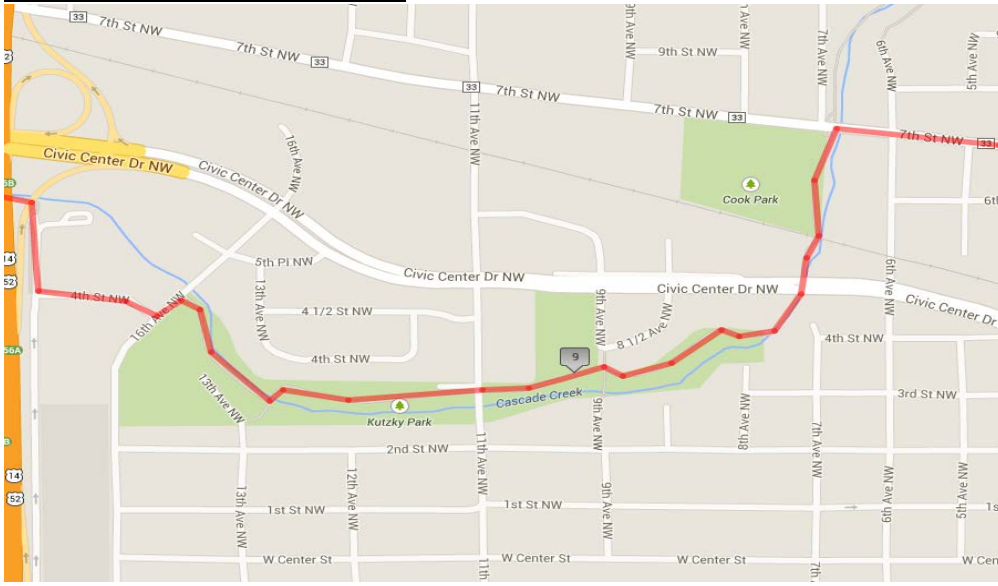
Half Marathon Map 3 of 8



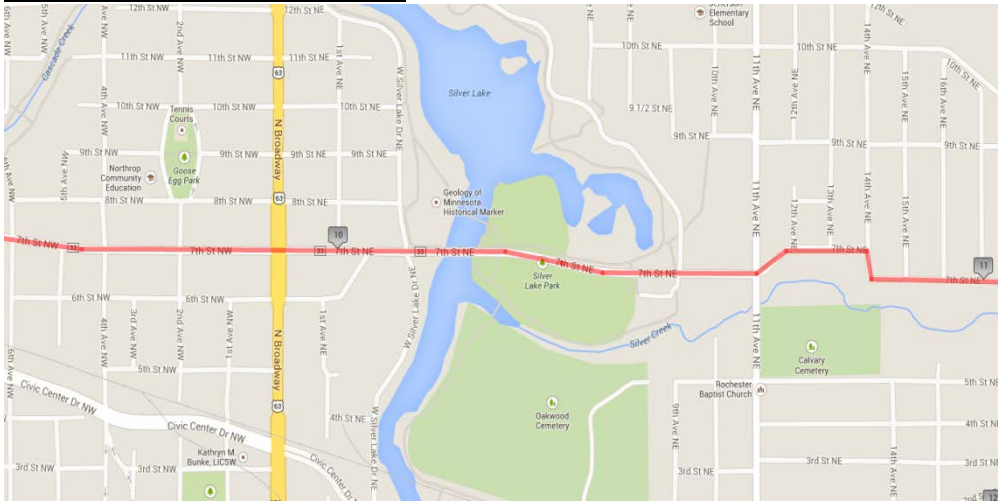
Half Marathon Map 4 of 8



