

Minneapolis/St Paul Marathon Trip Notes

October 1 – 5, 2010

I hesitate to title my reports as “marathon trip notes” in view of my priority being a tourist. This trip was no exception but was enhanced by a nice visit with friend Parker. (Parker is from Houston, I met him while commuting to Palm Beach, and he is the uncle of Marie.) Daughter Alayna was to join me but her menagerie of pets rightly had needs that came first. Friend David from Houston had to cancel at the last for his job requirements. While I missed the others, perhaps it was simply meant that



Parker and I have an uninterrupted visit. Pacer friend Marie did show up and was an added bonus in that she paced me again (last in Rio, first in Virginia Beach.)

This is Minneapolis truly built on water.

Why is this Marathon top rated?

- It sells out early and rightly so.
- Air from Newark is inexpensive and a direct flight. This is a large but convenient airport.
- Easy and inexpensive public transport system.
- Big and nice expo yet we felt lucky to be there on Friday as it was surely crowded on Saturday.
- Goody bag included a pair of 26.2 marathon “Fit Sok” socks.
- Staying in Minneapolis makes it possible to walk to the start line.
- Nice quality and designed Brooks long-sleeve technical shirt at the finish line. Even better, it came in an XS size.
- Gorgeous course along rivers and lakes and traffic free.
- The timing is at the peak of fall foliage.
- Weather was ideal at 40 start and 60 at finish -- though I heard other years has been as warm as mid-70s at the start.
- Cliff Bar Pacers are great yet they only went to 5:30 -- which worked for me until about the half way point. I love Pacer Marie who sang to us, entertained us, educated us, and made the time go all so very fast!
- Dogs and more dogs on the course. Why was this fun? Because we counted them. I quit at mile 10 when I got to 211 dogs. I’m told those that finished with Marie got to 484 dogs.
- High water tables (from flooding) making for strong currents and waterfalls and thus even better views.

Here are the two young military surgeons, brothers, I ran with after losing Pacer Marie.

And of course there’s always a downside or two, but not many here:

- The start is in Minneapolis and the finish is in St Paul, at least ten miles away.
- The pasta party is on the St Paul side so I just gave up my prepaid meal.
- A taxi from my hotel to St Paul’s expo would have been in the \$35 to \$40 range.



- The finish line closes at 6 hours though they have timed to about 6:15.
- Airport TSA had the longest line I've encountered since Las Vegas. Plus 45 minutes wait.

Results – My confidence factor for finishing before the finish line closed up and went home was very low indeed. Especially after a few high altitude and hot trail marathons full of hills and dirt. Well, having perfect weather conditions on top of a bit of rest, and a fairly easy though still somewhat hilly course gave me a 5:52 finish. The publication of results is uniquely comprehensive. Parker was very happy with his finish time too and should have been. He's working with a coach and is getting more and more confident.

Location	Race Time	Time of Day	Overall Place	Division Place	Sex Place
Time	5:52:43	14:00:43	8108/8212	5/5	3326/3394
20M	4:22:51	12:30:51	8102/8182	5/5	3332/3385
30K	4:04:19	12:12:19	8120/8200	5/5	3334/3388
13.1	2:47:23	10:55:22	8129/8191	5/5	3342/3384
10K	1:17:05	9:25:05	8119/8198	5/5	3329/3389
5K	35:44	8:43:44	7951/8200	5/5	3224/3390
GunStart	00:00	8:01:18			
ChipStart	6:43	8:08:00	5740/8212	5/5	2163/3394



Hotels

While we stayed at the Starwood/W Hotels chain in their new aLoft Hotel about 3 blocks away, the Comfort Inn was as close to the start line if not closer. The downtown Radisson and Marriott City Center would have required a very long walk or a light rail ride. Marriott's Renaissance and also the Residence Inn are at The Historic Old Depot and a nice location for touring but quite a few blocks (8?) more to walk. The aLoft is a new hotel and came to me compliments of Parker. See more about The Depot complex later.

Weather – You could blame the severe weather alert on me since they seem to follow my marathon schedule, but it turned out to be absolutely perfect weather conditions. We walked to the start at near 40 degrees and it was almost 60 at the finish.

Local Severe Weather Alert for Minneapolis, MN -- ...FROST ADVISORY REMAINS IN EFFECT UNTIL 9 AM CDT THIS MORNING... A FROST ADVISORY REMAINS IN EFFECT UNTIL 9 AM CDT THIS MORNING. OVERNIGHT LOWS ARE EXPECTED TO FALL INTO THE LOWER AND MID 30S SUNDAY MORNING...WITH FROST LIKELY. PRECAUTIONARY/PREPAREDNESS ACTIONS... A FROST ADVISORY MEANS THAT FROST IS POSSIBLE. SENSITIVE OUTDOOR PLANTS MAY BE KILLED IF LEFT UNCOVERED.

There had been major flooding and some highways and roads were closed on Saturday for my bus tour. I couldn't tell however that any of the course had changed as a result of the flooding.

At least it wasn't 99 degrees like the St George Utah marathon. Or the heat of my last few.

