LIFE TIME TORCHLIGHT
MINNEAPOLIS 5K RUN

RUN WITH FIRE
DOWNTOWN MINNEAPOLIS

TORCHLIGHT5K.COM
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THANK YOU TO OUR SPONSORS AND PARTNERS!

MEDIA CONTACT
Those requesting official statements, media-related access to the venues or have general event related questions, please contact Amy Williams, PR Liaison, at awilliams2@lt.life
SUMMER IS HERE!

Welcome to the 2019 Life Time Torchlight 5K. We have an incredible event in store for you as we welcome over 5,000 athletes to the heart of Minneapolis.

To ensure that your experience is second to none, please take a few minutes to read through the information found within this Athlete Guide.

We are proud to offer you one of the most unique running events in Minneapolis and we can’t wait to have you experience why the Torchlight 5K made the BibRave 100 list of top races in the United States.

Torchlight 5K isn’t just a race, it’s a party! Kicking off the Aquatennial CenterPoint Energy Torchlight Parade, you’ll start in front of the Minneapolis Convention Center near Nicollet Mall and wind through the downtown Minneapolis streets lined with the Aquatennial parade crowd all the way to the Mississippi River. Heading west along the river, you’ll take in the breathtaking views of Mill Ruins Park, Stone Arch Bridge, St. Anthony Falls and the Boom Island Lighthouse as the sun sets into the twilight and you arrive at Boom Island Park for our legendary Torchlight Finish Festival!

Life Time would like to thank all our supporting sponsors along with the City of Minneapolis and the Minneapolis Downtown Council, especially Keith Beitz, Minneapolis Park & Recreation Board, Lieutenant Kevin Stoll and Sgt. Beth Mota - Minneapolis Police, Minneapolis Park Police and Shane Morton, City of Minneapolis Traffic and Engineering. Additionally we want to extend an immense and heart-felt appreciation to the more than 100 volunteers who will be out there supporting your efforts and celebrating your dedication. Torchlight 5K would not be possible without them.

It is an honor and a privilege to have each and every one of you at our race. We wish you a successful and safe evening.

Sincerely,

Your race crew:

Event Operations:
David Janoweic, Race Director
Sam Lyons, Event Production
Jody Delorit, Event Production
Catalina Mendieta, Athlete Services
Mike Melley, VP Operations

Event & Partnership Marketing:
Maxwell Kuzara, Marketing Associate
Sara Mahan, Partnership Activation Manager
Kip Rakos, Partnership Sales
Mim Dvorsak, Partnership Sales
Shannon Murphy, Partnership Sales
OFFICIAL SCHEDULE OF EVENTS

Friday, July 12
12:00 p.m. – 7:00 p.m.   Packet Pick Up
Life Time Tri Expo
Lake Nokomis : 4955 W. Nokomis Pkwy, Minneapolis

Saturday, July 13
10:00 a.m. – 2:00 p.m.   Packet Pick Up
Life Time Tri Expo
Lake Nokomis : 4955 W. Nokomis Pkwy, Minneapolis

Saturday, July 20
9:00 a.m. – 6:00 p.m.   Packet Pick Up
Life Time St. Louis Park
5525 Cedar Lake Rd, St Louis Park

9:00 a.m. – 6:00 p.m.   Packet Pick Up
Life Time Highland Park : 2145 Ford Pkwy, St Paul

Sunday, July 21
9:00 a.m. – 6:00 p.m.   Packet Pick Up
Life Time Athletic Eden Prairie : 755 Prairie Center Dr, Eden Prairie

9:00 a.m. – 6:00 p.m.   Packet Pick Up
Life Time Fridley : 1200 E Moore Lake Dr, Fridley

Monday, July 22
10:00 a.m. – 6:00 p.m.   Packet Pick Up
Life Time Target Center : 600 N 1st Ave, Minneapolis

Wednesday, July 24
4:00 p.m. - 7:00 p.m.   Race Day Packet Pick Up & Registration
Minneapolis Convention Center Room 103

6:00 p.m. - 8:30 p.m.   Aquatennial Pre-Parade Family Fun Night
Loring Park

7:20 p.m.   Start Corrals Open - Self Seeding by Pace
E. Grant St. and 1st Ave S

7:30 p.m.   Race Start
E. Grant St. and 1st Ave S

7:30 p.m. - 10:00 p.m.   Torchlight Finish Festival
Boom Island Park

9:00 p.m.   Awards Ceremony
Torchlight Finish Festival Stage

ATHLETE TRACKING
Make race day better with the free Athlinks App

- Keep up to date with all the latest info on the official event feed.
- Track athletes with athlete updates
- Follow your favorite athletes.
- Share your personalized finisher certificate from the App to your social media!