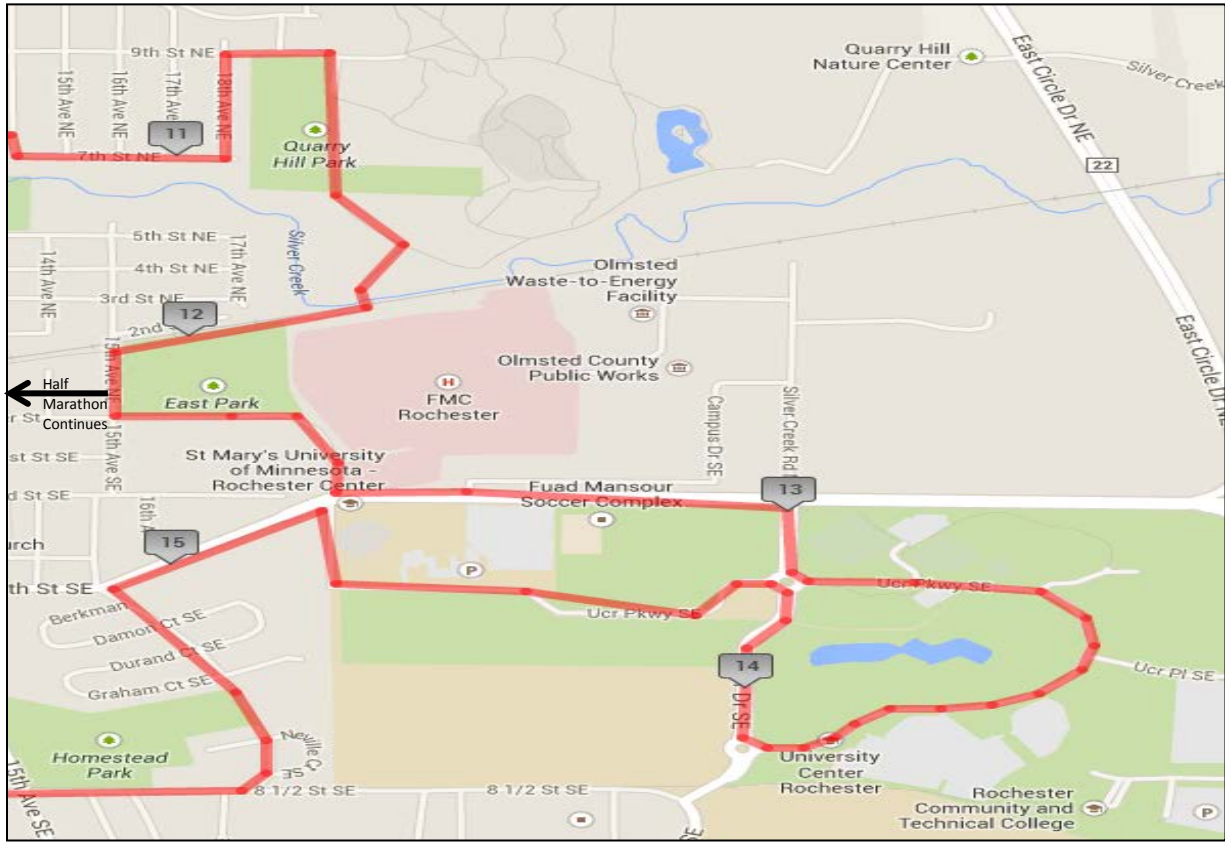
Half Marathon Map 5 of 8



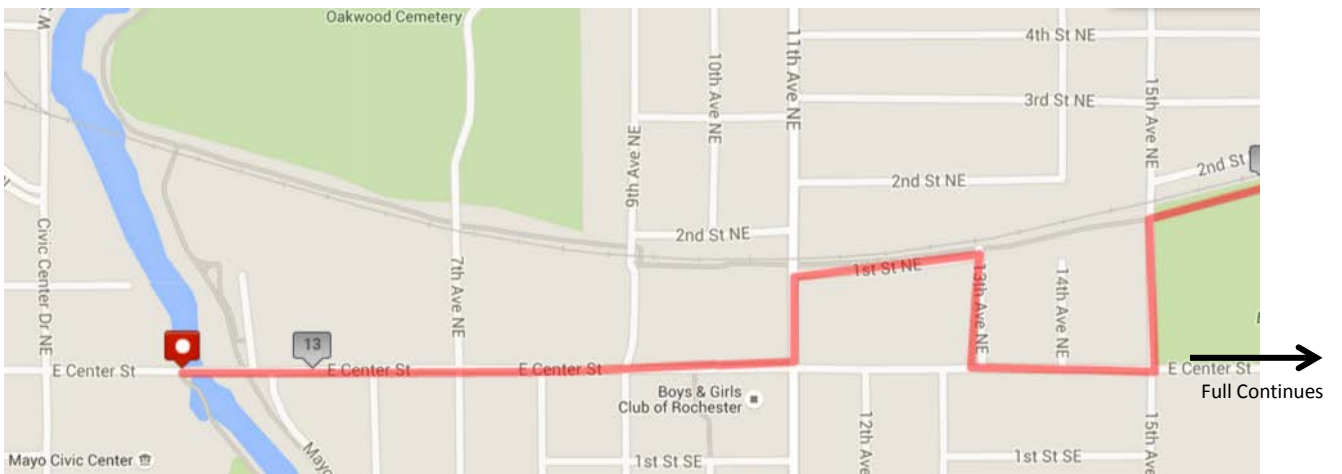
Half Marathon Map 6 of 8



Half Marathon Map 7 of 8