Touring – a priority in my traveling

These Twin Cities are certainly worth a few days and had the museums been open on Monday, I would have filled another couple days readily. I missed three that are worth returning for: the Mill Museum, the Walker Art Museum and the History Museum. Maybe more but those were one's I was sorry to miss. There are a couple more Minneapolis marathons to consider.



A historical reminder that Minneapolis-St Paul are both built on water.

Overview of the Twin Cities from the web:

A city with a history steeped in history, Minneapolis has flourished, becoming a center of trade, the arts and architecture. The gleaming Minneapolis skyline belies an effort a century ago to limit the height of commercial buildings to one hundred feet. Today, the Minneapolis skyline is home to several true skyscrapers and smaller buildings that add a unique character and charm to this Midwestern city.

The area that is now Minneapolis–St. Paul was once home to people of the Dakota Sioux Nation. A fertile valley lay between the confluence of the Mississippi and Minnesota Rivers, the area became a common stop for early French traders. As more people migrated west, the Mdewakanton Sioux ceded much of their land. By the mid 1800s, the area was completely incorporated. The US government had established several military installation in the region most notably Fort Snelling.

The abundance of water and timber combined with access to a major waterway helped to propel Minneapolis into the 20th Century. Long known for sawmills and milling, the area relied on water power to expand. It was not long before other industries settled in the area including textile and steel. Railroad access was established in the latter half of the 1800s and bridge building across the Mississippi river began somewhat earlier. With multiple transportation routes established, trade and manufacturing grew along with the population.

The Minneapolis Skyline - When it came to the construction of commercial buildings Minneapolis found itself in a very unique position. In the late 1800s, the city government instituted a restriction on the height of buildings in the city of 100 feet. The reasons for the restriction seem to stem from concerns about competition for commercially available space. Even after the limit was defied, it remained in place but was later abandoned. The result is a skyline that rivals that of many comparable cities with a combination of modern designs and old world architecture. Today, several buildings along the Minneapolis skyline approach 800 feet in height.

IDS Tower - The Minneapolis skyline is anchored by the IDS Tower. Rising over 790 feet above the downtown area, the IDS Tower was completed in 1972. The gleaming glass exterior stands out along the skyline, especially at night. Like many skyscrapers, the IDS Tower featured an observation deck but the space was eventually converted to office space.

The Capella Tower - This ultra modern skyscraper was designed in part by the world famous architect I.M. Pei. With over 1.4 million square feet of office and commercial space, this jewel of the Minneapolis skyline stands over 770 feet above South Sixth Street. It took nearly four years to complete this impressive structure that features a unique roof line that gives the building a halo effect.

Wells Fargo Center - A mere one foot shorter than its neighbor on Sixth Street, the Wells Fargo Center is a beautiful skyscraper that features a classic Art Deco design. Completed in 1988, the building shares the look and feel of other Art Deco masterpieces like the Chrysler Building and the Empire State Building in New York City.

Minneapolis City Hall - This granite classic is listed on the National Registry of Historic Places and has stood proudly along the city skyline since 1888. A beautiful example of Romanesque architecture, the building has been rehabilitated several times. In the 1940s a copper roof was added that enhances the buildings clock tower.

The Hubert H. Humphrey Metrodome is front and center in this town.

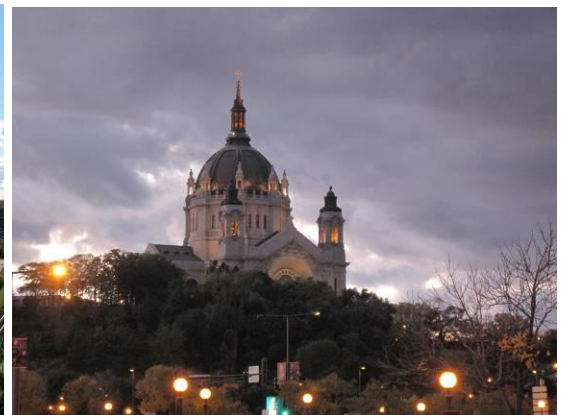


Our hotel was close, downtown is nearby, and main bus links and the airport light rail are here, as is the marathon start.

Fascinating Facts about Twin Cities

- They aren't twin cities at all. St Paul is considered the last of the country's Eastern cities with heavy late-Victorian architecture. Minneapolis has been called the first city of the American West for its broad boulevards, grid-like layout and modern architecture.
- Both cities have extensive skyway systems which must be needed in the winter. Minneapolis has 7 miles and St Paul has 5 miles linking most major buildings. I'd thought I walked all of St Paul's but obviously not.
- They might have more bike trails than any other U.S. city.
- Within 10 miles of downtown is a wildlife refuge that's one of the few places in the country with bald eagles, coyotes and beavers as next door neighbors.
- They have Mall of America, the country's largest retail complex; though I'm not sure I'd brag about it.
- Together they have over 300 parks and open spaces and over 25 miles of cross-country ski trails.
- The Metrodome is the world's only stadium so many series and super bowls.
- Major corporations include 3M, Best Buy, Cargill, General Mills, Land O'Lakes and Target.
- Home to one of the largest research universities in the country and stays world leader in technology and health care.
- There are over 1,000 lakes in the metro area and four major rivers.