Download the Athlinks app: Available in the App Store and Google Play.
*For instruction and to download click HERE!
PACKET PICK UP

Locations

Packet Pick Up & Registration will be offered at the Life Time Tri Minneapolis EXPO and Life Time club locations in the Twin Cities.

**Friday, July 12**
12:00 p.m. – 7:00 p.m.
Life Time Tri Expo
Lake Nokomis
4955 W. Nokomis Pkwy, Minneapolis

**Saturday, July 13**
10:00 a.m. – 2:00 p.m.
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**Saturday, July 20**
9:00 a.m. – 6:00 p.m.
Life Time St. Louis Park
5525 Cedar Lake Rd, St Louis Park

9:00 a.m. – 6:00 p.m.
Life Time Highland Park
2145 Ford Pkwy, St Paul

**Sunday, July 21**
9:00 a.m. – 6:00 p.m.
Life Time Eden Prairie
755 Prairie Center Dr, Eden Prairie

9:00 a.m. – 6:00 p.m.
Life Time Fridley
1200 E Moore Lake Dr, Fridley

**Sunday, July 22**
10:00 a.m. – 6:00 p.m.
Life Time Target Center
600 N 1st Ave, Minneapolis

**Race Day**
Wednesday, July 24
4:00 p.m. - 7:00 p.m.
Minneapolis Convention Center Room 103
*It is highly recommended avoid race-day lines and attend a pre-race packet pick up.*
PACKET PICK UP

All participants must pick up their race bibs prior to race start. We highly recommend attending one of the pre-race locations.

You may pick up on behalf of other participants with a copy (hard or electronic version copy) of that participant’s photo ID and/or confirmation email.

- Participants will each receive a race bib (with timing tag attached), race shirt and safety pins.
- **IMPORTANT:** Race bibs MUST be worn by all participants, on the participants front (do not place your bib on your back) and must be visible to race staff at all times. Failure to wear your assigned race bib will result in disqualification and removal from the race course.
- Do not cut, fold or alter your race bib.
- Those who plan to utilize the complimentary beer ticket at the post race party must first present a photo ID at one of the ID Check Tents located near the Start Line (recommended) or at the Finish Festival ID Check Tent. In exchange, a mandatory beer wristband will be issued and must be worn on race day.

RACE DAY LOGISTICS

RACE START

Minneapolis Convention Center
1301 2nd Ave S
Minneapolis, MN 55403

PARKING & TRANSPORTATION

The race venue is hosted in the heart of downtown Minneapolis alongside the Aquatennial CenterPoint Energy Torchlight Parade. Due to existing traffic congestion, as well as road closures throughout the venue, participants are discouraged from driving to the event. Instead, consider ride share, biking or using mass transit.
ROAD CLOSURES

Starting at 7:00 p.m., expect road closures

- 2nd Ave S. Starting at Nicollet Ave and ending at S. 2nd St.
- S. 2nd St from 2nd Ave. S. to Portland Ave
- Portland Ave between S. 2nd S. and W. River Parkway
- W. River Parkway from Portland Ave. to Plymouth Ave N
- Plymouth Ave N from W. River Parkway to Sibley St NE

PARKING

If you choose to drive and park, we advise that you confirm the parking garage rates, times and locations before race day. Posted rates at all garages will apply on race day.

Parking is available in downtown Minneapolis parking lots, including those around The Minneapolis Convention Center. Plan to walk a few blocks, up to one mile, to reach the start area.

Recommended parking is located near The Minneapolis Convention Center.

Click here to view available parking facilities online

Note: If parking in the neighborhoods around the Start and Finish areas, please pay close attention to all posted signs and placards and take caution to not block any driveways and respect private property.

POST RACE SHUTTLE

Post-race shuttle busses from the Torchlight Finish Festival to Minneapolis Convention Center will be available from 8:00 p.m. to 10:00 p.m.

Pick Up – Boom Island, corner of Plymouth Ave N. and Sibley St. NE
Drop Off – Minneapolis Convention Center
GENERAL RACE INFORMATION

START CORRALS

The Torchlight 5K will utilize a self-seeded corral and wave start. This system allows for a safe, smooth start with easy flow of participants.

Prior to the race start, participants should assemble along the north side of Hennepin Ave South of 16th Street N. near the pace sign which best fits their pace per mile.

