

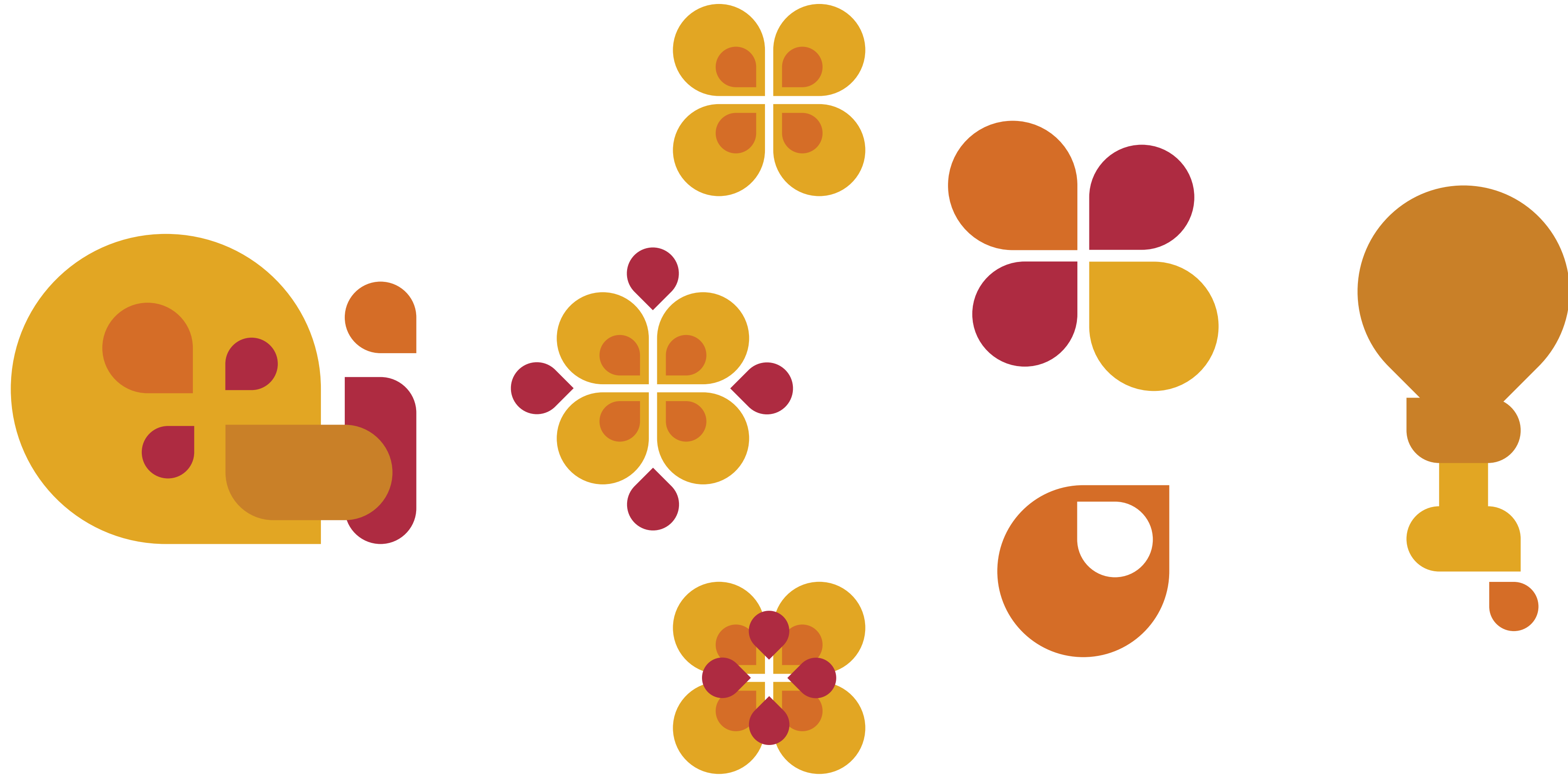


AVINTAGETHOUGHT

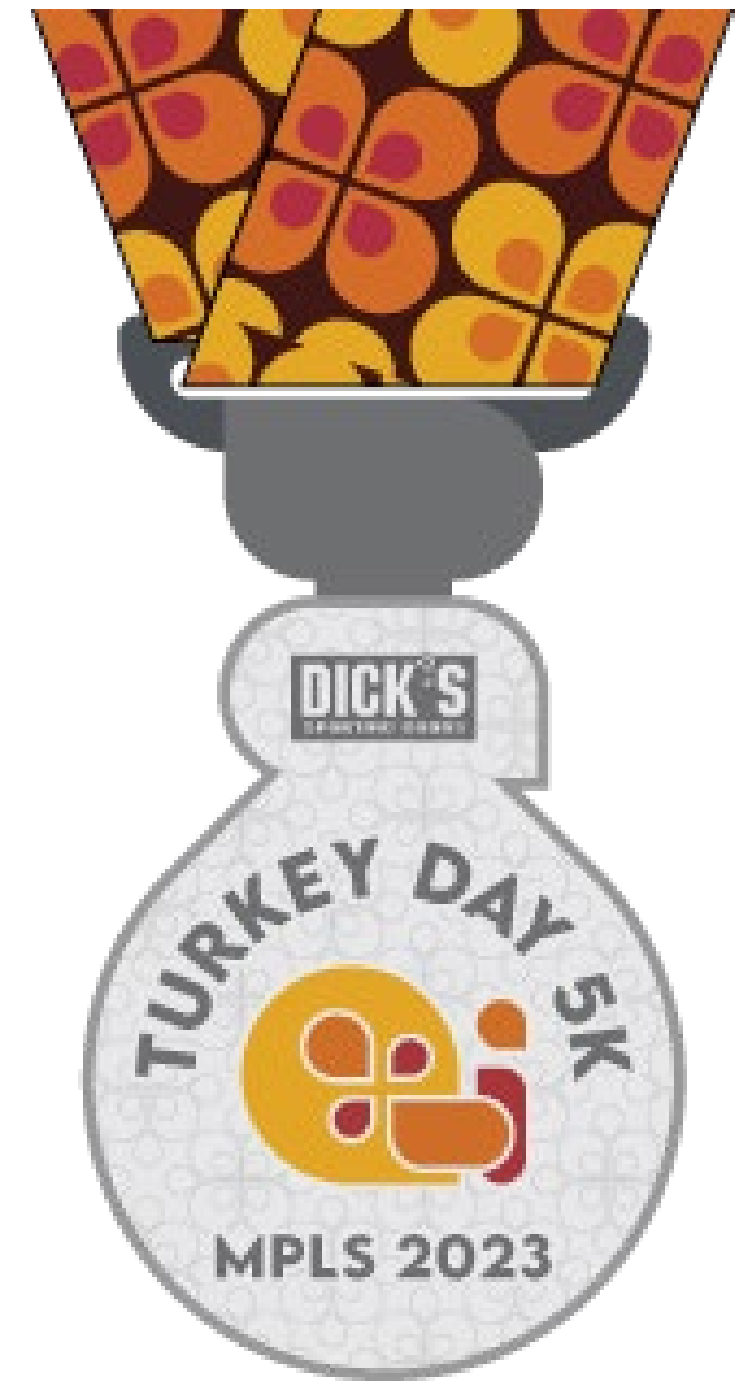
THE STUDIO OF ALXNDR JONES
AVINTAGETHOUGHT.COM



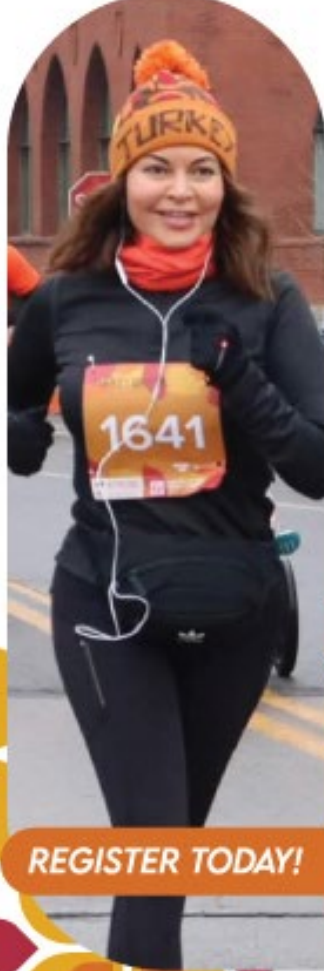
DICK'S SPORTING GOODS TURKEY DAY 5K - ICONS



DICK'S SPORTING GOODS TURKEY DAY 5K - PARTICIPANT SHIRT, MISC BRAND APPLICATIONS, PARTICIPANT MEDAL



DICK'S
TURKEY DAY 5K
MPLS 2023
THANKSGIVING DAY



REGISTER TODAY!