Scenes from the Expo area at St Paul



I would like this older town with more charm so much that I returned for the entire day on Monday.

Searching for history in Minneapolis



Yes, among the modern skyscrapers you can find the Foshay Tower, a mid-1800s glorious hotel now taken over by one of the Starwood hotels. It was modeled after the Washington Monument and was the first skyscraper west of the Mississippi River and the tallest building in the city until 1972. Foshay built it just before the 1929 stock market crash. It is so incorporated into the cities' skyline you can see it reflected in the larger and taller modern skyscraper. Here's a picture of the interior with original tin ceilings, old chandeliers and wall engravings. We went to the observation tower and museum which was only partially open.

Everywhere are overhead walkways – and reflections



It's possible to walk miles in both cities and never leave the warmth of inside. And that's pretty important considering the temperatures are often 20 below zero. But we had such perfect weather that the streets were full of pedestrians, especially on their 1 ½ mile heated sidewalk pedestrian mall.



There was some thought that Minneapolis has been trying to catch up to Chicago. They are interesting buildings and worthy of some awards they earned in their own right.

There are some characters too

On many buildings I noticed signs saying firearms could not be brought into that particular building suggesting that they are readily carried.



Note those sneakers. And those steer horns on the gussied up cycle. This tiny diner does a big business and is historically significant.



Pedal Pub is just what you imagine – multiple bicyclists and a beer spigot. I saw quite a few of them. Then large sculptures such as this blue man. See the man (pirate) and his dog along with his lady? Who knows why? I can only imagine that they just got off the Pedal Pub.



Peanuts – he's everywhere along with his friends. Most of the bronze statuary was erected after George Schultz died. He came from the Twin Cities.

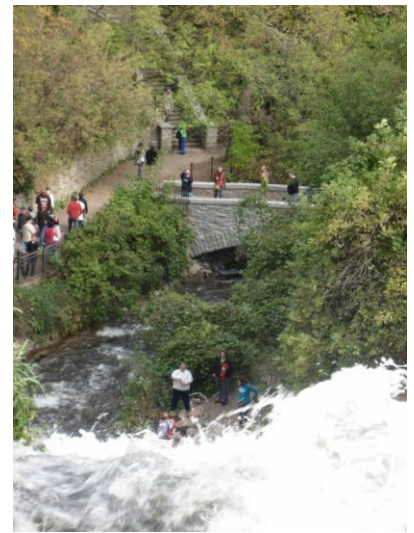


There's even a Lucy in a church yard. Lucy in the Sky?

Twin Cities – a land of extremes



There's the largest Mall in the world. Is this sick? I read that these some 500 stores draw 40 million visitors a year which is more than Disneyland, Graceland and the Grand Canyon combined. Sick! So by contrast, how is it that there's so many healthy bike trails that the Twin Cities are known for having the most miles of bike paths? There are inexpensive bike rentals where you can use your credit card and return the bike to any number of different locations. There are over 10,000 lakes in Minnesota and many in the Twin Cities. There's a 90 foot waterfall in the city limits as part of Minnehaha Park. (This was where Henry Wadsworth Longfellow wrote "Song of Hiawatha" and where I climbed down the hundreds of steps to picture the bottom of the falls.) How did the first get with the second two?



I wonder what Garrison Keillor thinks about the Mall of America? This is his home and I saw the location of his recording studio for Prairie Home Companion called the Fitzgerald Theatre. It's a 1,000 plus seat theatre with a two-story balcony and perfect acoustics and sight lines. F. Scott Fitzgerald was a St Paul native son and is honored in one of their parks too.

Fort Snelling

This would be a good tour to go through this old 1820s outpost but I didn't take the time. It sits high on a bluff over-looking the conflux of the Mississippi and the Minnesota rivers. They are noted for their reenactments where about a half million people visit and take part. Nearby is the Fort Snelling National Cemetery which is the second largest cemetery in the country with 460 plus acres and containing the remains of nearly 200,000 veterans and survivors.

Homes on Summit Avenue – next door to the governor and keeping company with the 40-some odd room display home of James J. Hill, a railroad magnate who built this five story mansion overlooking the river and St Paul. Notable red sandstone, it has 36,000 SF, 42 rooms, 13 bathrooms, 22 fireplaces and a two-story sky-lighted art gallery. It wasn't open on Monday fortunately or I'd have felt compelled to visit and tour one more place!



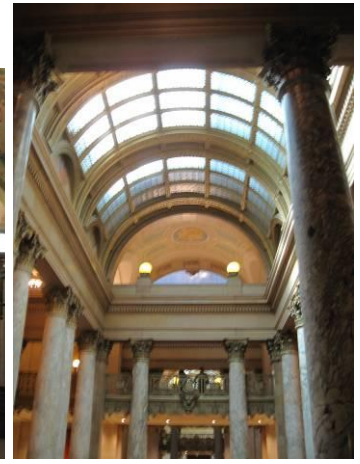
Padelford - Nor were the paddlewheel boats running their cruise tours. The Jonathan Padelford is one of the few remaining authentic sternwheelers left in operation. They'd either quit for the season or the high water problems shut them down.

This picture was taken along the waterfront by River Center, site of the expo and host hotel in St Paul.



