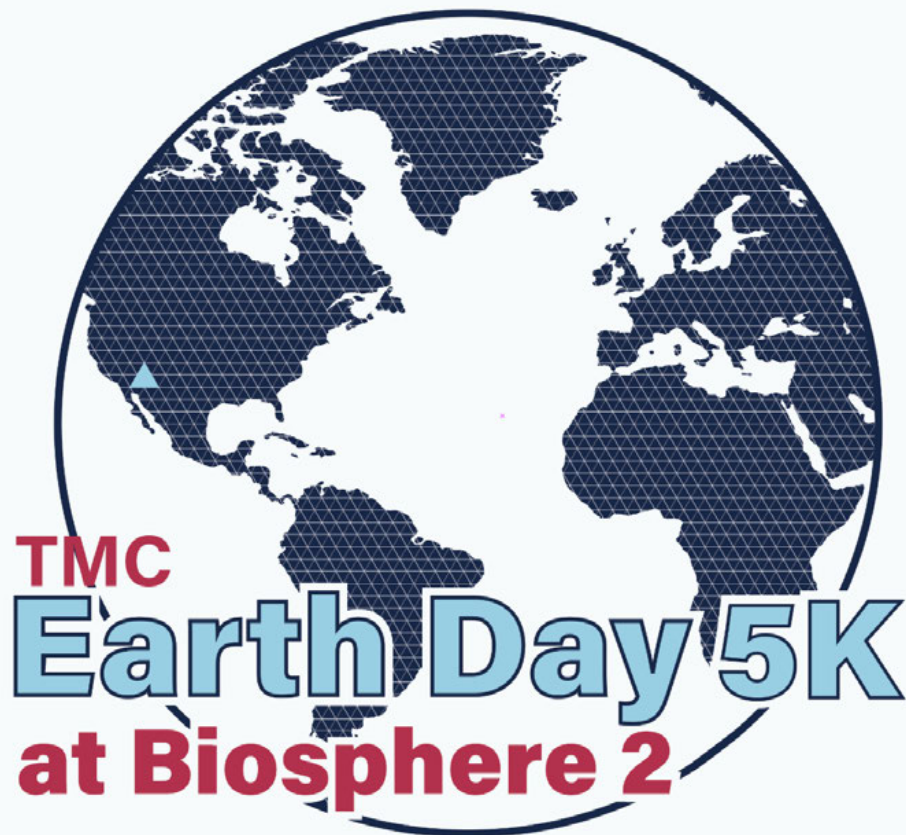




**Event details for the Inaugural TMC Earth Day 5k at
the Biosphere 2
Saturday morning, April 23rd**



Hello to the 498 runners and walkers who have pre-registered for this Saturday's TMC Earth Day 5k held on the property of the **world-famous Biosphere 2**, nestled at the base of the majestic Catalina Mountains, north of Tucson.

- Packet Pickup and Race Day Schedule
- Updated Course Map and 5k Course Description
- Race Day Fun at the Biosphere 2
- Photos from Damion Alexander Team
- Awards from The Running Shop
- Thanks to TMC
- Thanks to COX
- Miscellaneous items
- Directions to the Biosphere 2 & request for participants to carpool
- List of pre-registered runners and walkers

Now, check out the interview we did with Alex Steiniger at KGUN's Tucson Morning Blend talking about the event!

OK -- please read all these details below -- if you have any questions after reading everything, please email Randy at randy@runtucson.net.

Thanks!

Randy and Tia Accetta and the crew at Run Tucson

***Register Online Here -- register in person Friday
and Saturday***

PLANNED SCHEDULE: Packet pickup, race day, and more

Friday, April 22 at The Running Shop, 3055 North Campbell, Tucson

3:00 - 6:00 pm Packet pickup and in-person registration.

Medals to the first 400 registered. Race numbers will be marked.

T-shirts to all pre-registered, with sizing given away on a first-come, first-served basis at packet pickup.

YES: you can pick up someone else's number.