*For example, if you run a 10 minute mile, you will want to find the 10:00 Minute Mile sign.*

Once the street is closed to traffic and race officials have set the start corrals, participants will then file into the corrals using the corral entrance located next to your pace sign.

It is important that you are in the appropriate corral - We use a formal corral start process calculating estimated pace and distance to the light rail in order to appropriately release each corral and wave of runners. This timing is critical to mitigate any participants needing to stop mid-course for the light rail crossing. While we make every effort to make this accommodation, participants must follow all course directions from safety officers.

Walkers and participants with strollers - any type of connected-leashed participants - must line up in the walker/stroller corral.

Estimated Start Corral Schedule:

- 7:00 p.m. - Participants line up with corresponding pace sign
- 7:20 p.m. - Start corrals open
- 7:30 p.m. - Start corrals close - all participants
- 7:30 p.m. - Race Start - Wave 1 - Pace sub 6 min & 7 min/mile
- 7:32 p.m. - Wave 2 - Pace 8 min/mile
- 7:36 p.m. - Wave 3 - Pace 9 min/mile
- 7:40 p.m. - Wave 4 - Pace 10 min/mile
- 7:45 p.m. - Wave 5 - Pace 11 min/mile
- 7:48 p.m. - Wave 6 - Pace 12 min/mile walkers/strollers

*All participants must be lined up in their corral by 7:30 p.m. As one wave starts, the subsequent waves move forward.*
TORCHLIGHT FINISH FESTIVAL

As soon as the first torch blasts at the start line, the legendary Torchlight Finish Festival kicks into high gear with the energetic and rockin’ performance of local cover band, Brat Pack Radio!

Held in Boom Island Park, the Torchlight Finish Festival is open to all participants, spectators, friends & family.

Upon crossing the Finish Line, participants will receive their reusable finisher bag with sponsor goodies and NEW this year, a glow-in-the-dark finisher medal! You’ll want to visit all the Finish Festival sponsors and vendors to fill up your bag.

Your race bib is the key to your complimentary post race snack. Drinks provided by Michelob ULTRA. Be sure and have your sandwich/drink tabs ready, and we recommend visiting the ID Check Tent located near the Start Line before the race to avoid having to wait in lines post-race.

New this year participants, over 21 years of age, will be able to choose between Michelob ULTRA, Goose Island IPA, and Truly Spiked Hard Seltzer.

The party continues until 10:00 p.m. - so sit back, play the various lawn games, and enjoy the camaraderie and energy of the Torchlight Finish Festival. This is what a Minneapolis summer is all about.

**21 + wristband must be work in order to be served alcohol. ID tents are located near the start line and adjacent to the Beer Tent. Please drink responsibly.**
COURSE DETAILS

The Life Time Torchlight 5K starts near the Minneapolis Convention Center and follows the Aquatennial’s CenterPoint Energy Torchlight Parade route with an up-close and personal view of the Minneapolis skyline.

The course takes a turn onto S 2nd Street to Portland Avenue on to W River Parkway through the historic Mill District offering beautiful views of Gold Medal Park, Mill Ruins Park and the mighty Mississippi River while running past the Stone Arch Bridge and picturesque Saint Anthony Falls.

The final stretch brings you over the Plymouth Avenue bridge, past the Boom Island Lighthouse and into the breathtaking Boom Island Park with gorgeous views of the Minneapolis skyline where you’ll celebrate and party into the night in Boom Island Park.

COURSE SAFETY

Participants should keep right and run no more than 2 abreast while running on the course to allow for safe passing.

Please be aware the course does pass over the light rail tracks and every effort is made to time each start wave so participants do not have to stop for the light rail to pass. However, some participants may be held momentarily to allow for the light rail passing.

For your safety and the safety of others, please be courteous and yield at all intersections as well as follow directions from all course marshals and public safety officers.

Participants with strollers are welcome, however you must start in the 12:00 min/mile and walker corral. Those participants with strollers are asked to stay to the right of the course.

Anyone with special needs is encouraged to reach out to Athlete Services at mnevents@lt.life prior to race day to make proper arrangements based on their individual needs.

COURSE TIME LIMIT

While there is no maximum pace per mile required for this event, all participants must cross the Finish Line no later than 9:00 p.m.
AID STATIONS

There will be a total of 2 aid stations along the 5K course as well as the Start/Finish areas. Each station will include:

- Hydration: Water, Gatorade Endurance Formula
- Portable Toilets
- Medical Team equipped with First Aid at all locations

Gatorade Endurance is a proud partner of the Life Time Torchlight 5K, helping fuel runners to the finish line. Grounded in years of hydration and sports nutrition research, Gatorade Endurance products are developed to meet the specific needs of endurance athletes.