St Paul is the Capital

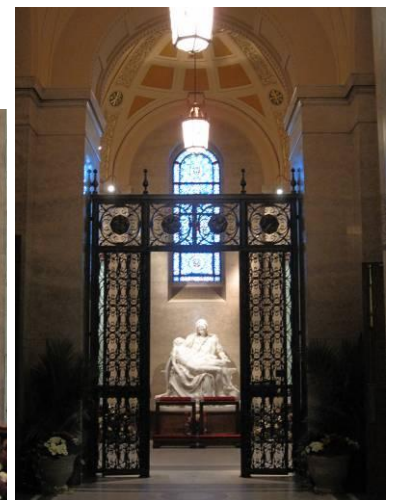
They are very proud of their capital building and should be. It's the tallest or highest in the country and was designed in mid-1800s and restored meticulously. I took a guided tour. It was the finishing location of the marathon. Its dome was also still under renovation.



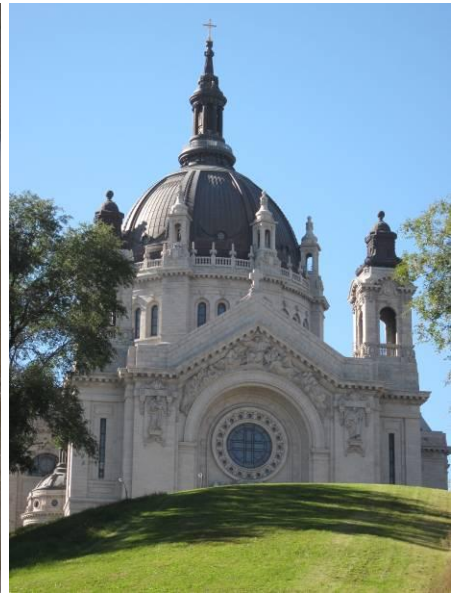
The capital was made from marbles from around the world with the floor under the dome forming multiple 'M' and 'stars' for Minnesota's north star. There were some rooms to rival a small Versailles. We were able to tour the senate chambers as well as the Supreme Court rooms.

Not to be outdone – high on the hill overlooking the town of St Paul is St Paul Cathedral

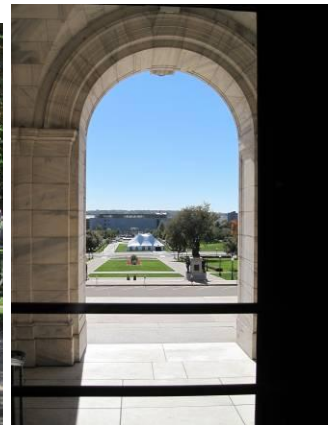
I don't know which came first, the capital or the cathedral but both are commanding and both reside high on their own hills on different sides of the city of St Paul.



It's atop Summit Hill where many of the big estates are found, and it overlooks most everything in St Paul. It's said to be modeled after St Peter's in Rome. Its cathedral features six chapels and a 175 foot dome.

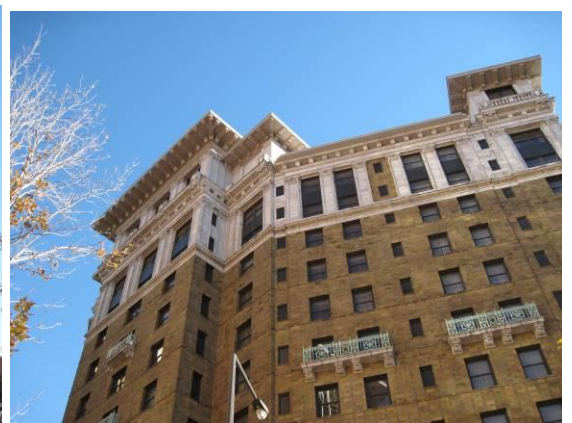


In between was a woman's memorial, the remains of the marathon's finish line, and a very long walk.



Here's the finish line from my Saturday bus tour. The women's memorial facing the capitol grounds that unfortunately looked a bit like barbed wire to me but the gardens were worthwhile. And the finish line tents from high up in the capitol's dome.

Not Twins at all -- downtown St Paul retains its historic look much more than Minneapolis





Old stone townhouses, plus new mixed with the old and the St Paul Hotel their best of the lot but a bit stuffy inside. The Landmark Center was a government building plus post office in the 1800s and now restored and used for a museum and multi-use. It is obviously famous for its castle-like appearance and is certainly distinctive. It is also surrounded by parks.

Peanuts isn't their only sculpture



Inside the gem of a city hall stands a multi storied revolving statue. In between the capitol and the cathedral is a garden and statue in memory of Charles Lindberg, while Henry Wadsworth Longfellow is commemorated in a park outside the Landmark Center. The fountains were turned off this time of the year but we had the fall foliage in return for the lack of fountain play.

