

 TWIN CITIES ORTHOPEDICS
TORCHLIGHT
MINNEAPOLIS 5K RUN

JULY 20, 2016

**RUN
WITH
FIRE.**

2016 PARTICIPANT GUIDE

Welcome 2016 Twin Cities Orthopedics Torchlight 5k runners!

We have an incredible event in store for you as we welcome over 5,000 athletes coming from all over the region to the heart of Minneapolis!

To ensure your experience is top notch, please take a few minutes to read through the information within this Athlete Guide. I want to specifically call out our Event Alert System for weather emergency's that we will be using to notify athletes of the weather conditions. We are currently at a Yellow status and I would like all athletes to be sure to run with caution. All other weather updates will be on our @Torchlight5k Facebook page.

We are proud to offer you one of the fastest and most urban 5ks around. The Twin Cities Orthopedics Torchlight 5k course starts at the historic Basilica of St. Mary and kicks off the start to the Aquatennial Parade! This race runs through cheering crowds of the parade all the way from the start to the epic finish crossing the Stone Arch Bridge at sunset into our post-race party like no other!

We want to extend a very special Thank You to Twin Cities Orthopedics who will be providing some of our high quality medical care and are our special title sponsor. I'd also like to thank all our other supporting sponsors along with the City of Minneapolis, especially Doug Maday, Sergeant Mark Klukow, Sergeant Joe McGinness, Shane Stenzel, and Michael Rogers. More so, we extend a heartfelt appreciation to more than 200 volunteers who will be out there to support your efforts and to celebrate your dedication. This race would not be made possible without them! Please take a moment to thank them throughout the evening.

You all deserve tremendous credit for your training that has led up to this day. Remember to enjoy the moment and take it all in. It is an honor to have you at our race, and hope you all have a successful and safe event.

Kelly Donahue, Race Director
Tiffany Berenberg, Athlete Services
Jessie Mosier, Volunteer Manager
Sam Scaletta, Operations Manager

PACKET PICK-UP

All participants who did not choose to have their race packet mailed to them during registration must pick up their packet prior to the race. There will be race day packet pickup open from 4:00p.m.-7:00 p.m.

Please bring a photo ID to packet pick-up in order to retrieve your race packet. You may pick up on behalf of other participants with a copy of the participant's photo ID.

Please Note:

- All participants must show a current photo ID.
- Participants may pick up for friends or family, however the friend's ID or confirmation email must be presented at packet pickup.
- Please complete the emergency contact information on the back of the bib.
- Bibs must be worn on the front of your running shirt or jacket. The bib number **MUST** be visible during the run. Do not cut, fold, or alter the bib.
- New registrations will be available at packet pickup, so bring your friends!



GENERAL RACE INFORMATION

EVENT SCHEDULE:

JULY 20, 2016

4:00 p.m. – 7:00 p.m. Race-day registration and packet pickup
Basilica parking lot

5:00 p.m. – 7:30 p.m. Loring Park Pre-Parade Family Fun Night
Loring Park (Located off of Hennepin Avenue across from Basilica of St. Mary's)

7:20 p.m. Runners line up according to pace
Corner of Hennepin Ave. & 16th Street North

7:30 p.m. Race begins

7:30 p.m. – 10:00 p.m. Post-race party at St. Anthony & Main Park

The new Green Line will be crossing over the course during the race. Runners will be divided into start waves according to pace to avoid being interrupted by the light rail.

Loring Park Pre-Parade Family Fun Night:

Loring Park Family Fun Night is a family focused event held just blocks from the CenterPoint Energy Torchlight Parade. Featuring food trucks and free Wilderness Inquiry Voyageur Canoe Rides, free tennis lessons with USTA Northern Rally the Family, pony rides, inflatables, kids dance party and carnival games. Fill your time before the race and stop down for some fun! Visit www.aquatennial.com/events for more information.



Post-race Party:

St. Anthony & Main Park

Party the night away with live music, drinks, and a couple thousand of your closest friends.

The party gets started at 7:30pm! Enjoy two complimentary beers and a chicken sandwich courtesy of your local Chic-Fil-A restaurants.