DICK'S
TURKEY DAY 5K
MPLS 2023



THANKSGIVING DAY

REGISTER TODAY!

DICK'S
TURKEY DAY 5K
MPLS 2023 * THANKSGIVING DAY



REGISTER TODAY!

DICK'S
TURKEY DAY 5K
MPLS 2023



THANKSGIVING DAY

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TURKEY DAY 5K
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DICK'S
TURKEY DAY 5K
MPLS 2023

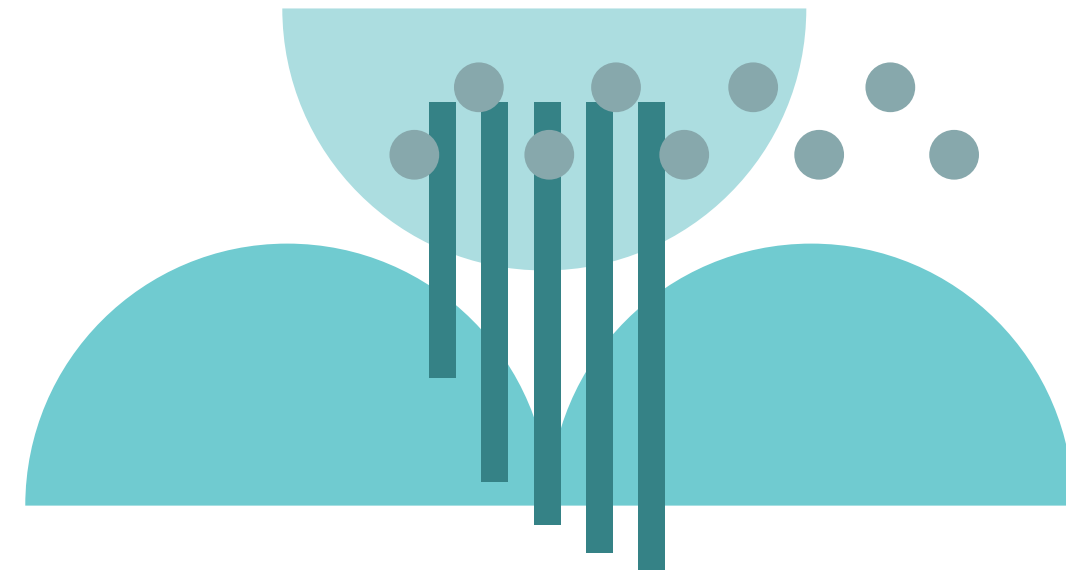


REGISTER TODAY!