YES: you can shop at the Running Shop and pick up snazzy shoes or comfortable clothes or slick sunglasses

YES: it may be crowded, so please be nice to one another

Saturday, April 23rd at Biosphere 2, 32540 S Biosphere Rd, Oracle, AZ 85739

6:30- 7:15 am Race day registration and packet pick up in the parking lot by the front entrance at the Biosphere 2.

Medals to the first 400 registered. Race numbers will be marked.

T-shirts to the first 500 registered, with sizing given away on a first-come, first-served basis at packet pickup.

Carpool: Please consider carpooling -- it is about a 40 minute drive from mid-Tucson.

7:30 am Start time for TMC Earth Day 5k Run/Walk

8:45 am Free Kids Dash on the Great Lawn

9:15 am Awards, courtesy of the Running Shop. Remaining medals and shirts given to late participants

10:00 Event wrap-up

Ongoing: All registrants can visit Biosphere2 on their own -- no need for a formal tour!

All non-running guests can purchase Biosphere 2 admission for the discounted rate of \$11 (before 8:30 am) and all children under 12 are free.

SOUVENIR REMINDER: as of April 6th, we reached the 400-person cap for a guaranteed race medal. If you are among the first 400 registrants who registered before April 7th, you will be able to pick up your medal and shirt at packet pick-up before the race and on race morning. After the race, remaining medals will be available to all registrants, including those who registered after April 6th.

T-SHIRT REMINDER: All of you receiving this pre-registered and can receive a race shirt. Shirts will be provided on a first-come, first-served basis today, Friday, April 22nd at The Running Shop from 3-6 and tomorrow, Saturday, April 23rd, at the packet pickup site at the front gate of the Biosphere 2.

All remaining shirts and medals will be brought to the Running Shop and available for remainder pickup between April 26 - May 15.

TIMING

The race will be chip-timed by Greg Wenneborg and Roadrunner Race Timing.

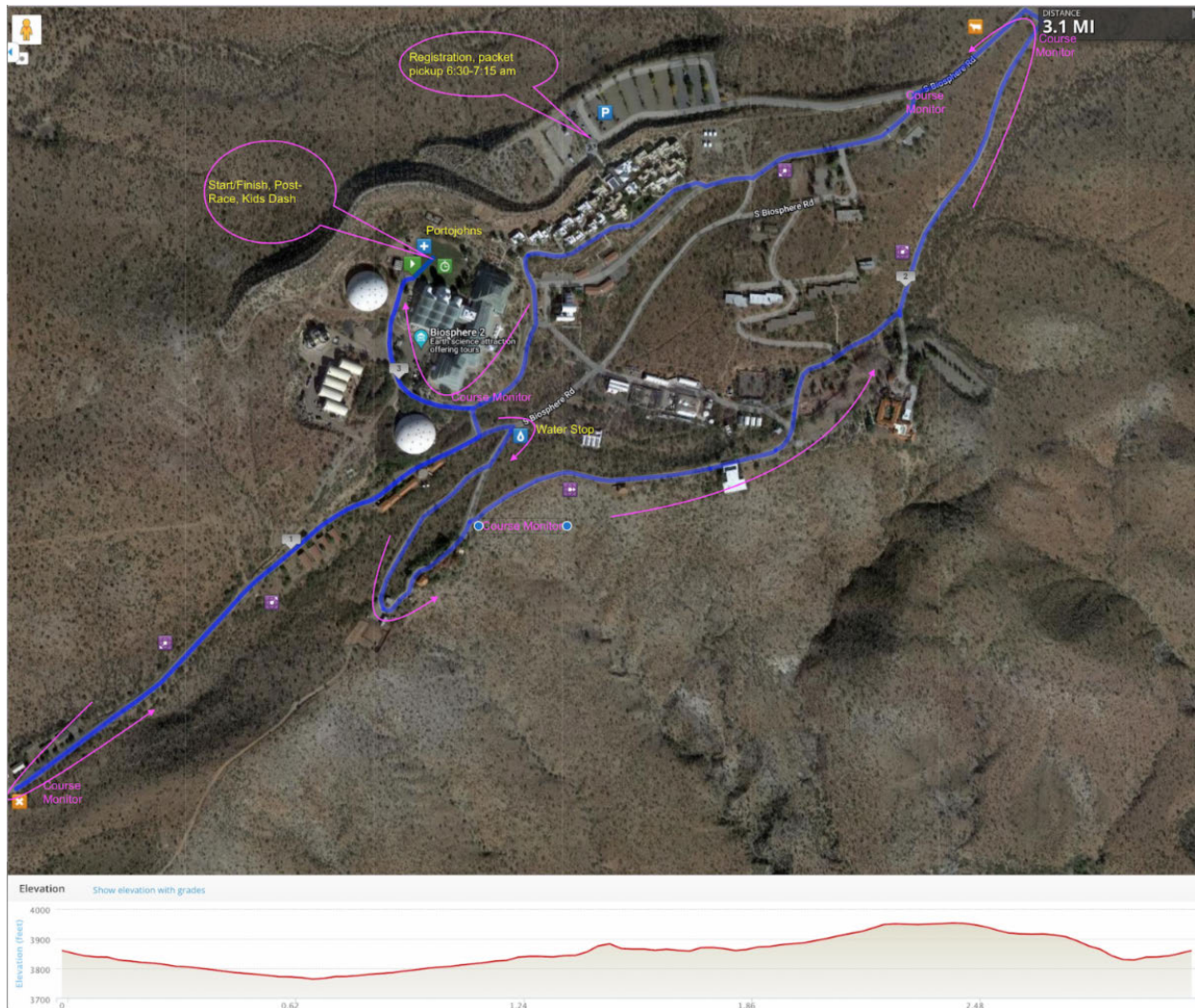
Results will be posted at www.roadrunnerracetiming.com then at www.runtucson.net.

