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SCHEELS®



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 28th. All other races start at 7:00 am on Sunday, May 29th 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).

Course Maps:

Marathon and Relay

<http://www.mapmyrun.com/routes/fullscreen/626872890/>

Half Marathon

<http://www.mapmyrun.com/routes/fullscreen/354842867/>

20 Mile (First 20 miles of the Marathon course)

<http://www.mapmyrun.com/routes/fullscreen/626872890/>

5K

<http://www.mapmyrun.com/routes/fullscreen/27474964/>



Med City Fitness Expo

Where:

Mayo Civic Center Exhibit Hall
30 Civic Center Dr SE, Rochester

When:

Saturday, May 28, 2016
10:00AM - 7:00PM

Packet Pick up:

Packet Pick up will be
from
10:00am – 7:00pm
In the
Mayo Civic Center

Saturday, May 28th, 2016

10:00am – 7:00pm - Med City Fitness Expo.

10:00am – 7:00pm - Race packet pick-up

10:00am – 5pm - Kids Play Zone

12:30pm - Med City Kids' Marathon

1:15pm - Mascot Races

1:45pm - Diaper Dash

2:00pm - Toddler Trot

3:00pm - Ronald McDonald Family Walk

5:00pm - 5K run/walk

5:30pm - Happy Hour with FREE beer! You must have a wristband for the free beer. Wristbands can be picked up at the expo.

6:15pm - 5K Awards



Sunday, May 29th, 2016

5:30am – 6:45am - Race Day packet pick up Byron Elementary School

7:00am - Med City Marathon, Half Marathon, Relay, 20 Mile

8:00am - 1:30pm - Finish Line, Mayo Civic Center

9:00am - 2:00pm - Kids Play Zone

9:00am - 12:30pm - Post race music

10:15am - Half marathon awards

10:30am - 2:00pm - Post Race Party! FREE beer!

You must have a wristband for the free beer. Wristbands can be picked up at the expo

12:30pm - Marathon awards

Shuttle Busses 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>)



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.

Relay Information

All packets will go with one team member, we will not be handing out team member packets individually

*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 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 (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.



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

Med City Marathon Start Line – Byron Elementary School



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.

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

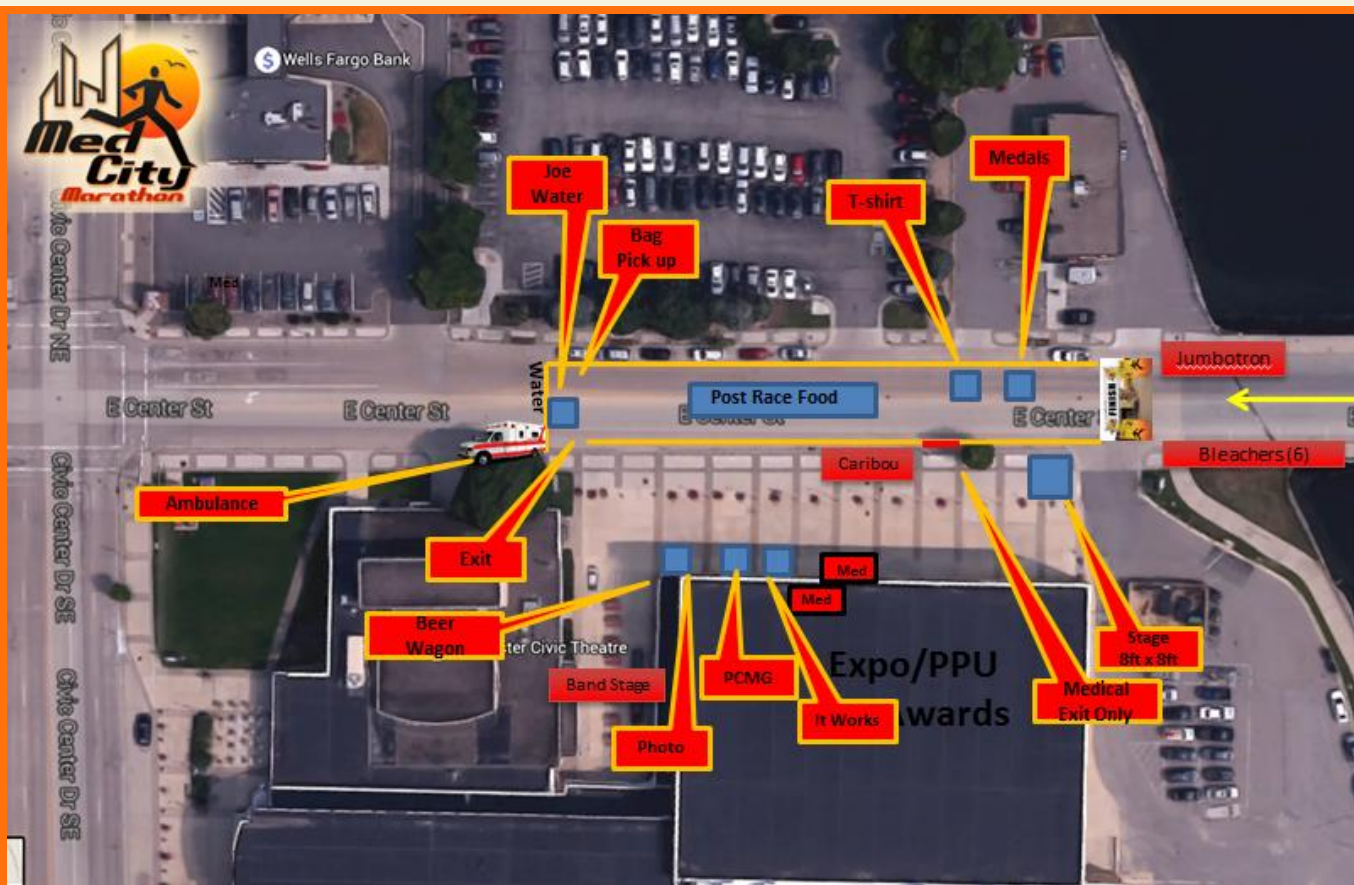
- **ALL UNNATTENDED BAGS** left anywhere on the grounds will be confiscated.
- The Runner Bag Drop will be heavily monitored, and all Patient belongings bags used for the Runner Bag drop are subject to search.
- **ONLY Patient belongings bags** which participants receive at packet pickup will be allowed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