THANKSGIVING DAY



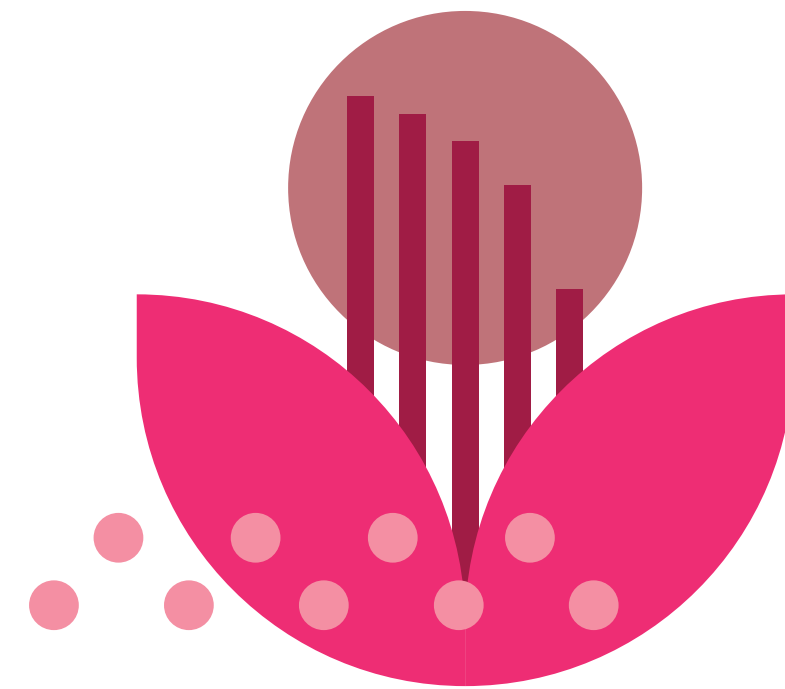
PNC WOMEN RUN THE CITIES - ICONS



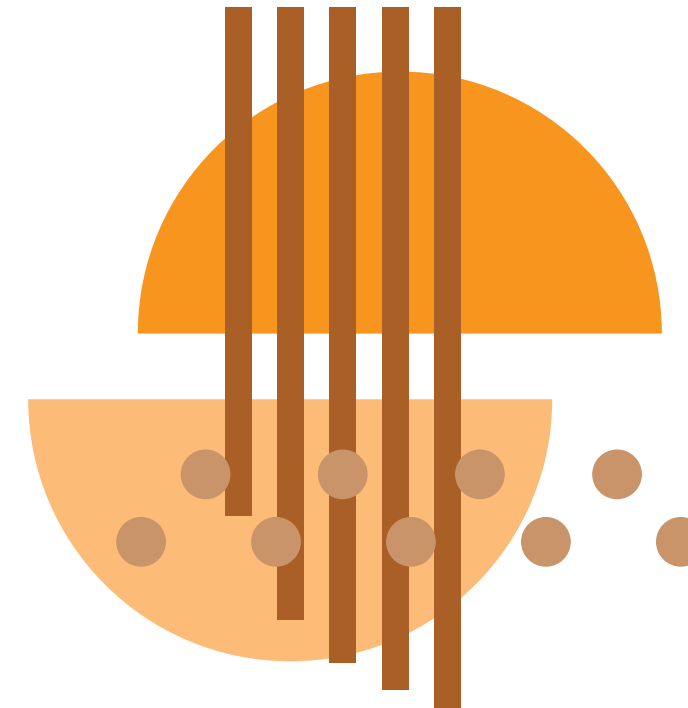
'MIND'



'BODY'



'SOUL'



'MEANS'

PNC WOMEN RUN THE CITIES - PARTICIPANT GEAR. VOLUNTEER SHIRT



PNC
WOMEN RUN THE CITIES
PRESENTED BY TRIA

SATURDAY, MAY 20

10 MI · 10K · 5K

REGISTER TODAY!

PNC
WOMEN RUN THE CITIES
PRESENTED BY TRIA

10 MI · 10K · 5K

SATURDAY, MAY 20

MINNEHAHA PARK

PNC
WOMEN RUN THE CITIES
PRESENTED BY TRIA

SATURDAY, MAY 20

10 MI · 10K · 5K

REGISTER TODAY!

PNC
WOMEN RUN THE CITIES
PRESENTED BY TRIA

SATURDAY, MAY 20

10 MI · 10K · 5K

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PNC
WOMEN RUN THE CITIES
PRESENTED BY TRIA

SATURDAY, MAY 20

10 MI · 10K · 5K

REGISTER TODAY!

THE RUNNING EVENT FOR YOUR MIND, BODY & SOUL

Honor your physical, mental and emotional fitness with an all-women's 5K, 10K or 10 mile run, benefiting Girls on the Run. Gather your girlfriends and join us for Minnesota's largest all-women's race.

