



Thank you for signing up for the TMC A-Mountain Events! There are a lot of moving parts for this Downtown-area event, so to ensure that you have a fun and safe race experience please take a few minutes to read all the race weekend information.

You can find updated information at the race registration page here:

<https://runsignup.com/Race/AZ/Tucson/TMCGetMovingTucson>.

Changing Distance: There are four separate events:

- TMC A-Mountain Half-Marathon
- TMC A-Mountain 4-Miler
- Free SAR FitKidz Mile, for children 12-and-under
- Free COX Family Mile, for all milers 13-and-over
 - Parents can accompany their children in the FitKids Mile without registering, but if you sign up for the Free COX Family Mile you can use your race number for the discounted food and drink

At this point, if you need to change your distance please tell the volunteers at packet pickup if you need to change your distance. At this late date, deferrals or refunds or not available.

Table of Contents:

- On Course Emergencies
- Saturday Packet Pickup, Race Day Parking and Race Day Schedule
- Sponsors
- Souvenirs + what to do if you cannot make race day
- Race Day Discounts, Food, and Miscellaneous Details
- TMC A-Mountain Route Details
- TMC 4-Miler Route Information
- TMC Half-Marathon Route Information
- COX Family Mile and SAR FitKidz Route Information
- Mercado Annex Staging Area Information and Reminder about Parking
- Awards: Cash for top finishers and Running Shop Gift Card to age-groups
- Fundraising
- Maps

We're delighted to produce this in partnership with our friends at the [Southern Arizona Roadrunners](#). If you are new to the running community and want to find a running group in the region, please [click here](#) for our list of organizations, training groups and clubs in Southern Arizona. OK -- remember to eat well, stay hydrated, and get a good night's sleep before race morning!

Run Tucson's Randy and Tia Accetta

randy@runtucson.net | tia@runtucson.net | www.runtucson.net



ON-COURSE EMERGENCIES

If something untoward happens while you are on the race course, here are steps:

- In all on-course emergencies, call 911 and explain your location and the situation.
- In less extreme cases, flag down a volunteer or ask a fellow runner to flag a volunteer.
- All water stations will have a first aid kit.
- Tucson Police Department is on site for other emergencies.
- A dedicated ambulance will be at the finish line.

PACKET PICKUP, REGISTRATION, AND RACE WEEKEND SCHEDULE SATURDAY, OCTOBER 19TH: REGISTRATION AND PACKET PICKUP

10:00 am - 1:00 pm, at The Running Shop, 3055 North Campbell Ave

- Yes: Early registrants pick up their shirt, medal, and race shirt.
- Yes: Shirt sizing is first come, first served. Shirts are in both "women's cut" and "unisex" cut.
- Yes: Someone can pick up your shirt and race number for you
- Yes: The Running Shop will have sale shoes and other great items available.
- Yes: It will probably be crowded, so please be patient and please be kind to the staff and volunteers on hand.

SUNDAY MORNING PARKING

Mercado Parking Lots: The Mercado will charge \$5 per vehicle for parking on their three nearby parking lots. Black Knights Security will handle this parking. Cash is faster and easier, but they take other standard forms of payment.

Street parking: There is nearby street parking, but please be mindful of following all traffic laws. Do not block driveways, train tracks, or hydrants. Be kind to neighbors.

Lot Parking: Consider the lots on the Bonita/Commerce Loop, about a 10 minute walk from the race start. Click [here](#) for a map of Downtown Tucson parking lots.

SunLink: SunLink service does not start until 8:00 am, but after the race the free SunLink may be a good resource to get back to the Downtown and UofA areas.



SUNDAY, OCTOBER 20TH, RACE MORNING SCHEDULE

5:30 - 6:00 am Registration and Packet Pickup at the Mercado Annex, 267 South Avenida del Convento

- All race numbers, medals, and shirts will be at the Run Tucson registration tents inside the Annex Courtyard, adjacent to the start/finish line
- See below for parking information

6:20 am: Start line announcements, National Anthem by *Kids Unlimited*

6:30 am Sunrise Start TMC Half-Marathon and TMC 4-Miler

- We will start both events at the same time, heading west on Cushing Street, facing A-Mountain

8:00 am Post-Race Concert kicks off

- Music by Barnaby and the Butcher at the Annex Main Stage
- Discounted beverages at Westbound Bar and Bottleshop: bring your race number
- Discounts to Decibel Coffee at the Annex and La Estrella Bakery in the Mercado: bring your race number

8:30 am FitKidz Mile and Cox Family Mile (approximate starting time, depending on when TPD clears us for the roadways)

- Pick up your race number at the registration tables in the Annex
- Parents can run with their children, but if you sign up for the Free Cox Family Mile you can use your race number for the discounted food and drink
- Visit the SAR FitKidz tent for all FitKidz goodies

10:00 or so Awards at MSA Annex Main Stage

- TMC A-Mountain Half-Marathon and 4-Miler Age Group awards courtesy of The Running Shop
- TMC A-Mountain Half Marathon prize money courtesy of TMC and Run Tucson

10:00 am Runners and walkers need to pass the 12 mile check mark, with public safety administered by the City of Tucson

10:30 am Finish Line closes (approximate time, providing four hours to complete the half-marathon before the Tucson Police Departments needs to open the roadways)

11:00 am Clean up and break down as the MSA Annex gets ready for the afternoon's activities



Post-race through November

Shirts and medals of registrants who cannot make race weekend will be available at The Running Shop, 3055 North Campbell through the end of November. T-shirt sizing first come, first served.