Heritage Trail

On Sunday evening after the marathon I rallied sufficiently to take a long walk across a few bridges and follow the Heritage Trail. It was a highlight and I highly recommend it not only for entertainment but for marathon recovery. Let me take you on a couple hour walk

From the web: Grand Rounds Scenic Byway - St. Anthony Falls Heritage Trail, MN
 The Lower Section of the St. Anthony Falls Heritage Trail - The area that is now known as St. Anthony Falls has been a central place to cultures for hundreds of years. Because of their historic significance, the falls are a place worth stopping at today. Evolving from a Dakota spiritual ground to the center of the milling industry, St. Anthony's past is full of stories and artifacts that are being restored all along the trail today. A realization of the key role of the Mississippi River and the St. Anthony Falls brings cultures to this place century after century. Visitors to the St. Anthony Heritage Trail today are invited to take a self-guided walking tour around this historic district. Throughout the walk, visitors will find several places to stop and explore. Some of the most significant include:



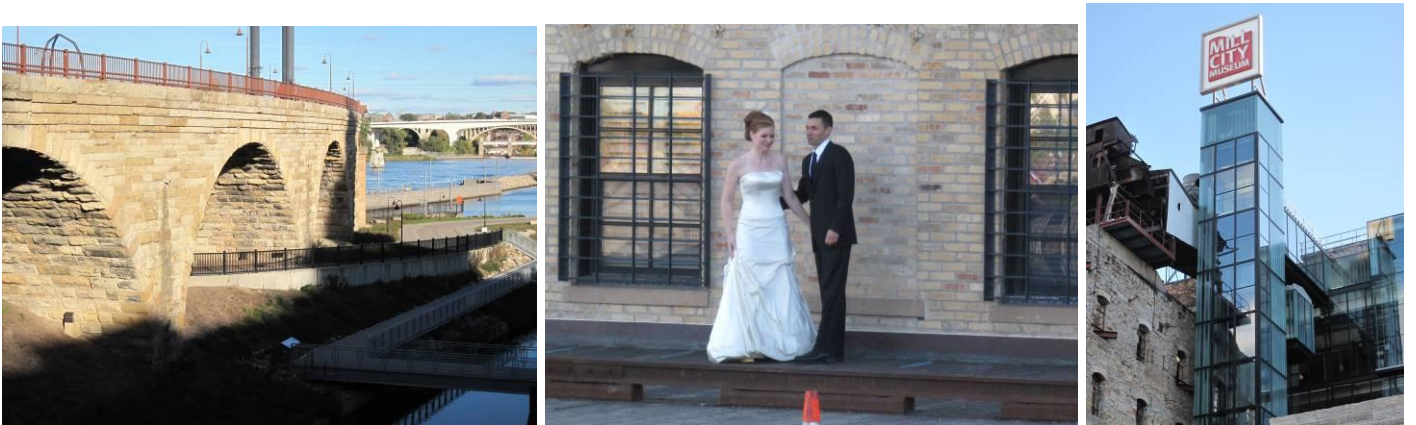
- Take a walk along the historic Stone Arch Bridge recognized as a National Civil Engineering Landmark.
- The oldest house in Minneapolis is also found near the trail. Explore the Godfrey House in St. Anthony.

- Our Lady of Lourdes Church is the oldest continuously used church in Minneapolis.
- Catch a riverboat ride on the Minneapolis Queen that docks at Boom Island.
- Stop at the observation deck at Upper St. Anthony Falls Lock and Dam during the summer months.
- Nicollet Island is the location of many historic homes and the Nicollet Island Inn.
- The Mill City Museum offers brochures, information, and many riverfront tours from the museum during the summer months.

All throughout the St. Anthony Falls Heritage Trail, visitors will find plenty of places to stop. Historic streets and buildings now house shops, cafes, and galleries for visitors to explore.



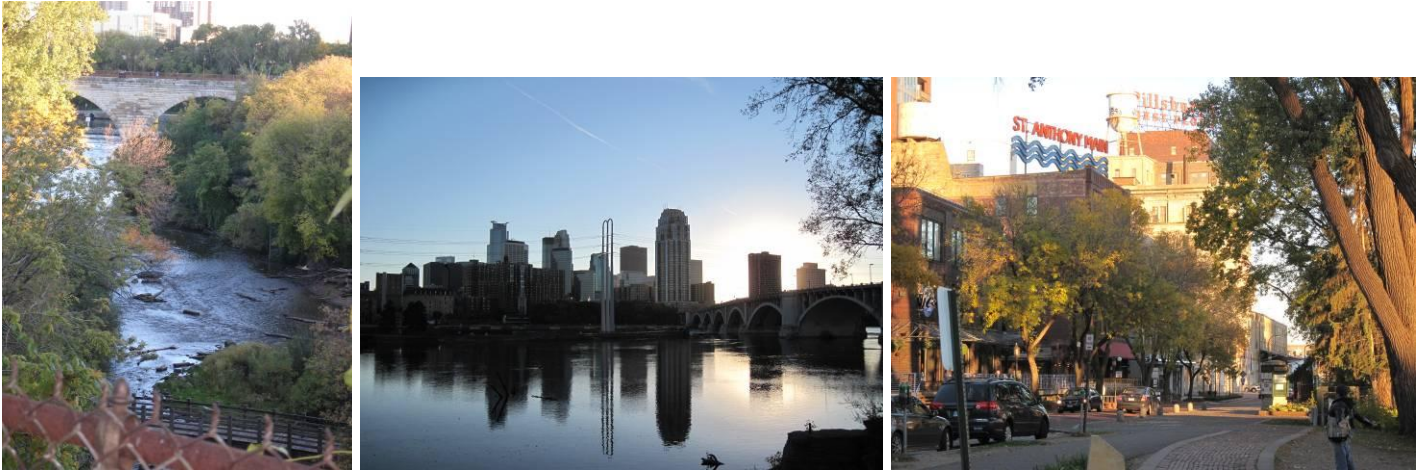
The Stone Arch Bridge erected in early 1800s as part of the Mill. Looking backwards at the Guthrie Theatre with the cantilevered addition hanging over the park and river. The Guthrie was modeled after the Stratford Theatre in England and has been producing theatre about 50 years. Looking down at the Grist Mill ruins park. Note there were a number of wedding parties getting pictures taken in the ruins. Odd?