Please wear your race number on your chest (not on the back).

A note on numbers: we had ordered and paid for race numbers with the race logo and sponsor logos from TMC, the Running Shop, Cox, and Run Tucson. However, the company we ordered from dropped the ball and never printed the numbers. Thus, we'll be using leftover numbers from the 2021 TMC Tucson 10k provided by the RRCA.

See below the list of pre-registrants, sorted by last name.

THE 5k COURSE



Terrain: The race starts and ends on grass, but it's mostly pavement, with a brief dirt section ... and, well, it's hilly in some sections...

The Start: The event starts on the grass of the Great Lawn, crosses some gravel, then drops down a steep hill before heading south on a gentle downhill to the turnaround at about the 3/4 mile mark (see the "X" below). There are a few speedbumps on this opening out-and-back, so please keep an eye out for varied terrain.

Mile Two: The second mile is a bit twisty, as you climb past the stables and swing past the historic ranch house built in 1890. You'll head north on a flat dirt road for a bit, with views of the Catalina Mountains off to your right. Then you'll drop down a hill before hitting the 2-mile mark

Mile Three to the Finish: You'll begin the third mile by climbing up again to the edge of the Biosphere 2 property and turning back towards the Biosphere 2 -- watch out for free-ranging cows. As you can see in the elevation chart below, the final three-quarters of a mile includes a lengthy downhill past the housing units and past the main structures, before the final quarter mile up to the finish line in the middle of the Great Lawn.

Chair Athletes: Chair athletes may find this a doable but challenging course, with a couple of steep hills and the dirt road.

Hydration Station: There will be a water stop at about the 1.4 mile mark, bit less than half-way into the race. Volunteers from the University of Arizona will provide water with cups. In the interest of Earth Day, participants may wish to bring their own water rather than go through the cups provided.

Water and Gatorade will be provided at the start/finish area.