21+ wristband must be worn in order to drink. Please drink responsibly.

TRANSPORTATION AND PARKING:

Shuttle Buses:

Back by popular demand! Shuttle buses from the finish to the start line will be available from 8 p.m. to 11 p.m. Buses will pick participants up on SE Main Street and SE 3rd Street after the race and drop off in front of the Target Center.

Please arrive early to allow ample time to find parking and walk to the race site due to downtown congestion.

Parking:

Parking is available in downtown Minneapolis parking lots (except Nicollet Island Inn and Dunwoody) and ramps. Plan on walking a few blocks (up to one mile). We recommend either parking in the A,B,C lots near Target Field or park at the finish in the St. Anthony Main parking lot or ramp (located at University Ave SE & 2nd Ave).

If you park in the neighborhoods, please be courteous. Don't block any driveways and respect private property.

Metro Transit:

Metro Transit is offering a free ride to the Twin Cities Orthopedics Torchlight 5K and Aquatennial CenterPoint Energy Torchlight Parade! Get there by bus or light rail with a free-ride pass. Take a short survey and download a pass for a free ride from 6:30 p.m. – 11:30 p.m on the Metro Transit website.

The pass must be printed and presented to the bus driver.

TEAM CHALLENGE:

On race day, team captains of teams with 15+ participants must come to the Life Time Athletic Events Marketing booth at the Finish Festival to receive the gifts. Teams must register online. Each participant registers individually in the Team Challenge category. Join an existing team or create a new one by typing in your team name during the registration process.

All team members must be registered by July 18, 2016 to count towards team numbers.

Volunteer:

Please remember to thank the Volunteers. The race wouldn't be possible without the help of these generous people. There are still volunteer opportunities available. Ask friends or family to help make the race a success.

Please visit www.torchlight5k.com/volunteer/

RESULTS AND PHOTOS:

Good luck, athletes! 2016 results and photos will be located on our website after the race.

Please note: It can take up to 48 hours for photos to appear on the site.

FREE RACE PHOTOS:

Sign up to receive FREE event images posted to your Facebook account courtesy of ProAir RespiClick® (albuterol sulfate) Inhalation Powder. It's easy, all you have to do is type in your race bib number below (look yours up here), select continue and follow the given instructions. Throughout the race your photos will appear on your Facebook timeline.

Please note: If you have changed your race distance for this event, your bib number also changed. Be sure to unsubscribe your old bib number and enter your new one.



ProAir® RespiClick
(albuterol sulfate) Inhalation Powder

COURSE MAP:



Aid Station Locations:
N. 4th Street
W. River Parkway
Before crossing over Stone Arch Bridge

Event Alert System (EAS):

This race will employ the EAS system, comprised of color-coded indicators to reflect current event conditions. Participants will notice flags posted throughout the race venue, as well as at each Fluid Station on Race Day.

Please note the color of the flag at these locations and follow the recommended actions listed here.

Event Alert System table:

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELLED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED/FOLLOW EVENT OFFICIAL INSTRUCTIONS
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE CHANGES/FOLLOW OFFICIAL INSTRUCTIONS/CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT/BE ALERT



CHARITY PARTNERSHIPS

Run for a Cause

Life Time Fitness has partnered with St. Jude Children's Research Hospital® to join in the fight against childhood cancer and other life-threatening diseases, and you can help us help the kids of St. Jude!

Runner's in the Minneapolis region can opt to race for the kids of St. Jude at the Twin Cities Orthopedic Torchlight 5k.



Mile In My Shoes:

We will be partnering with Mile in My Shoes to help bring the transformative power of running to new people. Mile in My Shoes is a nonprofit organization that brings people experiencing homelessness or addiction together with “running mentors” from the greater Twin Cities community onto a single running team. This year's FunRacing has ended, but we will still be taking donations for Mile in My Shoes through race-day registration will be donating running gear and entries to the event for all Mile in My Shoes members.



Sponsors:

Twin Cities Orthopedics Torchlight 5K would like to thank all of our sponsors:



Follow us on Facebook for the latest race-day information:

**www.facebook.com/Torchlight5k/
www.torchlight5k.com**