Looking back from the ruins to the Stone Arch Bridge and up to a wedding party and next door up to the Mill City Museum, a nine-story complex which was closed in 1965 and now showcases Minneapolis as the flour mill capital of the world between 1880 and 1930. This used to be the home of various companies some of you masters might remember such as Pillsbury. Now ruins. How could this happen in my short lifetime? I hate it when museums feature things I remember from my childhood.



From the Stone Arch Bridge a look at the lock system and heavy water flow caused by the severe flooding. Looking back at the famous Guthrie Theatre where I would dine later that night in the Sea Change Restaurant and treat myself to champagne too. Parker was invited but I think was napping which was maybe a good idea over my miles of trekking. I prefer walking long and steady after a marathon.



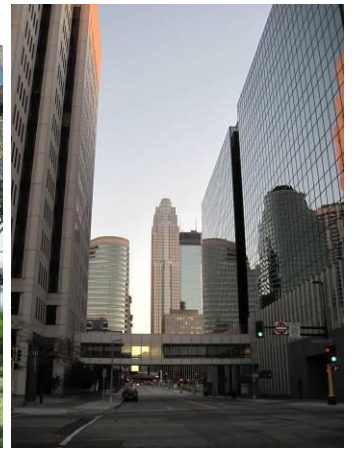
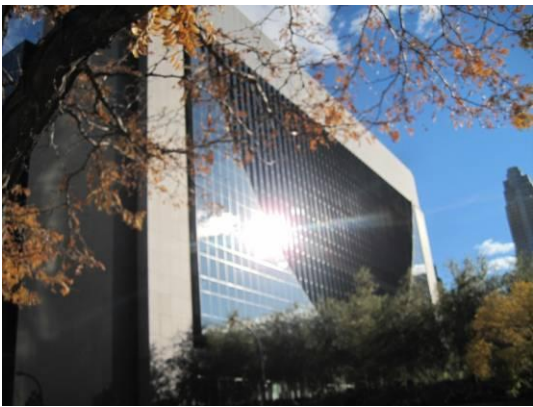
Looking down from the other side of the river and back to the bridge. Minneapolis at twilight from the trail across the bridge. A tree lined old historic main street full of restaurants and boutiques and still with signs from the old mills and Pillsbury's presence.



Still another bridge but I would walk back over one further down the trail. The path went across an island and here's the idyllic peaceful setting complete with horse drawn carriages and an old inn and restaurant sitting rather remotely.



Now we are crossing the last bridge going back into town. We're coming into the most unique building – it is owned by ING and contains huge pillars separated by slabs of green marble.



Across the street, streaming in the evening's sunset is a 1960s building called the suspension bridge building for the engineering method of construction. It was first used as a library but now a dramatically different glass library resides down the street. In the gardens is a children's cancer survivor memorial and shortly thereafter is another glass canyon of buildings reflecting the sunset.



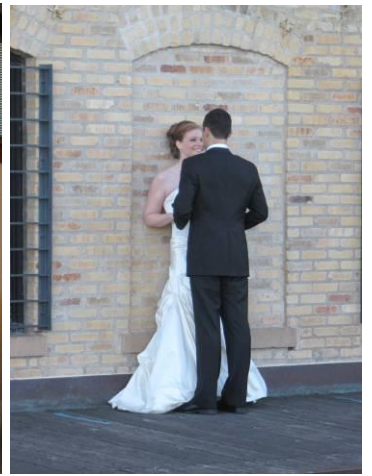
Just before the gay bar called Eagle sets these huge larger than life rotund or at least Rubenesque bronze figures. I wish I'd caught a picture of the boys outside the gay bar. They weren't dressed in much more than the bronzes (despite the cool) but they sure looked better. Then I gave myself a pay-off for my marathon and long walk – a stop at the Guthrie Theatre's Sea Change Restaurant.

The Depot

This is a complex that used to be a train station. The covered dome of the station remains as well as many of the old factory-looking buildings. Marriott built a Renaissance and a Residence Inn here. Seasonally the covered train dome has an indoor ice skating rink where USA Today called it one of the top ten places in the U.S. to skate. Inside was a nice bar and museum that I toured along with the Heritage Trail walk.

Across the way is a new and modern library which didn't exactly mix correctly but was lovely in its own right.