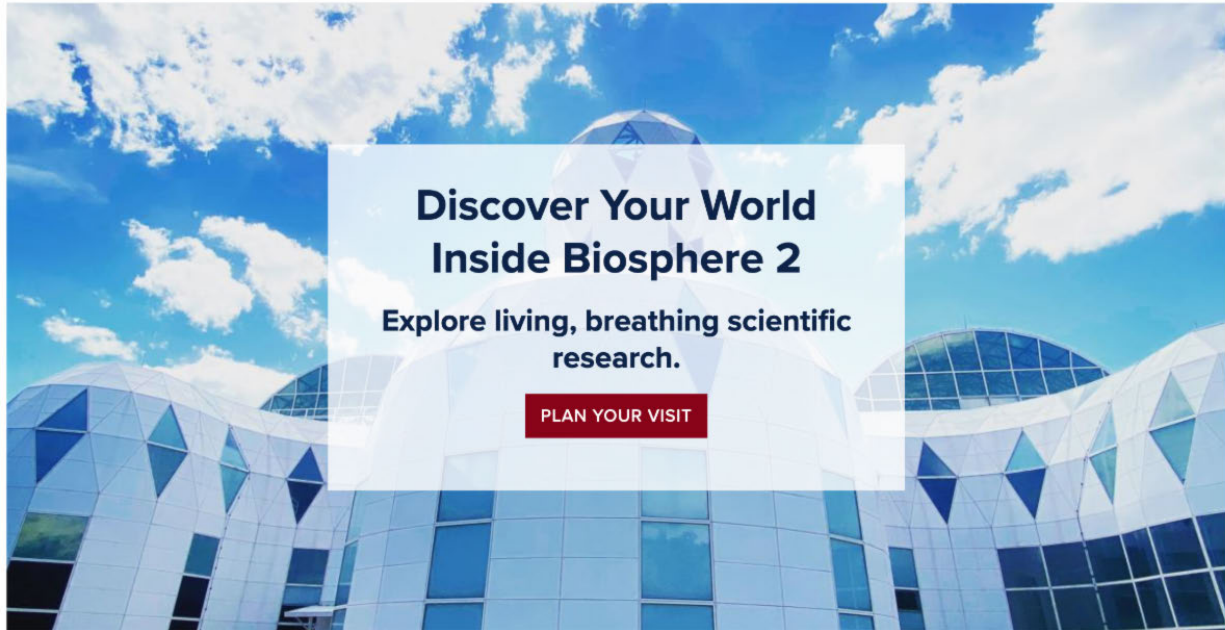
Strollers: Strollers are allowed in the race, but please be mindful of the hills and ensure that you are tied to the stroller you're pushing. Please remember sun protection.

Headphones: We request that you do not wear headphones while participating in the event. Enjoy the camaraderies of your fellow athletes, enjoy the scenery, and keep an ear open for rattlesnakes, javelinas, and other participants.

Wildlife: This event takes place in a rural environment adjacent to wilderness, so you may encounter any number of wildlife, including but not limited to rattlesnakes and other snakes, javelina, cattle, deer, wild turkeys, bobcats, and more. Please do not try to touch the wildlife. Please do not wear headphones.

Heat and Altitude: The race starts at approximately 3820 feet, so be mindful that you're at a bit of elevation. It looks like race morning may be about 50 degrees at the start, climbing to the mid-70's. Stay hydrated & wear sunscreen and a hat.

Measurements: The route is garmin- and map-my-run correct but not a USATF certified course. [The mapmyrun online map is here.](#)



Welcome to Biosphere 2

The world's largest controlled environment dedicated to understanding the impacts of climate change.

[OTHER THINGS AT THE BIOSPHERE 2](#)

Bring the Kids! Strollers are allowed at this child-friendly event, with a free Kid's Dash & Kid's Zone. Children 12 and under are free between the hours of 6am and 10am.

Innovation and the Start-Up Ecosystem: We hope to have on hand a handful of sustainability start-up ventures from the University of Arizona Center for Innovation (UACI). Check out new ventures in ag-tech, biochem, and more.

