

10 REASONS TO RUN

MEDTRONIC TWIN CITIES MARATHON 2024

WEEKEND ITINERARY

FRIDAY
10.04.24

Today is all about diving into the marathon spirit and getting pumped for race day! From checking in at your hotel to exploring the Health & Fitness Expo, Friday sets the stage for an exciting weekend.

Morning: Hotel Check in

Settle in and prepare for an unforgettable weekend! Here are some Hotel Recommendations:

- Renaissance Minneapolis Hotel, The Depot
- Residence Inn Minneapolis Downtown
- Aloft Minneapolis
- InterContinental St. Paul - Riverfront
- SpringHill Suites by Marriot St. Paul Downtown
- Raddison Hotel St. Paul Downtown

Mid Morning: Health & Fitness Expo

Time: 11:00 A.M. - 7:00 P.M.

Location: Saint Paul RiverCentre, Lower Level, 175 West Kellogg Blvd, St. Paul, MN 55102

Details: All participants must attend the Expo to pick up their bib number. Enjoy interactive exhibits, meet elite runners, and explore new training techniques.

The Expo is free and open to the public

Lunch Break

Recharge at a local eatery near the RiverCentre with a delicious meal!

- The Buttered Tin
- The St. Paul Grill
- Green + The Grain
- Loon Cafe
- Afro Deli & Grill
- Cossetta Alimentari
- Headwaters Cafe
- Herbies

Afternoon: Health & Fitness Expo

Use the afternoon to explore more of the Expo and meet fellow runners!

Evening: Dinner

Enjoy a carb-loaded dinner to prepare for tomorrow's activities. Pasta, anyone?

- The Apostle
- Bar La Grassa
- Broder's Pasta Bar
- La Grolla
- Mancini's Char House
- Meritage
- Mucci's Italian
- Red Rabbit
- Rosalia

SATURDAY
10.05.24

Get the whole family moving! Today is all about short races, family fun events, and soaking in the local culture.

Morning: Saturday Races

7:15 A.M.: TC 10K, presented by Dermatology Consultants

- Location: State Capitol Grounds, St. Paul, MN

8:45 A.M.: TC 5K, presented by Fredrikson

- State Capital Grounds, St. Paul, MN

Breakfast

Enjoy a post-run breakfast at a nearby cafe to refuel!

- Bread and Chocolate
- The Buttered Tin
- Cafe Astoria
- Cooks I Bellecour
- Dunn Brothers Coffee
- Nina's Coffee Cafe

Medtronic TC Family Events: Free for all Kids!

Time: 8:00 AM - 12:00 PM

Location: Family Activity Area, State Capitol Grounds

10:00 A.M.: KARE 11 Family Mile

10:30 A.M.: Half Mile, presented by iHeartRadio Minneapolis

11:15 A.M.: Diaper Dash

11:30 A.M.: Toddler Trot

Lunch Break

Check out family-friendly lunch spots near the State Capitol Grounds

- Mickey's Diner
- Cafe Latte
- Punch Neapolitan Pizza
- Highland Grill
- Cecil's Delicatessen, Bakery, and Restaurant

Afternoon: Health & Fitness Expo

Time: 10:00 A.M. - 6:00 P.M.

Details: Final Chance to visit the Expo for last-minute race preparation and shopping!

Evening: Dinner

Opt for a nutritious meal to fuel up for race day!

- Mill Valley Kitchen
- The Monte Carlo
- The Lexington
- Moscow on the Hill
- Red Cow
- La Grolla
- Coalition Restaurant
- W.A. Frost & Company

Evening Entertainment

- 10:30 A.M. - 6:00 P.M.: The Bloody Mary Festival - Twin Cities, Union Depot
- 7:00 P.M.: Minnesota Orchestra: Star Wars - A New Hope in Concert, Orchestra Hall
- 7:30 P.M.: Bill Nye The Science Guy, State Theatre - MN
- 8:00 P.M.: Kevin McCaffrey, Laugh Camp Comedy Club
- 8:00 P.M.: Till Lindemann & Twin Temple, Myth Live

SUNDAY
10.06.24

It's Race Day - time to shine! The day you've been waiting for is here! Enjoy the exhilarating atmosphere as you run through the beautiful streets of Minneapolis and St. Paul!

Morning: Sunday Races

7:00 A.M.: Medtronic TC 10 Mile

- Location: From Minneapolis to Saint Paul, MN

8:00 A.M.: Medtronic Twin Cities Marathon

- Location: From Minneapolis to Saint Paul, MN

9:30 A.M.: NEW TC Half Marathon

- Location: From Nokomis Beach to the State Capitol Grounds

Post-Race: Celebration Brunch!

Celebrate your achievement with a delicious brunch at a local spot!

- Colossal Cafe
- High Hat
- The Gnome
- Hope Breakfast Bar
- Thirty-Six Cade
- Saint Paul Brewing

Afternoon: Relaxation & Recovery

Spend the afternoon relaxing and recovering. Consider a light stroll around a nearby park.

- Minnehaha Regional Park
- Mississippi National River and Recreation Area
- Hidden Falls Regional Area

Evening: Farewell Dinner

Enjoy a farewell dinner with your group. Reflect on the weekend and celebrate your accomplishments!

- Billy Sushi
- Sanjusan
- Meritage
- La Belle Vie
- Alma
- Martina

Evening Shows

- 11:00 A.M. - 7:00 P.M.: Can Can Wonderland
- 6:00 P.M.: Laugh Camp Comedy Club Open Mic
- 7:00 P.M.: Ben Folds, Ordway Music Theater
- 7:30 P.M.: Kit Downes: "Southern Bodies" with Bill Frisell and Musicians of the Saint Paul Chamber Orchestra, Northrop Auditorium
- 7:30 P.M.: Zoltan Kaszas, Rick Bronson's House of Comedy - MN

We hope you have an incredible Medtronic Twin Cities Marathon Weekend! Good luck to all runners, and enjoy the beautiful sights and vibrant energy of the Twin Cities! Don't forget to share your #ReasonToRun!