Dinkytown in the University of Minnesota's area

Tucked into the campus, it includes lots of restaurants, bars, shops and student housing and is like a little town of its own. It was once home to Bob Dylan. The bus tour took us there and we saw quite a few of the Pub Bikes on the streets. (What kind of liquor laws must they have?)

Mary Tyler Moore is not the only famous figure from Minneapolis but she's one of the more recognizable in this statue on Nicolette Mall. She apparently tossed her beret in the air at the start of her TV show or movie and now she is commemorated at 7th Avenue.

Target is headquartered in Minneapolis and has a big presence in sports complexes, free museum days, and their only two story store on Nicolette Mall. It necessitated the development of escalators capable of handling shopping carts which are now in use in other stores.



Successful trip? I'd say very much so yes. While I missed Alayna and David, it was a delight spending time with Parker and we tried to solve the world's problems or at least whether we were going to Rome's marathon or not. Both our finishing times were good and both of us had a good time finishing.

Now I'm off to Hartford Marathon to travel the 26.2 miles with Marv and Maryanne Winters. Marv is on his way to his 50th state finish and Hartford is his 49th.

Bon Voyage to me and Happy Traveling and Life to you and yours!

Fri Oct 1

11:30am Depart Newark via CO#2923 (snack)
1:28pm Arrive Minn/St Paul

Transport: Hotel suggests light rail to Metrodome then walk 2 blocks north and 1 block east? Map it.

12:00noon Expo opens at Saint Paul River Center, 175 West Kellogg Blvd, in downtown Saint Paul to 8pm - Speakers line up below

Hotel aloft (by Parker – see form needed)
900 Washington Avenue South at 9th, Minneapolis, MN 55415 Tele: 612 455 8400
Conf #134612539 at Starwood rate for 4 nights

Hotel Residence Inn by Marriott Downtown at The Depot
425 South Second Street, Minneapolis, Minnesota 55401 Tele: 612 340 1300

Residence Inn is 4-7 blocks to HHH Metrodome. Hotel is between S. 4th Ave and S. 5th Ave on the riverside of S. Washington. aLoft is 3 blocks from Metrodome.

From www.thedepotminneapolis.com - Downtown Minneapolis Hotels at the Historic Depot - The Milwaukee Road Depot boasts two award-winning Minneapolis hotels by Marriott, a 15,000 square foot indoor water park, a full service bar and restaurant, a variety of unique banquet and meeting spaces, heated underground parking, and an enclosed, seasonal ice skating rink. For nearly seven decades, family members and loved ones stood at the atrium of the Depot and waved to passengers boarding the trains of the Milwaukee Road line. The Depot was a hub of activity during the late 1800s, and at the peak of activity in 1920, the prosperous Depot bustled with 29 trains departing daily. While the last train left in 1971, the Depot still stands as a monument to the classic travel experience. Today the fully-renovated Milwaukee Road Depot has re-opened its doors enhancing the revitalization movement of Minneapolis' Riverfront District.

Video of architectural wonders: <http://www.minneapolis.org/page/1/see-do-minneapolis.jsp>

Video of historical highlights: <http://www.minneapolis.org/page/1/minneapolis-maps-guides.jsp>

Sat Oct 2

10:00am Expo at Saint Paul RiverCenter, 175 West Kellogg Blvd, Saint Paul, until 7pm

5:00pm Pasta Party held at Crowne Plaza, 11 E. Kellogg Blvd., St Paul Riverfront , MN 55101 – to 8:00pm and prepaid

Sun Oct 3

8:00am Twin Cities in Motion Marathon start
www.mtcmarathon.org – Claims to be the Most Beautiful Course in America

On line only registration sells out quickly and opens on Feb 2. In '09 filled 11,000 spots in 81 days. Course closes at 2:15 i.e., a 13:44 pace; in '09 timed to 6:15 despite 6 hr limit. '09 had 11,000 signed up; 8475 finishers averaging 4:20 with 3556 females and 4919 males Clif Bar paces to 5:30

Start at HHH Metrodome in downtown Minneapolis. Finish at State Capital in St Paul with return bus from finish to Metrodome. Finishers shirts and medals only to 6:15. Race packet comes by mail in September. Take back cover of the participant guide to expo for packet pick up.

Tue Oct 5

2:00pm Depart Minn/St Paul via CO#2236 (no meal) – schedule could change
5:44pm Arrive Newark

Participants

561 721 5093 David Parker – arriving 30th to visit sister Sarah and daughter Abbie
- staying at aloft Friday
732 804 7514 Diana cell or 732 671 7045 home

EXPO SEMINARS - *Schedule as of 8/26/10**

Friday, October 1

12:30pm Athlete News Conference - USA Women's 10 Mile Championship, Medtronic Twin Cities Marathon & Faces in the Crowd

2 p.m. "Exertional leg pain: Is it normal for my legs to burn while I'm running?" - Dr. Jonathan T. Finnoff, the Mayo Clinic

3 p.m. "Nothing is Impossible - 75 marathons in 75 consecutive days - a 2,100 mile journey" - Terry Hitchcock, motivational runner

4 p.m. Team USA Minnesota Athletes: Q & A with Minnesota's elite athletes: Matt Gabrielson, Chris Rombough, Kristen Nicollini & Heather Dorniden

