

RUNNING EVENTS & TRAINING PROGRAMS FOR KIDS!

Medtronic
TC Kids
Marathon



TC KIDS CROSS COUNTRY FUN RUN

REGISTER NOW

5K, Two Mile, One Mile & Half Mile Races
Saturday, May 16, 9 a.m. • Como Park, Saint Paul

- Medals and t-shirts for participants
- Meet mascots Harry and Shelly!
- Twin Cities Road Crew will be there!
- Appearances by Team USA MN Pro Athletes
- Free picnic lunch for participants
- Special pre-schooler and parent wave
- Parents encouraged to run with their children
- Norway House will again be on-site with a Norwegian Festival in celebration of Syttende Mai! (Norwegian Constitution Day)
- Get started with a **FREE training program** from Medtronic TC Kids Marathon

Check out a race video!



YEAR-ROUND FITNESS FUN FOR KIDS!

The **Medtronic TC Kids Marathon** program encourages kids in grades K-8 to get active by "running one mile at a time." Kids can learn about the fun of fitness and running with their family.

This year-round program offers a unique website and fun community events, providing motivation and recognition.



Take your first step online.

Visit tcmevents.org to discover a **free, easy-to-use online resource** where parents and teachers can create running activities geared toward kids. The site is loaded with fun ideas and advice for adults who want to get kids up and running, "one mile at a time."

Start any time... go at your own pace.

This **flexible program** can be started any time, in any season, and to varying degrees of intensity, depending on individual family or classroom needs and schedules.

Participate in events just for kids.

These annual **running events** bring kids and families together in fun-filled, supportive environments. Details are available online at tcmevents.org.



The Medtronic TC Kids Marathon has been created by Twin Cities In Motion with significant support from Medtronic, to promote exercise, wellness and healthy lifestyles for kids and their families through a variety of unique training programs and events.



TWIN CITIES IN MOTION