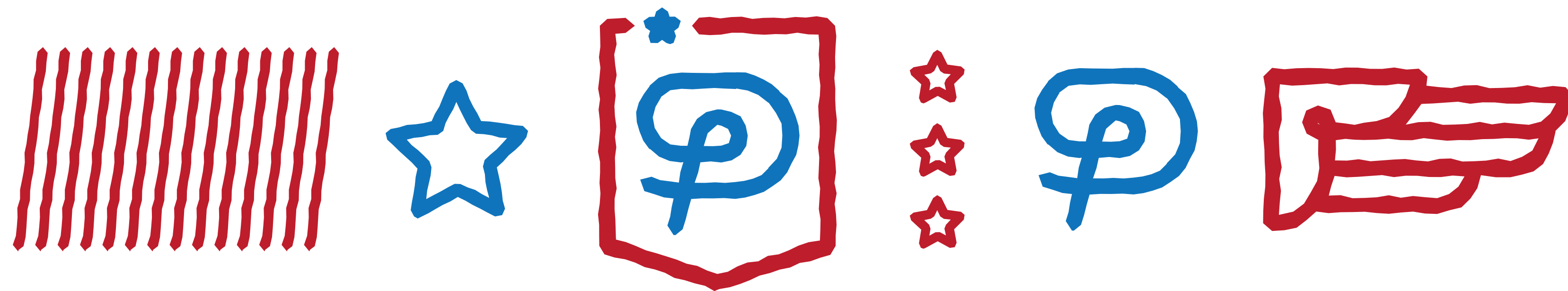
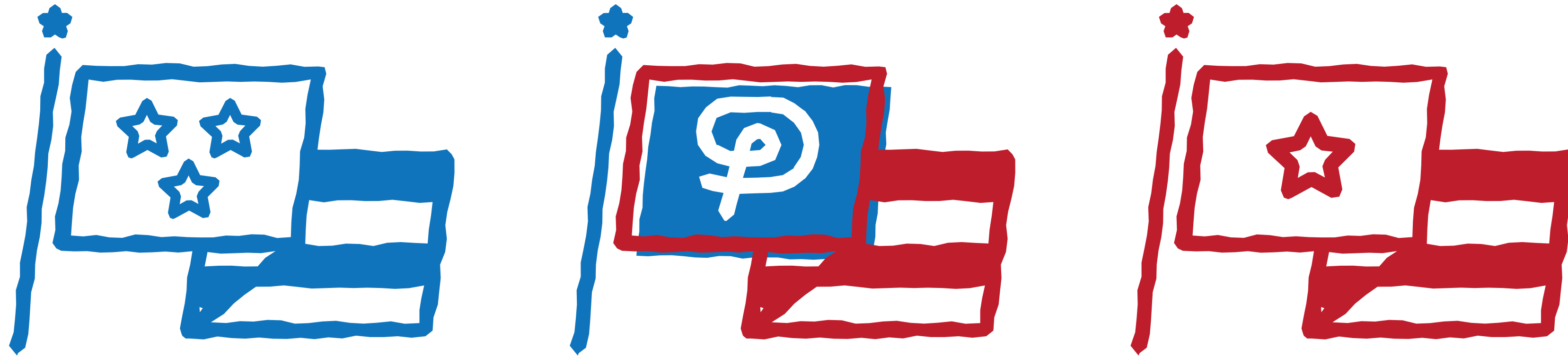
- 5K, 10K and 10 mile distances to match your goals
- Earn an ultra-soft Storm Creek® long sleeve jersey hoodie valued at \$50
- Cap race morning with a mimosa and brunch bites, presented by PNC Bank
- Run the scenic Mississippi River course starting & finishing at Minnehaha Park
- Free training, brought to you by our official training partner, Trackster
- As always, kids 18 & under run free!