Do Good! This inaugural event raises funds for the world-renowned [Biosphere 2's Ocean Reef Lab](#).

Discounted Visitor Pricing: All runners receive free entry to the Biosphere 2, while all all Earth Run spectators 13 years and older receive the reduced general admission fee of only \$10 per person. Children 12 and under are free between the hours of 6am and 10am. Your admission not only gets you access to the grounds but is also good for the Biosphere 2 Experience.

The Biosphere 2 Experience app helps guides you around and through Biosphere 2 and includes never before seen photos and videos that visualize the science and 30-year history. Through science stories and interviews you'll have the opportunity to learn more about our amazing, world-class research as you traverse a safe (socially distanced) one-way path around the exterior and through the human habitat and wilderness areas of Biosphere 2. Your admission fee helps to support Biosphere 2's education and research initiatives.

Accessibility: While the race course is accessible to all, please be mindful of hills and varied terrain. Much of the Biosphere 2 campus is wheelchair accessible, though certain areas of the property are not accessible due the steep terrain and the presence of stairs. The majority of the biomes, including the desert, savanna, ocean and rain forest, are all accessible by wheelchair or scooter.

Self-paced App Guided Tour: The Biosphere 2 Experience is a self-paced app guided tour that will lead you through the rich history and current research initiatives of this remarkable facility. The Biosphere 2 app should be downloaded prior to arrival in order to get the most out of your visit. The Biosphere 2 Experience will take place both indoors and outdoors. Visitors should be prepared for the following physical requirements:

- 60 to 75-minute tour
- Approximately 100 stairs, both up and down
- 1-mile route to walk
- Varying weather conditions (Biosphere 2 Biomes are maintained as tropical environments, temperature and humidity inside the facility can reach the high 90's)

Pets and Service Animals: While pets are not allowed inside Biosphere 2 or on the grounds, service animals that are trained to do a specific task are welcome. Please do not leave pets unattended in vehicles.

This event is a partnership between [Run Tucson](#) and the University of Arizona's [Biosphere 2](#).

[Photos](#)



Photographs: Special thanks to Damion Alexander of Long Realty for taking photographs and providing images on his various pages.
See <https://www.facebook.com/TheDamionAlexanderTeam>

AWARDS



Special thanks to Sharon Bart at The Running Shop for providing gift certificates to age group and overall winners of the TMC Earth Day 5k. As much as we like trophies, we prefer gift certificates as awards because they provide such tangible benefit.

Overall Male and Female Runners: 1st = \$40 gift certificate; 2nd = \$35; 3rd = \$40
First Male Female 40+: \$40 gift certificate
Age Group, U20 - through 80+
Male, Female
AG 1: \$20 gift cert
AG 2: \$15 gift cert
AG 3: \$10 gift cert

Gift Certificates must be used by March 31, 2023, with the actual winner of the gift certificate present at use.

NOTE: For this race we are providing age group awards in male/female categories. If you wish to not select a traditional gender category, you can leave this field blank in your registration.

WITHOUT TUCSON MEDICAL CENTER, THERE'S NO RACE



Tucson Medical Center

NEW TMC ONE AT LA CANADA AND LAMBERT

We are beyond grateful to Tucson Medical Center for joining as the title sponsor for this unique event.

TMC is providing post-race snacks and other goodies -- but they also make this whole thing possible.

Check out TMC locations throughout Southern Arizona, including a TMC One office on La Canada and Lambert for those in the Oro Valley/Catalina area. See <https://www.tmc.az.com/locations/> for a location near you.

THANK YOU TO COX



Special thanks to Cox for sponsoring this inaugural TMC Earth Day 5k event. Cox Conserves goals
- [Cox Conserves](#), [Cox Sustainability Program](#) | [Cox Enterprises](#)

Cox Conserves goals are to send zero waste to landfill by 2024, and to be carbon and water neutral by 2034. With more than \$100 million invested in sustainability and conservation projects, Cox is on track to meet their aggressive Cox Conserves goals.