Please remember that it is difficult for us to manage individual requests for souvenir management; thus, we cannot mail race souvenirs or promise the ability to hold items for a participant.

We're super grateful to Lucas Tyler and the whole crew at The Running Shop for all the help with this event.

SOUVENIRS



You can pick up your souvenirs at any of the packet pickup times. While we try to provide good customer service, please note that we are not able to make additional special accommodations such as mailing individual items or having them available earlier. If you need to, please send a friend to snag your items at the locations and times announced below . . .

SOUVENIR MEDAL: The first 1300 registrants in the TMC A-Mountain Half-Marathon and 4-Miler will receive the beautiful stained glass souvenir medallion.

NOTE: While we appreciate the idea of a *finisher's* medal, we want to make sure that all of you who registered early receive your souvenirs, so the medal

SOUVENIR SHIRT: The first 1300 registrants in the TMC A-Mountain Half-Marathon and 4-Miler will receive the white technical long-sleeve shirt. The shirts come in both crew and v-neck cuts.

NOTE: We do not currently know whether these customized shirts will run true to size, run small, or run large, so we cannot promise the perfect size for all participants. We try to have the appropriate amount of sizing, but we give out shirts in first-come, first-served order.



RACE WEEKEND SNACKS AND DISCOUNTS

Natural Grocers at the Race: We're thrilled to have Natural Grocers on hand. They've been providing snacks and goodies for your post-race refreshment at many of our events. Check out any of the 4 Natural Grocers locations in town.

SKRATCH After the Race: Thanks to SKRATCH LABS for being on hand after the race with hydration and other goodies!

Snacks After the Race: Thanks to Tucson Medical Center, we will have individual servings of cookies, pretzels and granola bars, and other sweet and salty carbohydrates.

Westbound After the Race: Thanks to Tap & Bottle's Westbound for opening their bar and providing dollar-off discounts to all race participants in the MSA Annex.

Decibel Discount: Thanks to Decibel Coffee in the MSA Annex for providing runners with a 10% discount on race morning.

La Estrella Discount: Thanks to La Estrella Bakery in the Mercado for providing a race morning discount on their yummy sweets -- be sure to visit them in the Mercado.

Raising Canes: We're thrilled to have Raising Canes join us as a sponsor this year. We had a blast with them at the TMC Meet Me Downtown 5k, so be sure to check out their tent and snag some goodies.

MISCELLANEOUS, including weather, timing, pets, headphones and more

Weather: It promises to be cooler at the race start, with temperatures getting a bit hotter by mid-morning. Consider using sunscreen, wearing sunglasses and a hat, and carrying hydrating beverages with you that include sodium and electrolytes.

Timing and Race Number: Please use the provided safety pins to attach your race number to the front of your race day shirt.

Timing will be done by Greg Wenneborg and Roadrunner Race Timing. See www.roadrunnerracetiming.com for live race results.

Gabe Zimmerman Triple Crown: This is the 3rd and final leg of the 2024 Gabe Zimmerman Triple Crown, raising over \$4000 for BEYOND-Tucson.

Running Shop/Mizuno SAR Grand Prix: The TMC Half-Marathon is on the Running Shop/Mizuno SAR Grand Prix. See www.runsar.org for details.



Photography: Special thanks to Damion Alexander of Long Realty and John Harris for providing snapshots from the race. We'll send out details on how to access photos after the race.

Watch for Vehicles: Although we have permits from the City of Tucson and Pima County, this course still traverses public streets -- please keep an eye out for vehicles and other potential hazards that are common to urban running, such as potholes, speedbumps, bikes, other pedestrians, and the like.

Strollers: Strollers are welcome -- but for safety's sake, please be careful of the downhill portion of A-Mountain -- and watch for the speed bumps!

Post-Race Party: The weather looks perfect for hanging out with the headline band, Barnaby and the Butcher at the post-race party, with post-race snacks, discounted beer, and more fun activities planned for the staging area at the Mercado Annex.

Social Media: Please tag [@runtucson](#) and [@runsar](#) and [@rrca](#) with any instagram posts -- you can use hashtags #tmctucson10k or #tucson10k or #gabezimmermantriplecrown or anything else you want . . .

PortoJohns at start: Stamback will place portojohns in the parking lots just north of the Mercado Annex. Remember, the lines go faster the closer you stand to the doors -- thus, make multiple lines that are right near the front of the units!