REGISTER AT TCMEVENTS.ORG

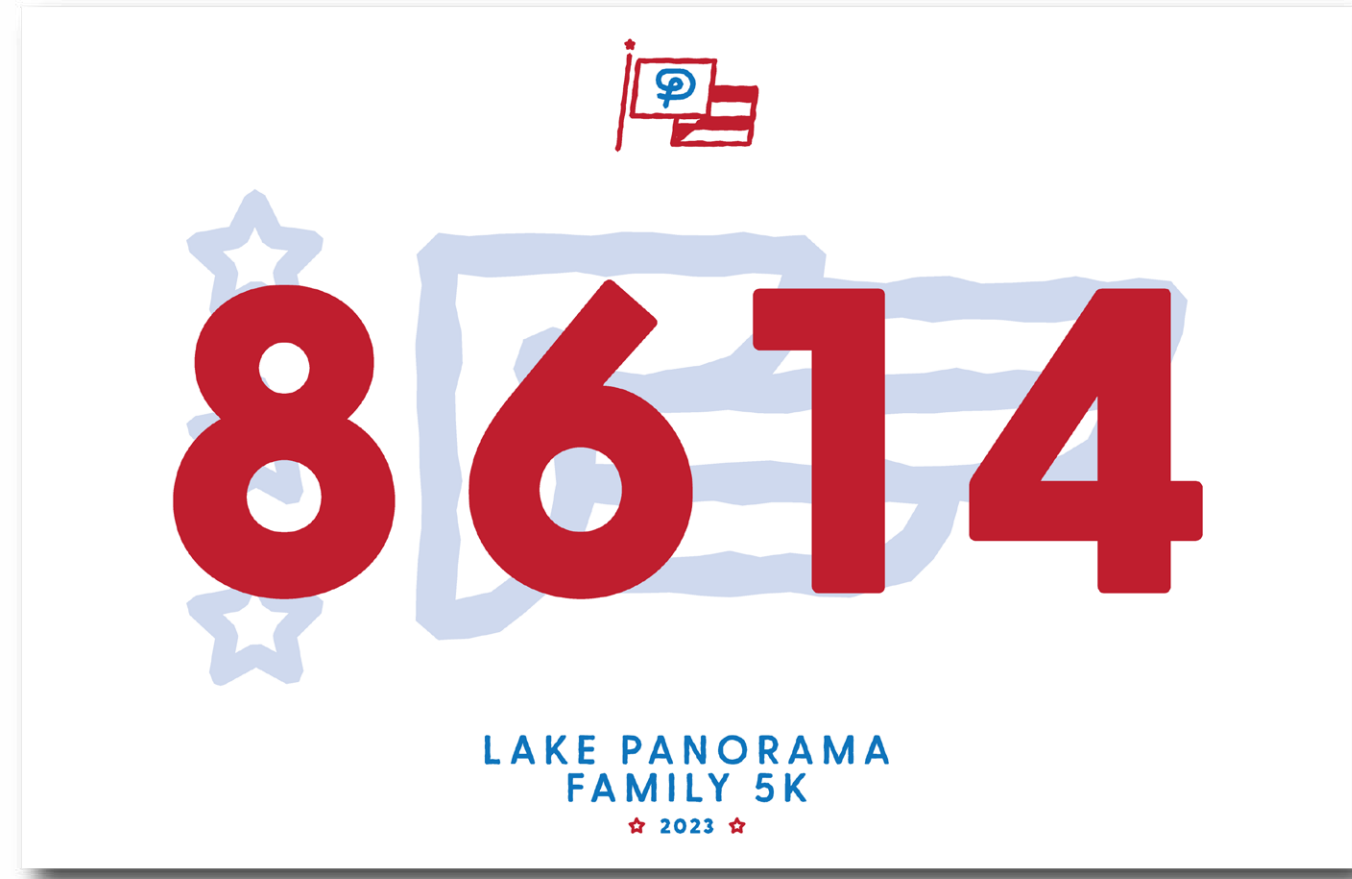




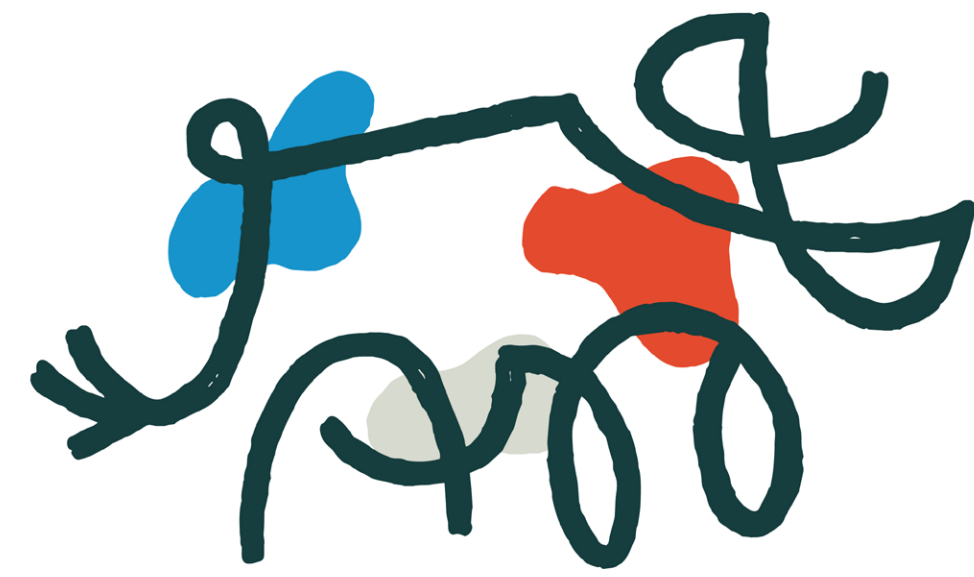
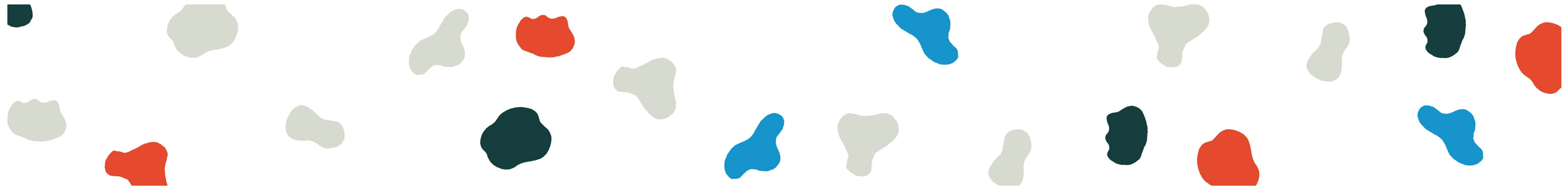
LAKE PANORAMA FAMILY 5K - ICONS