Progress

253 thousand

cumulative tons of waste diverted since 2013

657 thousand

cumulative tons of carbon offset since 2007

295 million

cumulative gallons of water saved/offset since 2013



REGISTER HERE

NEXT UP FOR RUN TUCSON

TMC Meet Me Downtown 5K Saturday night, June 4, 2022



The TMC Meet Me Downtown Night Run and Festival of Miles is fun way to kick off hot summer running in Tucson! The downtown vibe comes alive especially when combined with running endorphins, bands, a beer garden, and, we hope, free ice cream!

The TMC Meet Me Downtown 5k and Festival of Miles is on the [Southern Arizona Roadrunners](#) annual calendar, part of the Running Shop Grand Prix, and includes a SAR FitKidz Mile.

[REGISTER HERE](#)

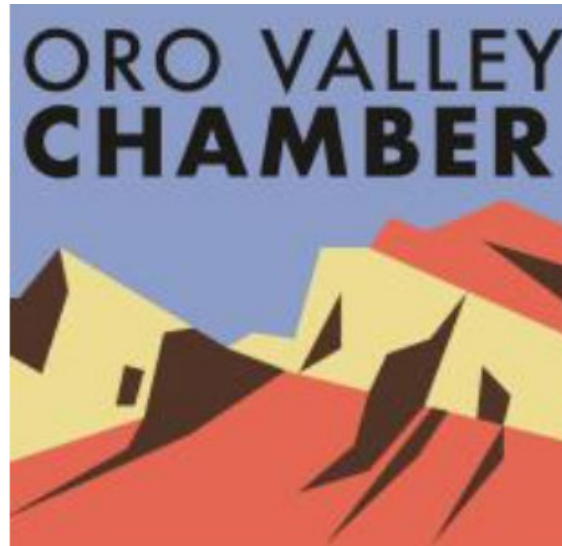


Gabe Zimmerman Triple Crown

This is a 3 race series starting with the TMC Meet Me Downtown 5K on June 4, the TMC Tucson 10K/5K on September 18, and the TMC 15k/5k back at the Biosphere 2 on October 23. The Gabe Zimmerman Triple Crown raises funds for the BEYOND-Tucson Foundation.

[REGISTER HERE](#)

As we produce events in northwest Tucson, Run Tucson is a proud to be a new member of the [Oro Valley Chamber of Commerce](#)



[DIRECTIONS TO BIOSPHERE 2](#)

Please carpool.

There will be parking in the Biosphere 2 parking lot, but it would help if participants carpooled to share the drive.

