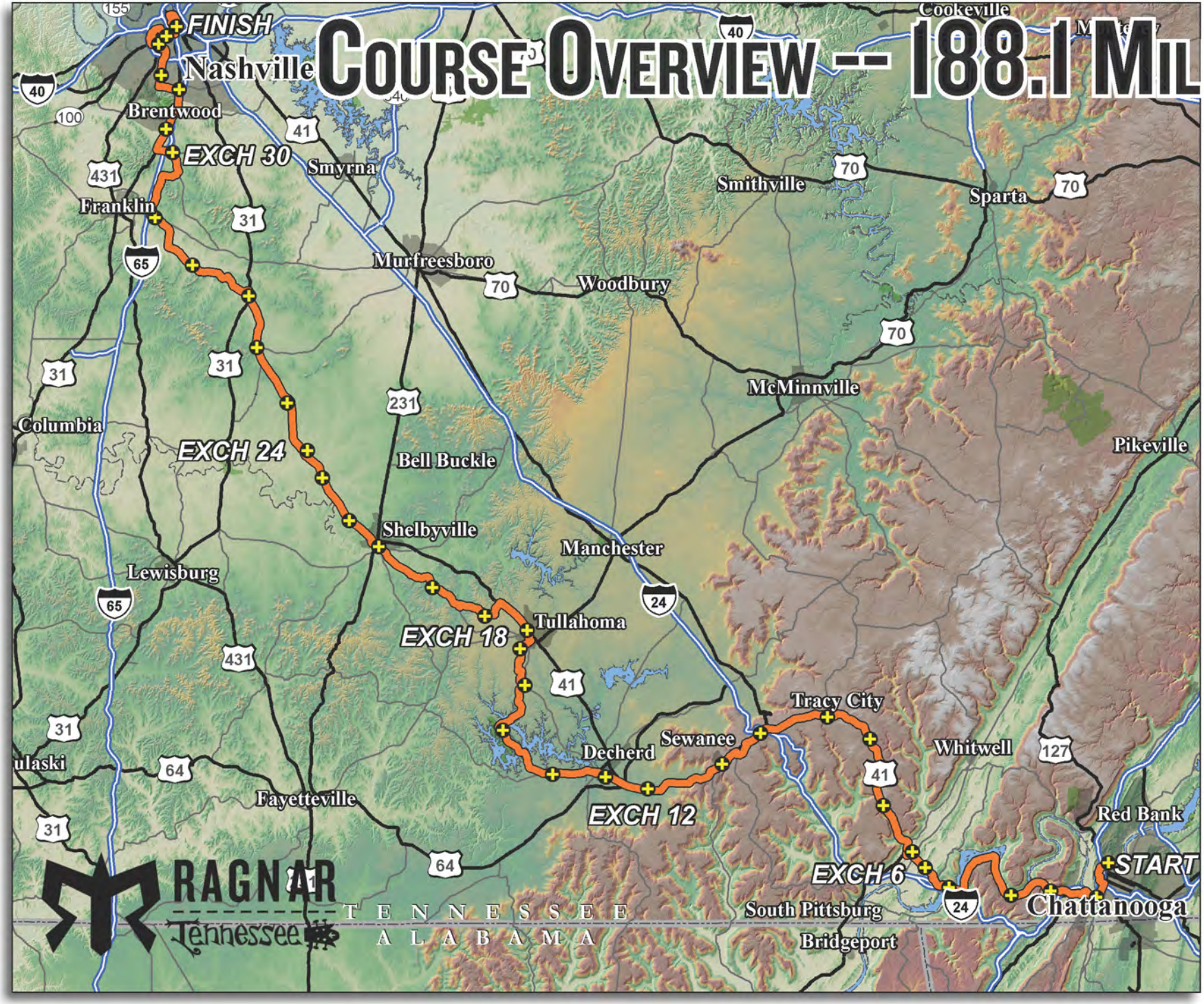
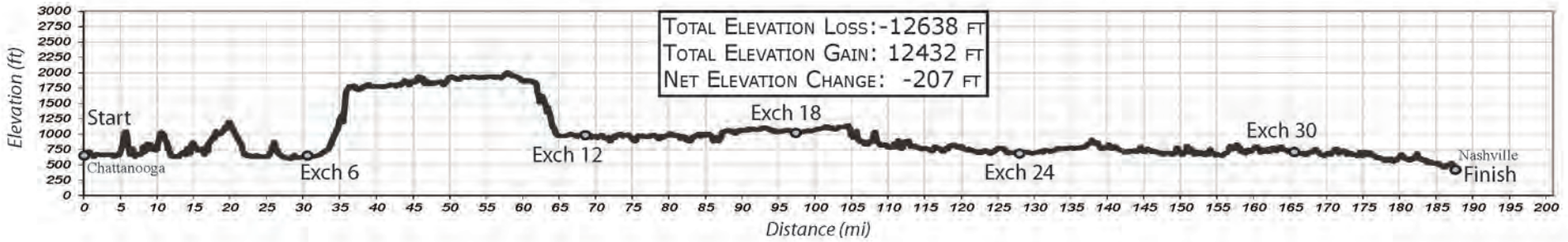

