

ATHLETE GUIDE

Twin Cities Women's 5K and Half Marathon

Presented by **HuVeve**®

June 26, 2022

LAKE NORMANDALE PARK,

BLOOMINGTON, MINNESOTA

To get you ready for the inaugural event from Lake Normandale Park, the enclosed information here will assist you with your weekend experience.



TWIN CITIES
WOMEN'S
HALF MARATHON & 5K
PRESENTED BY **HuVeve**®



WELCOME!

Thank you for your participation in the Twin Cities Women's 5K and Half Marathon, presented by Hy-Vee.

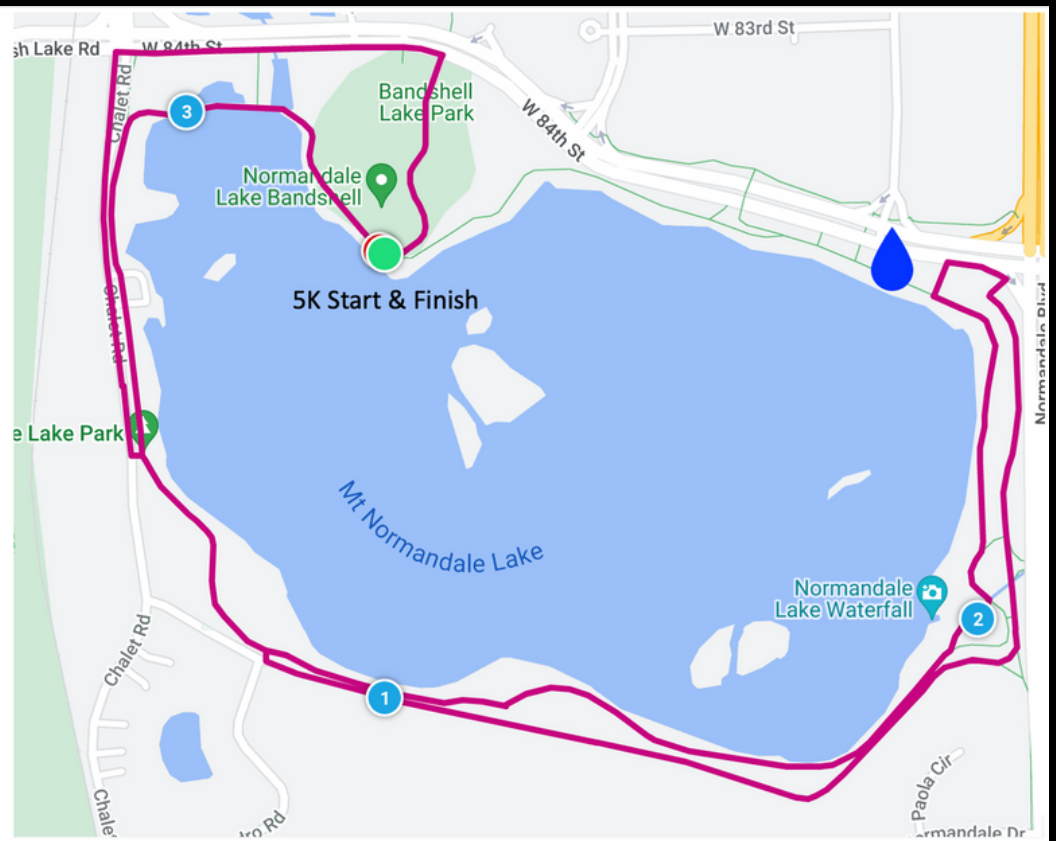
For those athletes that are joining us for the first time, our wish is that you reach our finish line and your personal fitness goals, whatever they may be!

Be safe and enjoy the beautiful community of Bloomington, Minnesota!



The Twin Cities Women's 5K presented by Hy-Vee will start on the jogging trail next to the Bandshell complex inside of Lake Normandale Park and will also finish there. This event will start at 7:40am on June 26th, 2022.