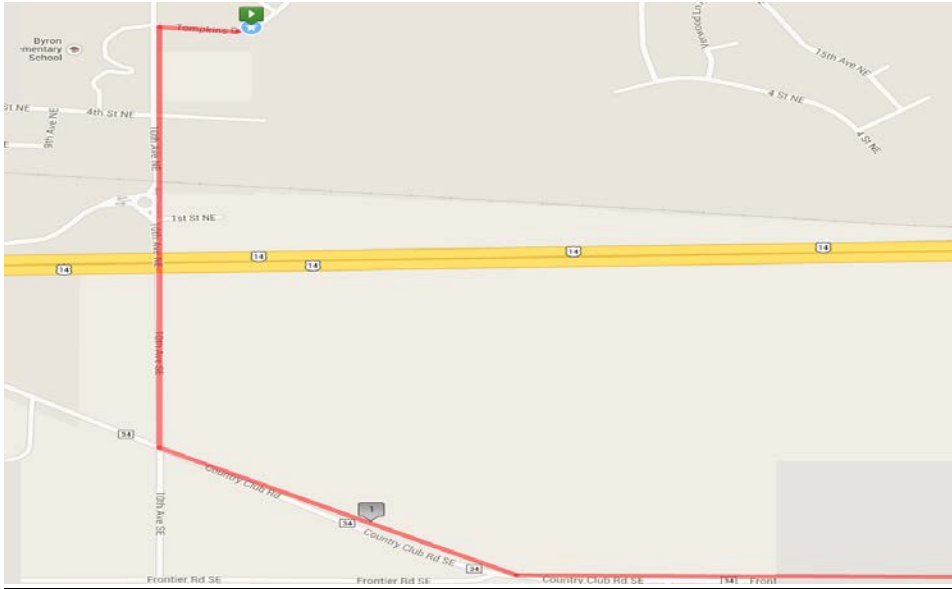


Half Marathon Map 8 of 8



Marathon Course Maps

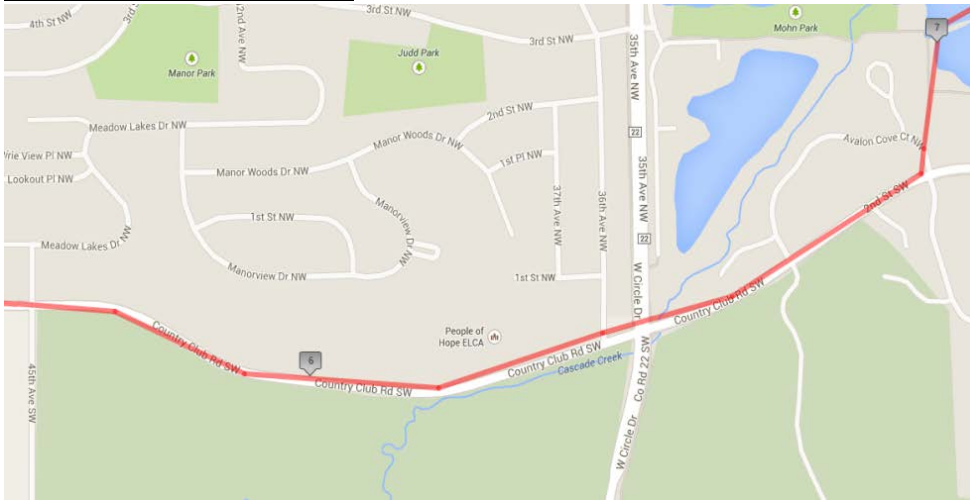
Marathon Map 1 of 11