LAKE PANORAMA FAMILY 5K - RACE BIBS, HAT, PARTICIPANT SHIRT







YUMMYLK - CHEESE PACKAGING. MILK PACKAGING. STAFF APRON





DIANE & ALAN PAGE
COMMUNITY CHEER
CHALLENGE



TCM MEMBERSHIP

NEW BENEFITS FOR 2024 MEMBERSHIP!

TCM Members play a vital role in the Minnesota running community. They help Twin Cities In Motion engage the community through movement for a healthier society—both socially and physically—for all.

TCM Membership is great for the running community and great for you! In 2022, TC Kids Run Free program, where kids 18 and under run for free at TCM events, launched thanks to previous donors—and our founding members! Starting **October 24**, there will be three membership levels to enjoy TCM benefits and make an impact on our vibrant running community.

	BRONZE \$60	SILVER \$120	GOLD \$240
TCM online store discount	x	x	x
Partner discounts	x	x	x
Discount on Run Minnesota marathon training program	x	x	x
Lowest pricing anytime for 2024 TCM events	x	x	x
Guaranteed non-complimentary entry into the Medtronic TC 10 Mile		x	x
An exclusive piece of swag mailed to your doorstep			x
	<small>(Tax deductible: \$60)</small>	<small>(Tax deductible: \$120)</small>	<small>(Tax deductible: \$240 minus value of thank-you gifts)</small>

**2024
RUNNING
START
REGISTRATION**

EARLY MARATHON REGISTRATION STARTS *SUNDAY, OCTOBER 1!*

Get the best price for the 2024 Medtronic Twin Cities Marathon.

Limited spots available at the lowest prices we'll offer.

After celebrating your marathon weekend, mark your calendars and commit to your next running journey!

[Visit tcmevents.org to register!](http://tcmevents.org)

Medtronic

MEDTRONIC TWIN CITIES MARATHON WEEKEND

ON COURSE CHEER CHANNEL

Presented by Medtronic

**INVITE YOUR LOVED ONES
TO CHEER FOR YOU - FROM NEAR OR FAR!**

Family and friends can record and submit a cheer video from any device Friday, September 8 – Friday, September 29 at 9 p.m. CST

On race day, videos play when triggered by a participant crossing a timing mat at 30K (~18.6 Miles)

Put a smile on your face when you receive personal cheers on course from those you love most!



Scan here to submit a video today!







MEDTRONIC TWIN CITIES MARATHON WEEKEND



2024 TCM CALENDAR OF EVENTS

HOT DASH | Saturday, March 23
5K, 10K, and Kids' Distances

GET IN GEAR | Saturday, April 27
5K, 10K, Half Marathon, and Kids' Distances

PNC WOMEN RUN THE CITIES | Saturday, May 18
5K, 10K, 10 Mile, and Kids' Distances

MEDTRONIC TWIN CITIES MARATHON WEEKEND | October 5 - 6
Marathon, 10 Mile, 10K, 5K, and Family Events

DICK'S SPORTING GOODS TURKEY DAY 5K | Thursday, November 23

REGISTRATION OPENS DECEMBER!

TWIN CITIES IN MOTION - VARIOUS APPAREL CONCEPTS



TWIN CITIES IN MOTION - VARIOUS APPAREL CONCEPTS





BELL'S NO HEARTED IPA - PACKAGING CONCEPT





**100% Centennial.
0% Alcohol.**

BELL'S NEW NON-ALCOHOLIC IPA
CONTAINS LESS THAN 0.5% ALCOHOL BY VOLUME

NO HEARTED IPA® AND BELL'S® ARE TRADEMARKS OF BELL'S BREWERY, INC.