Water stations for this event will be located at the halfway point of the 5K along with portable restrooms.



OUR PRESENTING SPONSOR

Premier Event Management is once again proud to be working with Hy-Vee on several athletic events in 2022. As the title sponsor of the Hy-Vee Triathlon from 2007 to 2014, a new tradition begins with the inaugural running of the Twin Cities Women's 5K and Half Marathon Road Race.

As the largest corporate partner of any event in the National Women's Half Marathon Series currently held in 10 cities across the country, Hy-Vee shines with their sponsorship of four midwestern women's events this year.

Join us at other midwestern stops in the National Women's Half Marathon Series presented by Hy-Vee. Those locations include:

- **Greater Des Moines – Sunday, September 18, 2022**
- **Omaha – Sunday, October 2, 2022**

OUR HOST COMMUNITY

The community of Bloomington, Minnesota will play host to the inaugural running of the Twin Cities Women's 5K and Half Marathon presented by Hy-Vee. From its wonderful downtown area, to its fabulous parks and community trail systems, the city of Bloomington, MN, has something for everyone!



HY-VEE KIDSFIT - A FAMILY EVENT!

The highlight of weekend will be when the youngest and most energetic competitors take the starting line in the Hy-Vee KidsFit One Mile Fun Run at 10:00am.

Starting and finishing from the start/finish line of the Hy-Vee Women's 5K and Half Marathon, the Hy-Vee KidsFit One Mile Fun Run is an event for children ages 5 to 15 years old. The race is open to every ability level who wants to be a part of the morning's activities. Registered participants will receive a Hy-Vee KidsFit t-shirt at packet pick-up and a Hy-Vee KidsFit finisher medal when they cross the finish line.



Hy-Vee.
KIDSFITCLUB

Looking for more **FREE & FUN** ways to build healthy habits at home as a family? Join the Club!

HALF MARATHON RACE COURSE



The Twin Cities Women's Half Marathon presented by Hy-Vee will now start at the same location as the 5K and KidsFit One Mile Fun Run. All three events will start and finish on the jogging trail inside of Lake Normandale Park near the Bandshell Complex.

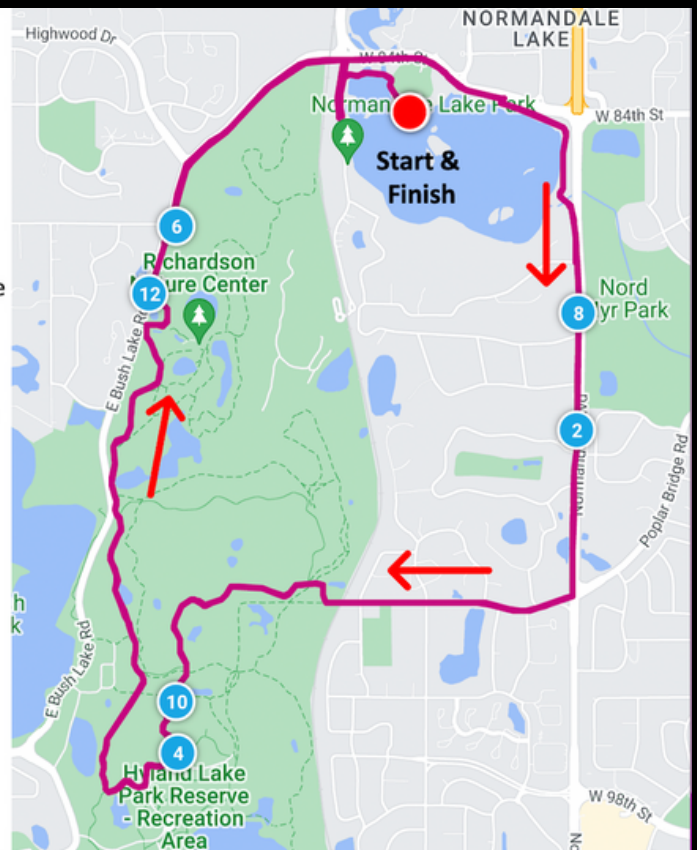
The Bandshell Complex is just south of W84th street in Bloomington, Minnesota. The Half Marathon will start at 7:30am Sharp on Sunday, June 26, 2022.