COURSE OVERVIEW -- 188.1 MILES
FINISH
Nashville
Brentwood
EXCH 30
Smyrna
Franklin
Murfreesboro
Woodbury
Smithville
Sparta
McMinnville
Pikeville
Columbia
EXCH 24
Bell Buckle
Shelbyville
Manchester
Lewisburg
Tullahoma
EXCH 18
Tracy City
Sewanee
Decherd
Whitwell
Fayetteville
EXCH 12
Red Bank
START
EXCH 6
South Pittsburg
Chattanooga
Bridgeport
RAGNAR
TENNESSEE
Tennessee
ALABAMA

Course Profile



RAGNAR Tennessee

Map Symbol Legend

Exchange

Tenth-Mile Marker

Mile Marker

Runner Route

Van Route

Water Station

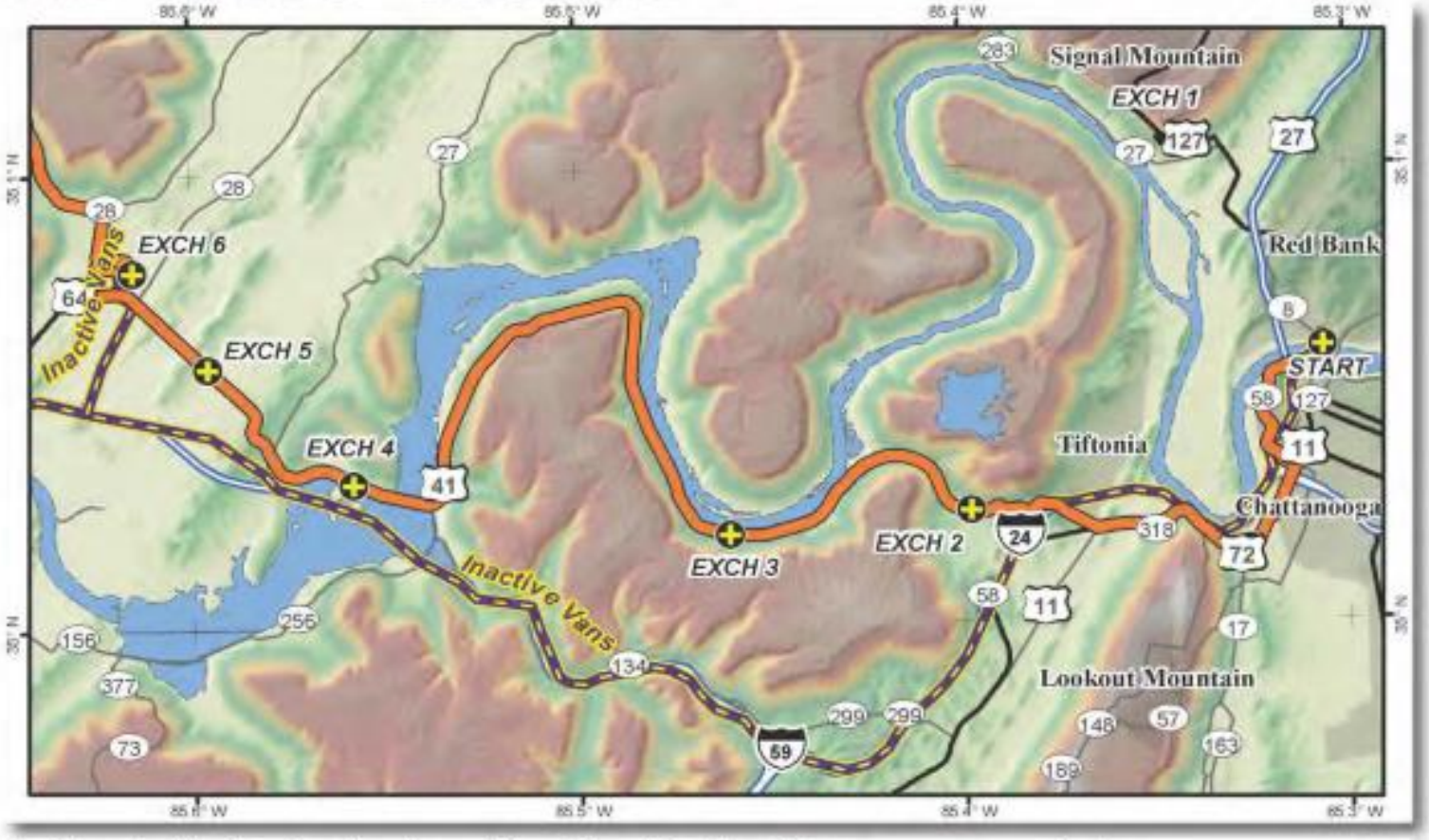
Trail Entrance and Exit

Trail Entrance

Trail Exit

No Van Support Segment

