



Water & Energy drink



Clif Shot Blok



Portable Toilet (3.1/10 & 6.5)

### COURSE DESCRIPTION FOR HALF MARATHON

- Start on Victory Avenue
- Proceed Right on Titan's Way
- Right onto Russell St
- Left onto S 1st Street
- Left on Woodland Street - cross Woodland St Bridge
- Left on 1st Ave North
- Left onto Gay Street Connector
- Left onto Gay Street
- Right onto 1st Ave North
- Merge left onto Cumberland River Greenway
- **STAY TO YOUR RIGHT ON THE GREENWAY!**
- Turn Around on trail just before mile 6
- Continue back on Greenway, staying to your right
- Go off the Greenway at Freeland Station Road
- Right from Freeland Station to Mainstream Drive
- Turn Around before Rosa Parks
- Return to Left on Freehand Stations
- Right onto Greenway
- Follow Greenway back to 1st Avenue North
- Continue straight onto Gay Street
- Right onto Gay Street Connector
- Right onto 1st Ave North
- Right onto Woodland Street -cross Woodland St Bridge
- Right onto S 1st Street
- Right onto Russell St
- Left onto Titan's Way
- Proceed to FINISH adjacent to East Bank Landing

#### 10K Turnaround Detail

- 10K Runners do a turn around on the Cumberland River Greenway just after mile 3, just beyond the I-65 Trail head.
- Half Marathon Runners continue **STRAIGHT** at this point, along the river on the Greenway

10k Turn Around <I-65 Trail Head>

10K TA

1 Mile Turn Around "Lucky Dog Wag 'n Walk"

1 mile TA

5k Turn Around <1st Ave N>

5K TA

Nissan Stadium

Start

Finish

Start / Finish

#### 5K Turnaround Detail (out&back)

- 5K runners go straight on 1st Ave N when Half Marathon & 10k go left to merge onto the Cumberland River Greenway.
- 5K runners complete a turnaround on 1st Ave N & proceed back to the race site on the same route