Athletes in the Half Marathon will run a double loop course through the wonderful trail system both inside and outside of Lake Normandale Park.

Water Stations for the event will be located near miles 2, 4, 6 on the first loop and miles 8, 10, 12 on the second loop. These location will have a portable restroom as well.

The Half Marathon has a 4 Hour Time Limit!

Plenty of Parking for the event will be located in the park or on the northside of W84th street across from Lake Normandale Park.



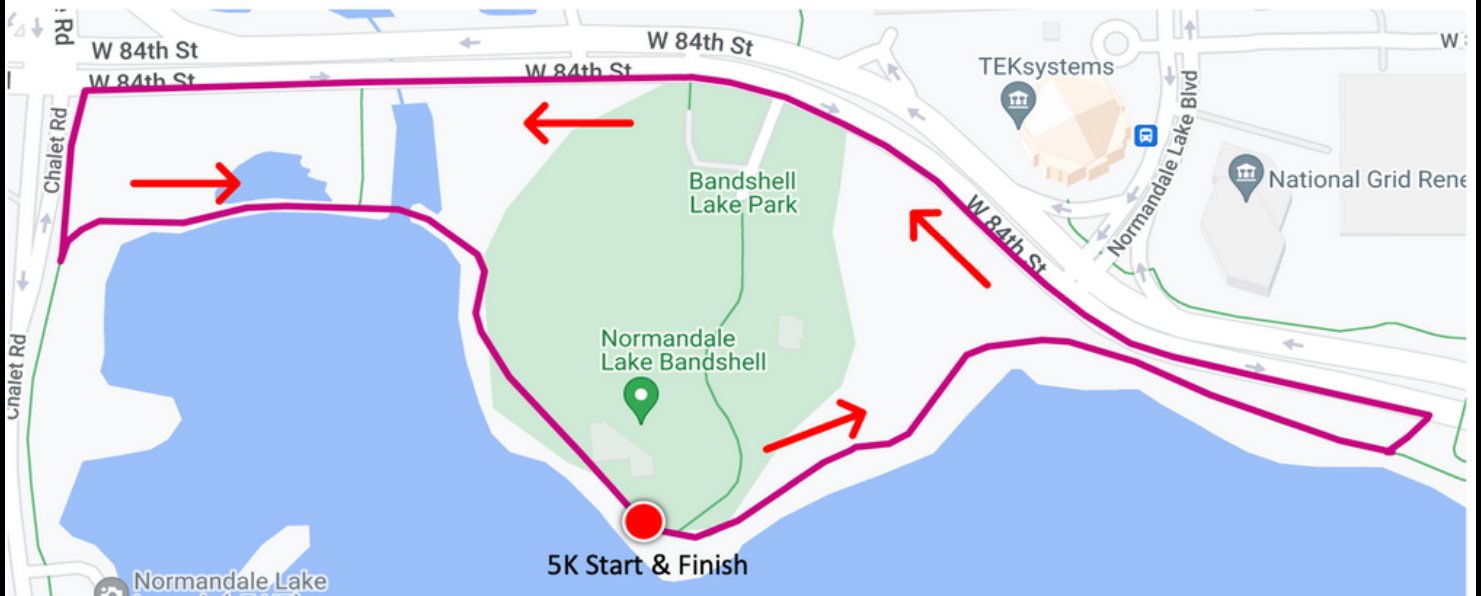
5K RACE VENUE MAP



ONE MILE FUN RUN COURSE



The Twin Cities KidsFit Run presented by Hy-Vee will start on the jogging trail next to the Bandshell Complex inside of Lake Normandale Park and will also finish there. This event will start at 10:00am on June 26th, 2022.