RESTROOM FACILITIES

Portable toilets will be available at the start (located near the Minneapolis Convention Center), finish and at aid stations along the course.

SAG SUPPORT AND BACK OF THE PACK CREW

The Back of the Pack Crew will signify the end of the runner field. They will not start timing until the last person crosses the start line and will be with you throughout the race. This crew will support runners in need of any assistance.

MEDICAL SUPPORT

Medical assistance will be available at each aid station along the route. In addition, a medical facility will be located near the Finish Line. Participants requiring greater medical assistance may be transported to one of the nearby hospitals, and will be billed by the hospital and ambulance provider. Choice of hospital is at the sole discretion of the on-site medical personnel.

IMPORTANT! Each participant must complete the medical information form on the back of their bib. Please take time to fill out your medical information and provide emergency contact information. This makes your information available to health care professionals in the event you are unable to communicate with them. Bibs must be worn and fully visible on the front of your body.
EVENT ALERT SYSTEM (EAS)

This race will employ the EAS system, encompassing a color-coded system to display current event conditions.

Participants will notice flags posted throughout the race venue, as well as at each mile marker and Aid Station on race day.

<table>
<thead>
<tr>
<th>ALERT LEVEL</th>
<th>EVENT CONDITIONS</th>
<th>RECOMMENDED ACTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>EXTREME</td>
<td>EVENT CANCELED/EXTREME AND DANGEROUS CONDITIONS</td>
<td>PARTICIPATION STOPPED FOLLOW EVENT OFFICIAL INSTRUCTIONS</td>
</tr>
<tr>
<td>HIGH</td>
<td>POTENTIALLY DANGEROUS CONDITIONS</td>
<td>SLOW DOWN / OBSERVE COURSE CHANGES / FOLLOW EVENT OFFICIAL INSTRUCTION / CONSIDER STOPPING</td>
</tr>
<tr>
<td>MODERATE</td>
<td>LESS THAN IDEAL CONDITIONS</td>
<td>SLOW DOWN / BE PREPARED FOR WORSENING CONDITIONS</td>
</tr>
<tr>
<td>LOW</td>
<td>GOOD CONDITIONS</td>
<td>ENJOY THE EVENT BE ALERT</td>
</tr>
</tbody>
</table>

LOST AND FOUND

Life Time is not responsible for any lost or stolen items. We encourage everyone to turn in found items at the Results Tent, where owners can claim their lost items. Unclaimed items will be donated to charity 30 days after the event.

VOLUNTEERS

Special thanks to all of the individuals and groups of volunteers who are joining us in supporting the thousands of athletes at the Life Time Torchlight 5k! This event wouldn’t be possible without the hard work and dedication of more than 200 volunteers. Be sure to take a minute and thank a volunteer!

Volunteering is a great way to get a close-up and behind the scenes view of the event, so encourage your friends and family to join the fun by signing up here!
ATHLETE TRACKING

The Life Time Torchlight 5K has partnered with Athlinks to add to your race experience and allow your friends and family to share in your race day.

Athlinks brings you enhanced real time athlete updates using on-course timing data.

FOLLOW THE OFFICIAL EVENT FEED

1. Keep up to date with all the latest info on the official event feed
2. Select the Life Time Torchlight 5K from the DISCOVER tab
3. Select FEED tab in the navigation bar
4. To receive push notifications, tap the FOLLOW button

Track athletes on course with athlete updates

1. Select the Life Time Torchlight 5K from the DISCOVER tab
2. Select TRACKING tab in the navigation bar
3. Search for athlete by name or bib number
4. Tap + button. Repeat steps 3-4 for more athletes if you wish
5. Tap DETAILS tab to see athlete’s progress

SHARE YOUR FINISHER CERTIFICATE ON FACEBOOK

1. Select Life Time Torchlight 5K from the DISCOVER tab
2. Select RESULTS tab in the navigation bar
3. Search for result by name or bib number. Select a result.
4. Tap SHARE to share to Facebook!
TIMING / AWARDS

RACE RESULTS

Live race results will be available at the Athlinks Results Tent on race evening and within the Athlinks App. Results will be updated regularly online throughout the evening as results are certified.

OVERALL AWARDS

Awards will be distributed on stage to the top three overall male and female finishers within the 5K.