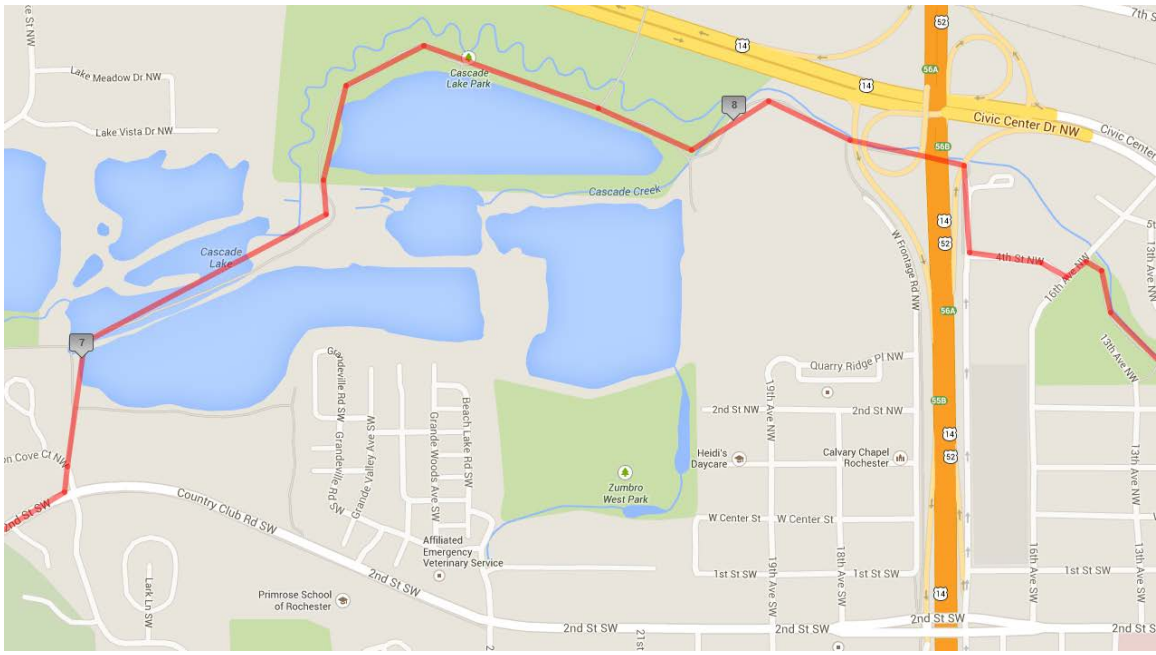
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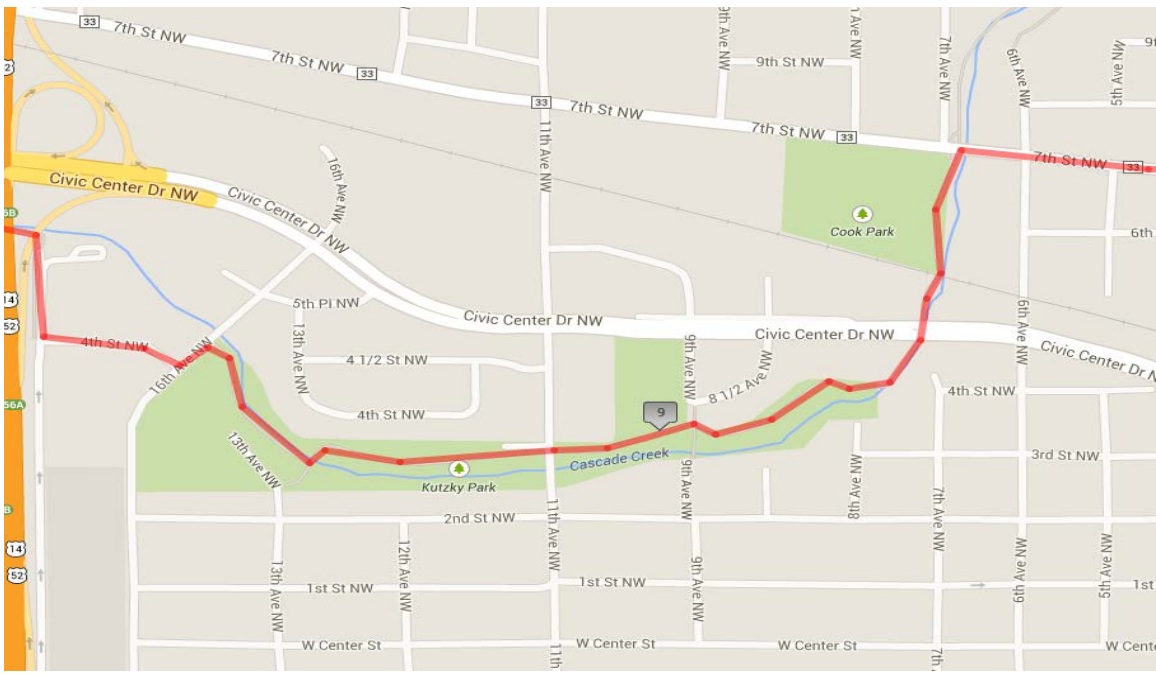
Marathon Map 3 of 11