BIB NUMBER & DISTRIBUTION

Packet pick-up will be on Saturday, June 25th, 2022 from 10:00am to 6:00pm at the Hy-Vee Eagan location at 1500 Central Park Commons Dr, Eagan, MN 55121

At packet pick-up you will receive:

- **Race Bib**
- **Race T-Shirt - Women's Cut V-Neck T-Shirt**
- **Commemorative Drawstring Bag**
- **Commemorative Gear Bag**

GREATER DES MOINES
WOMEN'S
HALF MARATHON & 5K
PRESENTED BY **HyVee.**

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HyVee®

FLEET FEET
DES MOINES

FLEET FEET
DES MOINES

SCHEDULE OF EVENTS

Saturday – June 25, 2022

Packet Pick-Up & Registration – 10:00am to 6:00pm – Eagan Hy-Vee Store – 1500 Central Park Commons Dr, Eagan, MN 55121

Sunday – June 26, 2022

5:30am to 7:00am – Packet Pick-Up & Registration – Near the Start Finish Line on Chalet Drive in Lake Normandale Park.

7:15am – Athletes Move to Chalet Drive for Staging

7:20am – Final Announcements Begin

7:25am – National Anthem

7:30am – START – Half Marathon

7:40am – START – 5K

8:00am – First 5K Runner Crosses the Finish Line

8:50am – First Half Marathon Finisher Crosses the Finish Line

9:30am – 5K Awards Presented

10:00am – START – Hy-Vee KidsFit One Mile Fun Run

10:45am – Half Marathon Awards Presented

12:30am – Post Event Activities Close Down

COVID-19 RESTRICTIONS

At this time the City of Bloomington does not have any COVID restrictions in place.

COURSE SUPPORT

Athletes will have 3 different water stations on course for your support and convenience with half marathon runners hitting these locations twice. Locations will offer water, Gatorade, ice, and bananas at our 2nd stop at or near mile 3 and portable restrooms!

PARKING

There is a multi-level parking garage across the street from Lake Normandale Park. The garage is located at W 84th Street near the start/finish line on Chalet Drive in Lake Normandale Park. There is also an additional multi-level parking garage located at 8500 Normandale Lake Boulevard. Please look for parking signage directing you to the parking garage across the street from the park on W 84th Street.

WALKING / STROLLER DIVISION

That's correct! The inaugural Twin Cities Women's 5K and Half Marathon presented by Hy-Vee, will offer a Walker & Stroller Division for our new mom's and their kids. Remember, the half marathon does have a 4-hour time limit if walking or running with your baby stroller.

MOTHERS TENTS

The inaugural Twin Cities Women's 5K and Half Marathon will offer two mothers tents for privacy and convenience. The first tent will be near the start/finish line, and the second location will be on the half marathon course at or around the mile 3 water stop. Each location will offer a 10'x10' pop up tent with side walls for privacy, 1 table, 4 chairs, an ice chest with bottled water and Gatorade, 1 trash can, and a female volunteer for assistance.

COURSE TIME LIMITS

The inaugural Twin Cities Women's 5K and Half Marathon presented by Hy-Vee will have a 4-Hour time limit for the Half Marathon event. While the 5K Road Race has no time restrictions on that event.

MEDICAL SUPPORT

The inaugural Twin Cities Women's 5K and Half Marathon presented by Hy-Vee will have 2 EMS units on course and at the start finish line for your safety.

Unit #1 – start/finish line

Unit #2 – W 94th Street and park entrance to trail system

A special thanks, to Bloomington Fire & EMS for providing this essential service!

AWARDS

Awards will be presented to top three overall winners, top three masters, and the top three in each age group. Age groups are contested in 5-year increments.