Headphones: Please be mindful of personal and route safety and consider not wear headphones that block your ability to hear, especially if pushing a stroller. If you want to win prize money, please see the [regulations](#) regarding head phones.

Pets: Pets are not allowed on the race course and are only allowed on the course staging site following City of Tucson regulations.

HALF-MARATHON ROUTE DETAILS

Water on the Route:

- Water at the A: There will be a water stop at the top of A-Mountain, near the 2-mile mark. Thanks to the Salpointe High School Cross Country team for managing this water station.
- There will be a water stop at the 4.5 and 12 mile mark, as you enter The Loop riverpath just north of Starr Pass Blvd. Thanks to the Sabino High School Cross Country team for managing this aid station.



- There will be a water stop on The Loop, at approximately the 7 and 10 mile marks in the Half-Marathon, near Ajo. Thanks to the UofA Neuroscience students for managing this aid station.
- For public health reasons, it is best if every runner brings their own hydrating beverage for their run.
- If you will be more than 2 hours, make sure to have sports drinks with electrolytes and sodium.

PortoJohns on the Route

There will be two portojohns on the half-marathon course: one will be at the about the 4.5 mile mark and 12.2 mile mark.

One will be at the water stop that is at about the 6.5 mile and 9 mile marks in the half-marathon



Markings

The route will be chalked, so please keep an eye out for arrows and mile markers chalked on the ground.

Loop Turn Around for Half-Marathon

- The Loop turn-around: Roadrunner Race Timing will have a timing mat and an arch at the turn-around point, on the Loop about 600 yards south of Irvington.
- Those who don't go through the arch and around the turn-around sign at the timing mat will be disqualified.
- When you're on the Loop, you can run on the dirt adjacent to the paved path -- however, do not use the dirt to cut the course. Cutting the course is grounds for disqualification.

Watch for Bikes: Events are not allowed to hard-close The Loop, so when you're on the Santa Cruz Riverpath please keep an eye out for bike riders and others that may share the space.



FOUR-MILER ROUTE DETAILS

Water at the A: There will be a water stop at the top of A-Mountain, near the 2-mile mark. Thanks to the Salpointe High School Cross Country team for managing this water station.

Stay Right: All runners are asked to stay to the right -- when heading up A-Mountain, stay to the right -- when heading down A-Mountain, stay to the right!

When you're on the Loop path heading south, stay to the right and after the turn-around, continue north and stay to the right.

Grande Split near Mile 3.75

After you come down A-Mountain, the half-marathoners and 4-milers will split up at Grande Avenue and Spruce.

Half-Marathoners: turn right on Grande and head south past the roundabout on southbound Grande.

4-Milers: go straight through the intersection at the round-about and head east to Cushing to the finish line arch.

Watch the Roadways: Although we have permits from the City of Tucson and Pima County, this course still traverses public streets and open multi-use paths.

Please keep an eye out for vehicles and other potential hazards that are common to urban running, such as potholes, speedbumps, bikes, other pedestrians, and the like.

SAR FITKDZ and COX FAMILY MILE

Registration and Packet Pickup: Please pick up the FitKidz Mile numbers for children 12-and-under at any of the registration locations.

All COX Family Milers will also pick up their race number at the registration locations. You can use your number for all the Annex and Mercado discounts on race day.

Extra shirts will be available for sale after the race at the Annex Courtyard.

FitKidz Goodies: Please visit the SAR FitKidz tent in the Annex Courtyard for all the FitKidz goodies, including t-shirts and post-race eegees!



Start Time: We estimate the Mile start time to be at 8:30 am, so please allow enough time to get your race number in the Annex and then get to the starting line Arch by 8:15 or so.

Route: Below is the out-and-back map. Please remind the youngsters and others to stay to the right on the way "out" and stay to the right on the way "back." There will be half-marathoners on the route, so please be mindful of sharing the road.

AWARDS

TMC GMT Prize Money in Half. Marathon: \$100, \$75, \$50 for first three men and women; \$50 to first man and woman 40+

Half Marathon Run Age Group Awards: Running Shop gift certificates to top three male and female: U19 through 80+, in 5-year increments, AG1-\$25 gc, AG 2-\$15 gc, AG 3-\$10 gc

Four Mile Walk/Run Awards: Running Shop gift certificates to Overall 1, 2, 3-\$30, \$25, \$20 gc, Masters 1 \$20 Age Groups: First Place in U10 through 70+ in ten-year increments, \$15 gc

All prize money is based on Gun Time. All Age Group awards based on Chip Timing.

All prize money winners are taken out of age group gift certificate awards.

Thanks to the Running Shop for all gift certificates.

NOTE: Participants registered in the "non-binary" division will receive placing in a Non-Binary Division, but at this writing there are no prizes in the Non-Binary division.

FUNDRAISING

Thank you for joining us in raising funds for the [Southern Arizona Roadrunners](#) and these local non-profits:

- [BEYOND-TUCSON](#)
- [STEP UP TO JUSTICE](#)
- [TEAM HOYT ARIZONA](#)