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

- 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.
- If you need medical assistance out on the course, please talk to a course marshal or speak to someone at the waterstops.
- Each waterstop will have medical professionals at and the finish line has a medical tent next to the Finish Line.

Race Info/Features

Pacers

Terra Loco Pace team will be our pacers. There is no need to sign up just find your designated time goal and join the group.

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.

Race Day Photos

SportsPhotos will be the official photographer for all 2016 Med City Events.



Awards

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.

Race Info/Features Cont.

On the Course - There are 13 Water Stops on the course serving up water and Gatorade. Port-a-johns are located at the Start and Finish lines. There will also be Porta-a-johns located at every Water Stop along the course. Medical support is available along the course and at the finish line. Water stop locations are as follows:

WS A - Country Club Rd East/ County Rd 3

WS B - Country Club Rd SW / West of 60th Ave NW

WS C - At People of Hope Church Mile 6.3

WS D - W Frontage Rd Hwy 14 & 52

WS E - 7th St NE across from Silver Lake fire station

WS F - On Bike path by FMC and 16th Ave NE (East Park)

WS G - End of 9th Ave SE

WS H - Soldiers Field Park across from Kmart/Snappy Stop

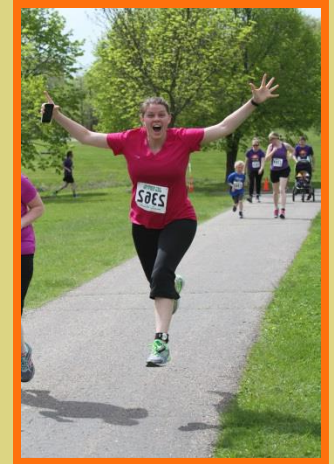
WS I - Near Gardens on Mayowood Rd

WS J - Mayowood Trail W. of Bamber Valley Substation

WS K - Mayowood Rd at end of Mayowood Trail

WS L - Salem Road & Salem Lane Sw

WS M - 12 St & 7 Ave SE



Race Info/Features Cont.

Exchange Zones:

Busses will take runners to/from their respective exchange zones.

Exchange Zone 1

Mile 6.2 on Country Club Road and People of Hope Church

Exchange Zone 2

South end of 9th Ave SE

Exchange Zone 3

Salem road & Salem Lane SW

Results:

Race Results can be found at www.FinalTiming.com



Logistics provided by:



Upcoming Events

- **Gopher to Badger – Aug. 13th – ½ Marathon/5K –**
Stillwater, MN
- **Big Woods Run – Oct. 8th – ½ Marathon, 10K, 5K, 1K –**
Nerstrand, MN
- **Mankato Marathon – Oct 15th & 16th –**
1K, 5K, 10K, ½ Marathon, Marathon, Relay –
Mankato, MN

Participation Guidelines

Pre Race:

Race Packet pick-up is requested to be done prior to race day. Please check the website for location and time. If absolutely necessary, we do have packet pickup on Race Day. We request early packet pick-up to ensure everything on your registration is correct and up to date. Race day does not allow us to ensure all this information is corrected in a timely fashion.

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 personal. 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. 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.

Results will be available online at <http://www.finaltiming.com>

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