5 p.m. Virtual Course Tour

6 p.m. "Out of Your Mind and Into Your Run" - Dr. Max Trenerry, sports Psychologist, the Mayo Clinic

Saturday, October 2

10:30 a.m. Virtual Course Tour

11: 15 a.m. "10 Ways to Ruin Tomorrow's Marathon" a humorous take on what runners should (and should not) do during the last 24 hours." - Scott Douglas, Senior Editor of Running Times

12 p.m. Kristin Armstrong

1 p.m. "Nutrition Nuggets to Nourish the Marathoner" - Steve De Boer, RD, LD, MPH, the Mayo Clinic,

2 p.m. "Nothing is Impossible - 75 marathons in 75 consecutive days - a 2,100 mile journey" - Terry Hitchcock , motivational runner

3 p.m. 1st Time marathoners panel - Q&A for those running their first marathon - Tanya Kroll, Val Svenningsen, Mike Hendrickson, Joe Mathison & Tim Burke

4 p.m. Current trends in running injury prevention." - Jenelle Deatherage and Dave Enneking, Institute for Athletic Medicine

The Depot Minneapolis is situated next to the beautiful waters of the Mississippi River. As a part of the city of Minneapolis' riverfront revitalization program, this area of Washington Avenue has been growing and prospering. New restaurants, like [Harry's](#) and [Wasabi](#) keep the area alive with new flavors and fun atmospheres. However, the classics, like [Sawatdee](#) and [Maxwell's](#), still pack their seats at lunch, happy hour and dinner times. The concierge or front desk will be able to point you in the direction of their favorite local hangouts – new and classic.

Two blocks from The Depot Minneapolis, the new [Guthrie Theatre](#) offers a [full service restaurant and bar](#) in addition to a world-renown theatre. Known to many as the Minne-"Apple", Minneapolis is a leader in theatre in the Midwest. The Guthrie is just one of many theatres in the Minneapolis-St. Paul area. For more information about the regions theatres, check out www.Minneapolis.com/theater.

An attraction for all ages, [Mill City Museum](#) chronicles the flour milling industry that dominated world flour production for roughly a half-century and fueled the growth of Minneapolis, recognized across the nation and around the world as "[Mill City](#)."



Downtown Minneapolis is just steps away from the front door of The Depot. From nightclubs to your favorite restaurants to unique local spots, the downtown area is constantly abuzz with activity. Their website is a comprehensive list of cultural events, bars, clubs, restaurants, shops, entertainment options, and more. See www.downtownMinneapolis.com for all the details.

Across the Mississippi River from The Depot is the quaint section of Minneapolis referred to as St. Anthony Main. From a movie theatre to unique shops and dining and drinking venues to segway tours of the historic part of the city, this area has a lot to offer the business traveler or the vacationer. From The Depot, St. Anthony Main is just a short drive or a lovely stroll across the Stone Arch Bridge. Visit www.saintanthonymain.com for details about what other surprises

await you at St. Anthony Main.

Enjoy an interactive, and multi-sensory journey at the Historic Mill City Museum

History of the Old Milwaukee Road Depot

The last train left in 1971, but the Depot still stands as a monument of rail days gone by. For nearly seven decades, family members and loved ones stood at the atrium of the Depot and waved to passengers boarding the trains of the Milwaukee Road line.

The rail line, first built in 1864, was originally known as the Minnesota Central Railroad. In 1867 the Milwaukee and St. Paul Railroad bought the Minnesota Central Railway, changing the name of the railroad to the Chicago, Milwaukee and St. Paul Railroad in 1874 before shortening the name to Milwaukee Road. The old Milwaukee Road Depot was constructed in 1899 and remains one of the last long-span, truss-roofed sheds surviving in the nation.

The Depot, a Renaissance Revival style building, was designed by Charles Frost. Considered conservative in style, the ground floors were paved in white marble with black borders and walls were built with cream and brown enamel brick. The ceiling of intricately paneled oak gave the rooms a large, spacious feel. The total cost of the Depot was about \$200,000.

The Depot fluttered with activity during the late 1800s when Minneapolis was a rapidly growing city. At the peak of activity in 1920, the prosperous Depot was bustling with 29 trains departing daily. In 1971, the Milwaukee Road terminated rail service to Minneapolis and converted the building into office use. In 1978, the Minnesota Historical Society placed the Depot and the nearby freight house on the National Register of Historic Places.



The Minneapolis Community Development Agency purchased the Depot and the seven-block surrounding areas from the Resolution Trust Corporation for \$2 million to preserve its historic significance. In recent years there have been numerous development concepts for the Depot ranging from an agricultural museum to a casino.

In 1998, the MCDA approved a land sale to CSM Corporation for the development proposal currently underway at the Depot. The finished complex includes [The Depot Renaissance Minneapolis Hotel](#), the [Residence Inn Minneapolis Downtown by Marriott](#), an [indoor water park](#), an interpretive history center about the Depot, [The Stone Arch Bar](#), [Charley's Restaurant](#), [banquet space](#), underground [parking](#) for 650 automobiles and an enclosed seasonal [ice rink](#). The entire project was completed in July of 2001.