

May 17th Como Park Race Day Schedule

Welcome to the Medtronic TC Kids Marathon Cross Country Run in Como Park

General Race Day Registration begins at 8:00 am. You may pick up your bib and shirt at the main registration tent prior to the race. If you have a friend who wants to run, please let them know we have an unlimited number of slots available and we will be doing race day registration. The fee is \$16.

School packet pick-up begins at 8:15 a.m. and ends at 9:45 a.m. at the school registration meeting area. Meet your school representative at your school sign to receive your t-shirt, race bib, and pins. This is for families pre-registered with a school code before May 13th.

If you are running with your school but missed the early registration, you may still register on race day and you will pick your shirts and bibs up at the Main Registration tent. Then you can join in with your school at the School Meeting Area. If you register on race day, **general registration** begins at 8:00 a.m. and ends at 9:45 a.m. at the main registration tent.

Opening ceremonies begin at 9:00 am. Be sure you are here for them to start your day.

The Half Mile Run begins at 9:15 a.m. Line-up begins at 9:00 a.m. in the pre-staging area near the start line. Participants will be instructed to line-up by age.

The One Mile Run begins at about 9:30 a.m. Line-up begins at 9:15 a.m. in the pre-staging area near the start line. Participants will be instructed to line-up by age.

The Two Mile run begins about 9:50 am. Line-up begins at 9:40 a.m. in the pre-staging area near the start line. Participants will be instructed to line-up by age.

The 5K run begins about 10:10 am. Line-up begins at 10:00 am in the pre-staging area near the start line. Participants will be instructed to line-up by age.

The Picnic Lunch begins after the end of the first races for all participants and registered spectators. After your races are completed, you may pick-up your lunch from the Midway Picnic Pavilion. There is not enough seating for everyone to eat in the pavilion, so consider bringing a blanket to make it a true picnic lunch! Please note: If you have peanut allergies, the lunch contains peanuts and is made in a facility that uses peanuts. We will also be providing a non-peanut alternative but it is made in the same facility. We encourage you to bring a safe lunch for your child.

Norwegian Festival Celebrate the 200th Anniversary of the Constitution at the Norwegian Village. Check out the 17 Mai games for kids of all ages. Show your Nordic colors with face painting!. Snap pictures with Norwegian characters. Meet friends from Telemark Norway, learn to speak Norwegian and dance to Live Nordic music and more. Games, storytelling and sweets for kids and adults.

Visit Como Attractions. Everyone is encouraged to visit the zoo, carousel or amusement park after lunch. If your school is arriving on a TCM provided bus, please report back to your bus at your designated time. If you parked off-site at the designated shuttle station, located at Como Elementary School, the last shuttle bus leaves Como Park at 12:30 p.m.

Race Information

The start of the races will be near the Midway (East) Picnic Pavilion <http://www.comozooconservatory.org/wp-content/uploads/2010/03/Como-Area-Parking-And-Amenities.jpg>. The race is a cross-country race, meaning it will be run entirely on the grass. The runners will loop the park once for the half mile and twice for the one mile, four times for the two mile and 6 times for the 5K. The race finishes near the starting area. Spectators will have easy viewing of the entire race from the middle of the field. We ask spectators to stay in the middle until your child is finished running. Waves will start every two minutes but we will be using a running clock for those interested in tracking their time.

The School Meeting Area is located in the center of the race course. Signs for each individual school will be spread out within the School Meeting Area. Please plan to meet back at your School Meeting Area before going over to the pavilion to get your lunches when the races are completed.

The finish line is a secured area. Please be advised that children will be directed to exit the finisher's chute to the center of the race course. There will be no admittance by spectators or re-admittance by participants once they leave the finisher area. Do not plan to meet runners at the finish line. Please plan to meet participants the very end of the finisher's chute or back at the schools posted meeting area.

In the event of a "lost parent" please tell your little ones to find a RACE OFFICIAL wearing a KIDS CREW VOLUNTEER SHIRT (gold with white lettering). That person will escort them to the Midway Picnic Pavilion and an announcement will be made over the PA system. We have a "lost and found" table in the pavilion where you will be reunited.

Parking

If your child's school is taking a TCM provided bus to the event site, please see talk with your school coordinator for information. You will be leaving and from your child's school and returning to the same location.

If you are driving directly to the event site, parking is available in various lots and streets around the park <http://www.comozooconservatory.org/wp-content/uploads/2010/03/Como-Area-Parking-And-Amenities.jpg> We encourage use of the free shuttle service we are providing from Como Elementary School. 780 West Wheelock. St. Paul, MN 55117. (enter from Maryland and Grotto Sts.) The buses will be waiting in the parking lot located on Wheelock. Shuttle buses will run from 8:15 a.m. – 12:30 p.m. *at approximately 15-minute intervals before and after the event and if needed in between.*

If you have additional questions, please contact Sandy at 651-289-7709.

Have a fun, safe morning. Thank you for participating in the Medtronic TC Kids Marathon!