



LEGEND	
	TRANSITION AREA
	START LINE
	FINISH LINE
	1 <sup>ST</sup> LOOP MILE MARKERS
	2 <sup>ND</sup> LOOP MILE MARKERS
	WATER/AID STATION
	GATORADE ENDURANCE STATION
	MAURTEN STATION
	REDBULL STATION
	BEGIN 2 <sup>ND</sup> LOOP

## TURN BY TURN DIRECTIONS

- Start at Transition at Ross's Landing
- Left out of transition on Riverfront Parkway
  - Right on trail
- Left on River Front Parkway (becomes Amnicola Hwy)
  - Left on Riverport Rd
    - Left on Tennessee Riverwalk
      - Straight up Battery Place
      - Straight through cut-through
  - Right on Georgia Ave/Veterans Bridge
    - Continue straight up Barton Ave
      - Left on Dorchester
      - Right on Hixson Pike
      - Right on Riverview Rd
      - Left on Barton Ave
    - Veer left down ramp to Frazier Ave
      - Left on Walnut Street Bridge
    - Left on Aquarium Way/2nd Street
  - Right on Riverfront Parkway (Start second lap)
    - Left on Riverport Rd
      - Left on Tennessee Riverwalk
        - Straight up Battery Place
        - Straight through cut-through
    - Right on Georgia Ave/Veterans Bridge
      - Continue straight up Barton Ave
        - Left on Dorchester
        - Right on Hixson Pike
        - Right on Riverview Rd
        - Left on Barton Ave
      - Veer left down ramp to Frazier Ave
        - Left on Walnut Street Bridge
      - Left on Aquarium Way/2nd Street

Start Elevation: 712 ft ▪ Finishing Elevation: 710 ft ▪ Gain: 1,150 ft