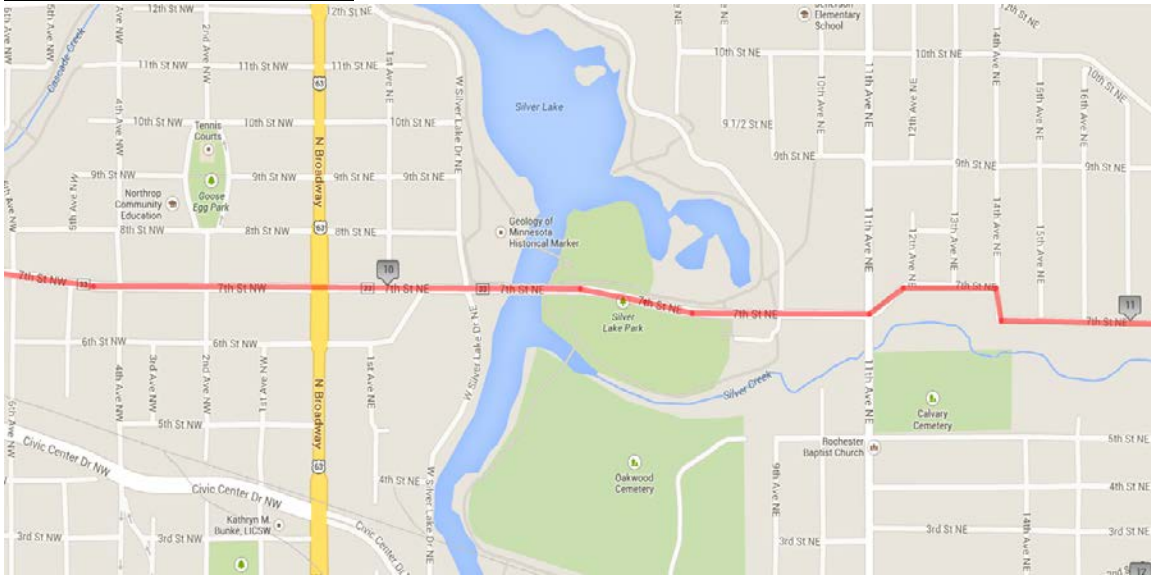
Marathon Map 4 of 11



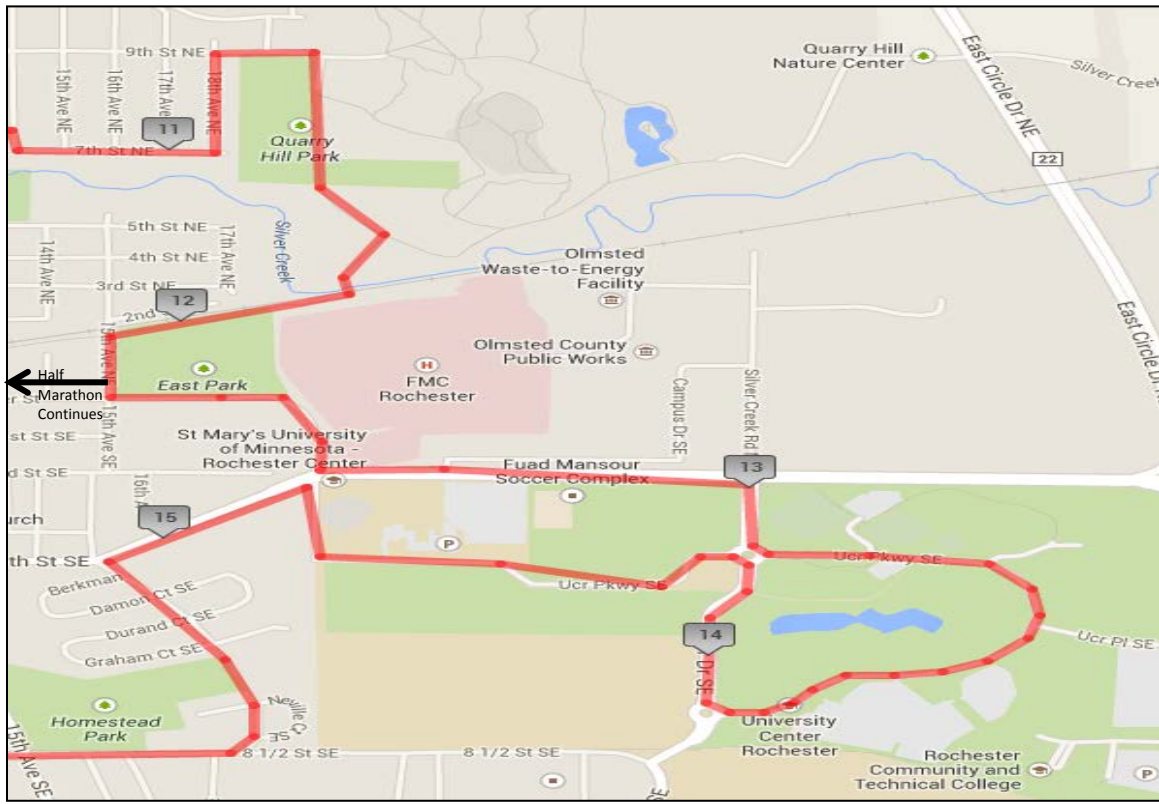
Marathon Map 5 of 11



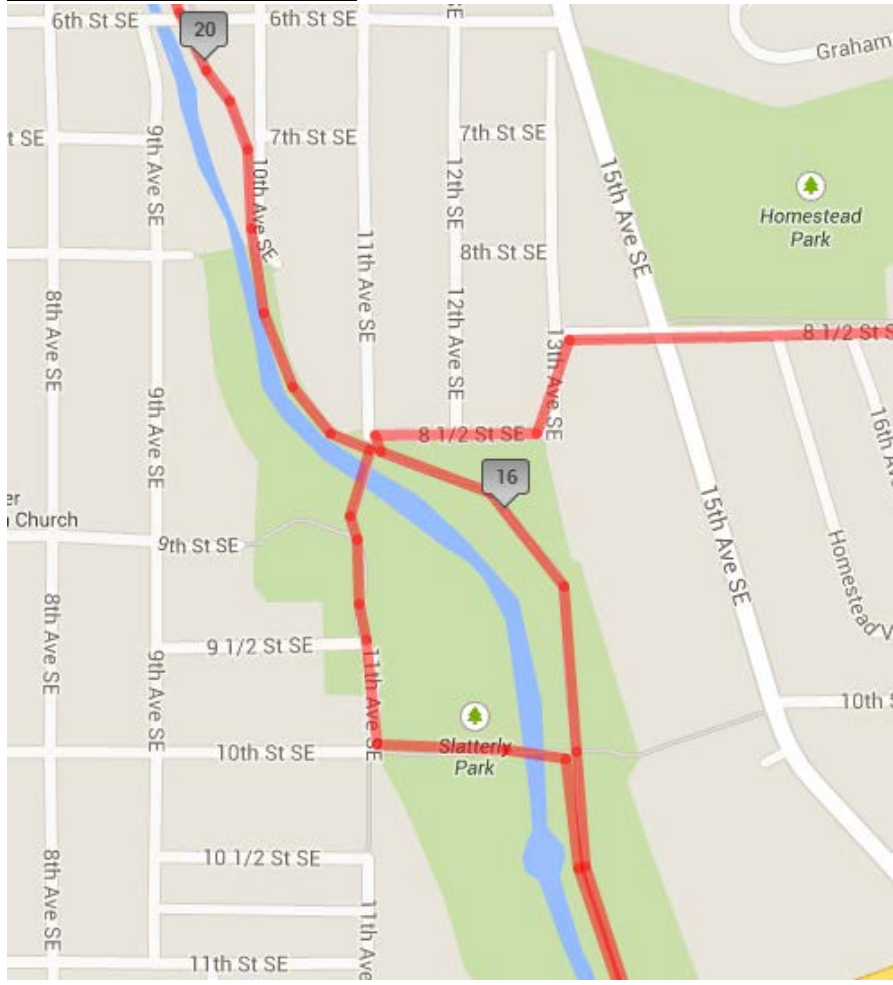
Marathon Map 6 of 11



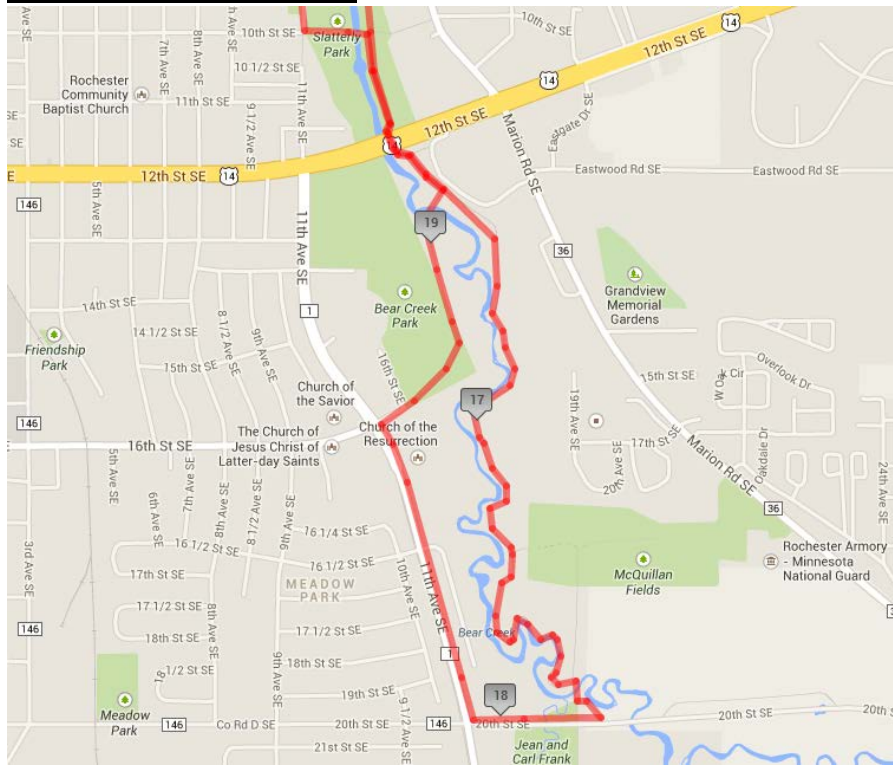
Marathon Map 7 of 11



Marathon Map 8 of 11



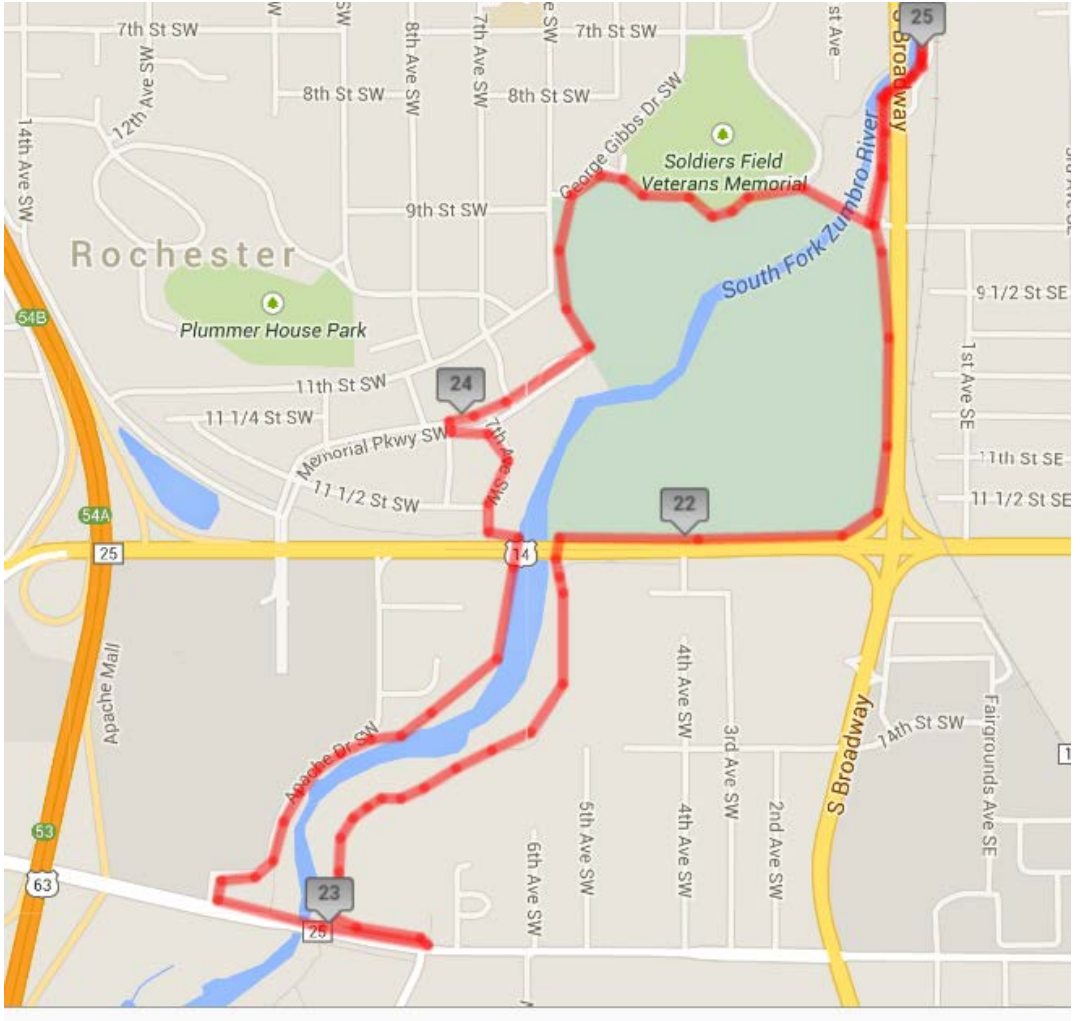
Marathon Map 9 of 11



Marathon Map 10 of 11



Marathon Map 11 of 11



Quick Reference for Spectators

Participant's Race #

What they are wearing

Locations and times to meet them

_____ at _____

_____ at _____

_____ at _____

_____ at _____

Things to bring (i.e. sports drinks, treats, etc.)