From Central Tucson to 32540 S Biosphere Rd, Oracle, AZ 85739

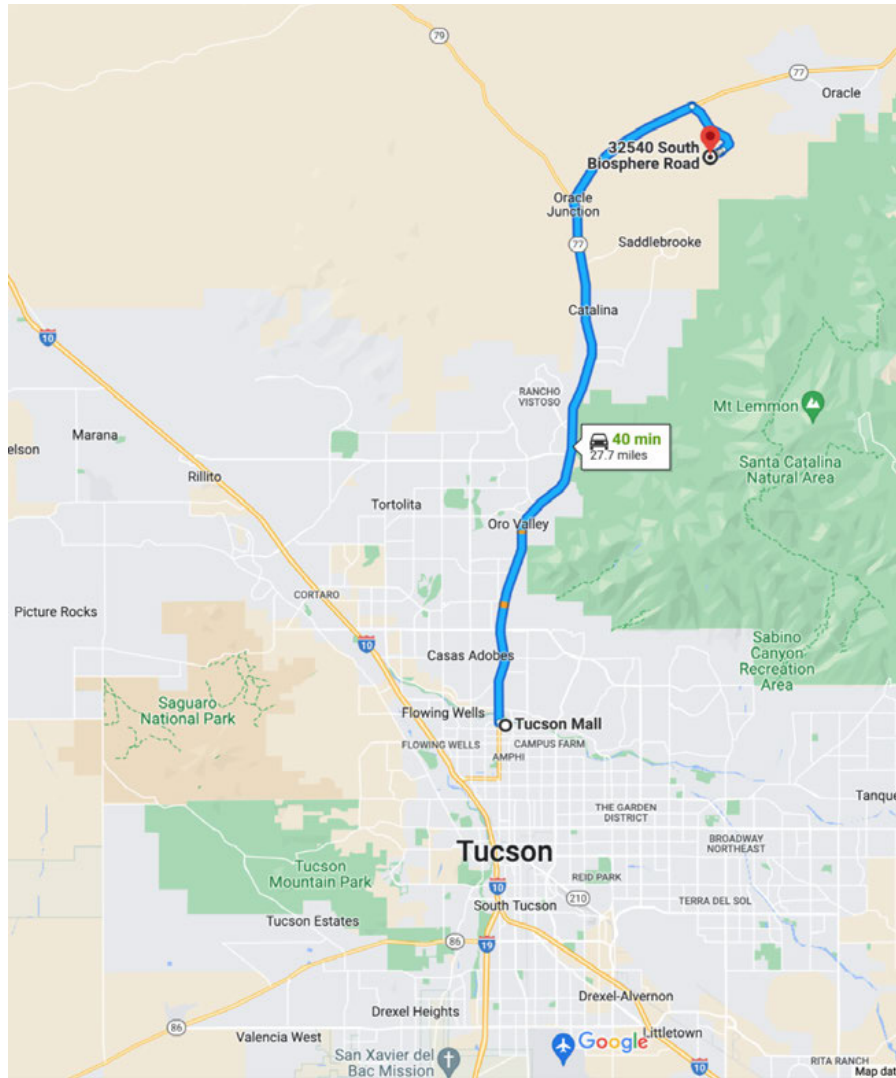
- From central Tucson, go north to River Road and turn left (heading west)
- Continue on River Road and turn right on Oracle Road/AZ Highway 77
- Drive north approximately 24 miles on Oracle Road/AZ Highway 77
- Turn right on to Biosphere 2 Road at Mile Post 96.5

GOOGLE MAP TO BIOSPHERE 2 FROM TUCSON

From Phoenix Sky Harbor International Airport

- After leaving the airport, follow the signs to I-10 E
- Take I-10 E toward Tucson, to Exit 185 and exit the interstate
- Turn left onto Highway 387 and continue past Coolidge until Highway 387 intersects with AZ Highway 79 near Florence
- Turn right on to Highway 79 and follow this until Oracle Junction where you turn left onto AZ Highway 77
- Drive north approximately 6 miles on AZ Highway 77
- Turn right on to Biosphere 2 Road at Mile Post 96.5

GOOGLE MAP TO BIOSPHERE 2 FROM PHOENIX SKY HARBOR INTERNATIONAL AIRPORT



For information about our events, the RRCA, and The Workout Group, contact Randy Accetta
(520) 991-0733
randy@runtucson.net

For information about in-person, online, or group coaching, contact Tia Accetta.
(520)891-4369
tia@runtucson.net

[Sponsorship Opportunities](#)
[Workout Group \(WOG\)](#)
[WOG Group Signup](#)





Who Send These?

Run Tucson (www.RunTucson.net) is a local event production company for running/walking events in Arizona.

To promote our mission of making Tucson better through running, Run Tucson advocates for health & fitness, enhancing community engagement, and promoting the local economy. We make significant contributions to worthy charities, providing over \$300,000 to local organizations over the years.

Our partners include the non-profit Southern Arizona Roadrunners, the Grand Canyon Chamber of Commerce, Tucson Medical Center and a host of local sponsors.

Why Am I on This List? You've participated in one of the events we've produced, either one of our charity running events in Arizona, or as part of Meet Me at Maynard's, Meet Me Wednesday's, Meet Me Downtown PHX.

How Do I Get Off This List? You can hit the "unsubscribe" button below or you can email us at randy@runtucson.net.