While we do not offer age group awards, the race results will display rankings within category for the following age groups:

5K Age groups (5 Year Age groups)

• Ages 19 & under • Ages 20-24 • Ages 25-29 • Ages 30-34
• Ages 35-39 • Ages 40-44 • Ages 45-49 • Ages 50-54
• Ages 55-59 • Ages 60-64 • Ages 65-69 • Ages 70-74
• Ages 75 & Up

FINISHER’S MEDALS

NEW in 2019! Every finisher of the 5K race will receive a glow-in-the-dark Torchlight 5K finisher medal for the first time in Torchlight history! Participants can get their medal in the finish chute after they cross the finish line.

COMPETITIVE TEAM CHALLENGE

Local racing teams, running groups, running clubs, and whoever else is feeling fast are invited to participate in the NEW Competitive Team Challenge to compete for bragging rights, glory, and prize money!

Life Time is excited to support the Minnesota running community’s local racing teams and developing athletes. Each team participating in the Competitive Team Challenge will be eligible for the team prize purse, which is as following:

1st Place - $1,000 2nd Place - $500 3rd Place - $500

The Competitive Team Challenge is scored using age graded percentages making the competition completely age and gender neutral so the best team wins. Good luck to all participating teams!

AWARDS SCHEDULE

9:00 p.m. - Torchlight Finish Festival Stage

Note: Overall awards will be based on clock time and presented as such. All age group rankings are based on chip time (NOT clock time) and will be identified within results once the timer has confirmed official results.
CLOCK TIME VS. CHIP TIME

Clock time, otherwise known as gun time, commences when the race begins and ends when you cross the Finish Line timing mat. Overall male and female winners of the 5K distance are determined by the fastest clock time.

Your Chip time begins when you cross the Start Line timing mat and ends when you cross the Finish Line timing mat. Age group rankings are determined by the fastest chip time in each division.

RACE PHOTOS

Athlinks will photograph you multiple times throughout the course as well as before and after the race. Be sure to smile when you see the photographers and make sure your bib number is clearly visible so they will be able to identify you. Photos can be downloaded post-race via the race website. Allow 24-48 hours for processing and upload time.

GROUPS PROGRAM

Captains of groups with 15 participants or more - be sure and visit the Life Time Athletic Events tent in the Torchlight Finish Festival. This is where you will receive your group’s free gift - a Life Time Torchlight 5k insulated wine cup.

*The Groups Program is available to the first 400 group participants to register or to the groups who’s group members have all registered by July 23rd at 5:00pm, whichever comes first.

HEALTHY WAY OF LIFE CORPORATE CHALLENGE

The Healthy Way of Life Challenge, where corporate groups compete for local bragging rights and top prizes, is a complimentary program open to non-elite, 5K distance participants. All team members must be registered for the Life Time Torchlight 5K under your corporate team name with your corporate team registration code. A monetary donation will be made to Mile in My shoes in the name of the top three corporate teams.

• Team members are also eligible for individual awards, within their respective age group category.

• Healthy Way of Life Challenge teams are not eligible to also participate in the Torchlight Groups Program.
FAQ’s

Q: Is registration still available for the race?
A: Registration is available for the 5K. Registration is available online, and at Packet Pick Up. Registration will be available on race day, based on availability.

Q: Can I exchange my T-shirt if it does not fit properly?
A: In order to ensure that all athletes receive the size that they ordered exchanges will not be made at Packet Pick Up. On race day, we will host a shirt exchange at the Results Tent after the race and exchange while sizes remain. Race staff cannot guarantee availability of all sizes other than those ordered at the time of registration.

Q: Can I defer until next year?
A: Deferrals allow a participant unable to attend this year’s event to transfer their registration to the following year. The deferral is applied only to the event in question, in this case the 2019 Life Time Torchlight 5K. Should you need to defer, please visit our Deferrals page for more instruction.

Q: I have a friend who cannot participate in the event, can I take his/her place?
A: No. Each participant must have his/her own registration. In the event of an emergency, race officials must have emergency contact information on hand, therefore you are NOT allowed to participate using another person’s registration. There are NO exceptions. Failure to follow this policy will result in disqualification from this event and future Life Time events.

Q: Will there be on-site parking?
A: Please see the “Parking” section of this guide.

Q: Can a friend pick up my packet?
A: Yes, they will need to provide us with a copy of your photo ID (a mobile copy will suffice) and/or confirmation email. No exceptions.

Q: I did not receive a bib number. What do I do?
A: Don’t worry! Bib numbers will be given out at Packet Pick up. Remember to bring a valid I.D. to receive your race bib, participant shirt and bib number.
Training takes guts.

Multi-strain digestive & immune support
Non-GMO • Gluten free • Soy free • Vegan

up4Probiotics.com