2015 Med City Marathon Spectator Guide

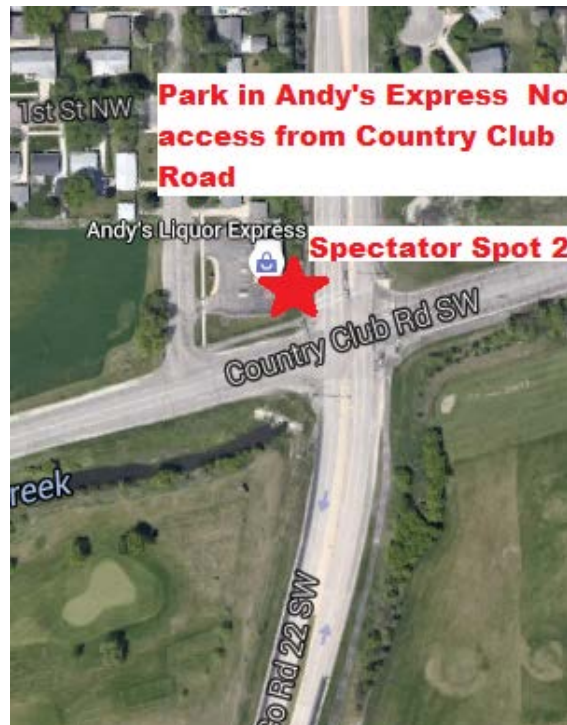
Here is a list of places to watch the 2015 Med City Marathon. Please be aware that not all streets are easily accessible as the cross streets may be closed to traffic. Please follow all direction from volunteers and police officers.

	Time runners are expected	Location
1	Start 7:00 – 7:10am	4 th St NE in Byron near the Hardware Hank
2	Approx. Mile 6 7:30 – 8:40am	Intersection of Country Club Road and County 22 park on in Andy's Express
