



FOR IMMEDIATE RELEASE

Twin Cities In Motion to Lead Area's National Running Day Activities
Twin Cities and USA Runners to Celebrate Reasons for Running

St. Paul, Minn. – June 1, 2015 – For the seventh consecutive year, runners in the Twin Cities and across the country will celebrate [National Running Day](#), on Wednesday, June 3, the day set aside for runners to reaffirm their love of running. Twin Cities In Motion, the organizers of the Medtronic Twin Cities Marathon and a host of running events throughout the year, will again lead National Running Day activities in the area.

Held annually on the first Wednesday in June, National Running Day is the day when runners everywhere celebrate their passion for running. It is a coast-to-coast celebration of a sport and activity that's simple, inexpensive, healthy, and fun. The day has proved to be an ideal way for longtime runners to reaffirm their love of running and for beginners to kick off a life-changing commitment.

Twin Cities In Motion is asking runners to [download](#) a National Running Day bib and to personalize it with their own personal "I Run..." statement. Runners can also pledge their National Running Day miles to charity and, just by running, donate to a national non-profit by visiting [runningday.org/charity](#). TCM encourages runners to tweet photos to [@tcmarathon](#) using the hashtag, #NationalRunningDay.

Running Room, Twin Cities In Motion's local partner for National Running Day and the official Medtronic TC 10 Mile training program, is hosting free group runs at their Uptown Minneapolis (1433 West Lake Street) and St. Paul (1068 Grand Avenue) stores at 6:00 p.m. Wednesday, where runners can enjoy light refreshments and prize giveaways, courtesy of Twin Cities In Motion and Running Room.

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About Twin Cities In Motion (TCM): Twin Cities In Motion organizes the region's premier running events, including the Medtronic Twin Cities Marathon, a Top 10 U.S. Marathon. With a mission of promoting healthy lifestyles through running events and community outreach, TCM contributes a portion of every race dollar to local youth and professional athletes and helps raise more than \$800,000 annually with its charity partners. For more information, visit us at [tcmevents.org](#), or find us on [Facebook](#) and on Twitter [@tcmarathon](#).

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