3	Approx. Mile 9 7:45 – 9:15am	11 th Ave NW – Park in the Home Federal lots trail is half a block to the south.
4	Approx. Mile 9.5 7:50 – 9:20am	Cook Park on 7 th St NW Park in lot trail is on East side of the park
5	Approx. Mile 10.5 7:50 – 9:30am	Park in Silver Lake Pool Lot – Watch for runners before turning into lot
6	Approx. Mile 11.5 7:55 – 9:45am	Park on North side of 9 th ST NE or on 17 th Ave NE
7	Approx. Mile 14.5 8.10 -10:30am	Park in Heintz Center West Parking lot
8	Approx. Mile 18.5 8:35 – 11:45am	Park in the South Parking lot of Mayo High School 16 ST and 11 Ave SE
9	Approx. Mile 24.5 9:05 – 1:00pm	Park in the war memorial lot on 7 ST & George Gibbs Dr SW
10	Finish Line 8:10am- 1:30pm	East Center Street Park in any downtown ramp for free

Spectator Spot 1



Spectator Spot 2



Spectator Spot 3



Spectator Spot 4



Spectator Spot 5



Spectator Spot 6

Spectator Spot 7



Spectator Spot 8



Spectator Spot 9



Spectator Spot 10



Thank you to all of our Race Sponsors

Presenting Sponsors



Marathon Title Sponsor

SCHEELS®

Mayo Clinic Sports Medicine is the official Medical Provider for the Med City events.



Diaper Dash

Toddler Trot Sponsor



Expo Sponsor





Team R.E.D.