Van I -- Legs I-6 -- 30.6 Miles

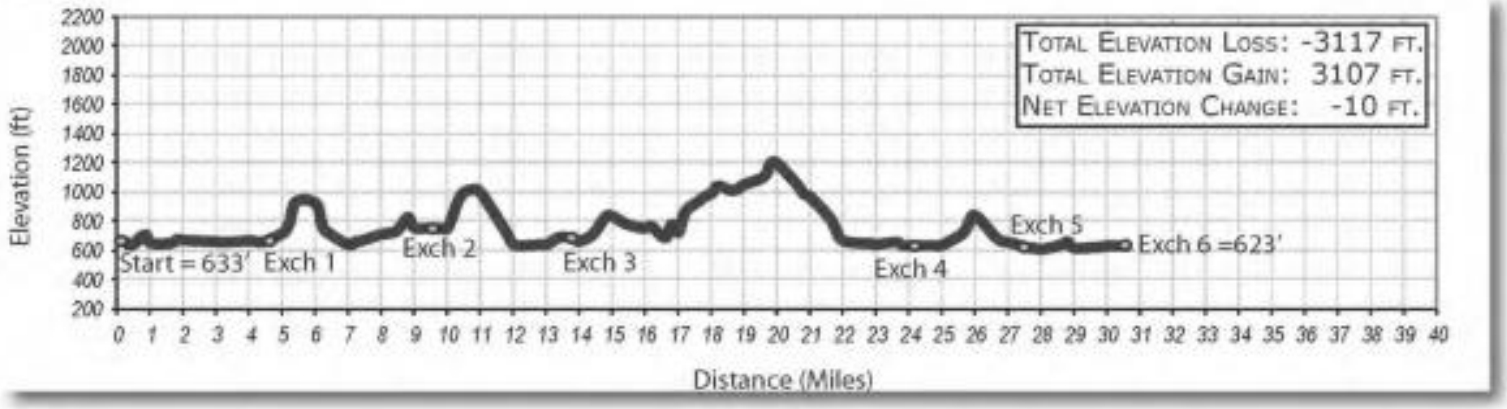


Van 2 Inactive Van Directions from the Start Line to Exchange 6 – Approx. 30 min:

Major Exchange 6

First Baptist Church of Jasper
108 W 3rd Street
Jasper, TN 37347

0.0	Depart Coolidge Park, go South on Market St over the bridge
1.2	Turn Right (W) onto W 4th St
1.5	Merge onto US-27 South
2.6	Take the exit onto I-24 W toward Nashville/Birmingham
25.7	Take exit 155 for TN-27 toward TN-28 Jasper/Dunlap
25.9	Turn Right (N) onto TN-28 towards Jasper/Whitwell/ Dunlap
27.6	Turn Left (NW) onto Hwy 64 W/TN-2 W/U.S. 41 N/US-64 W/US-72 W/Dixie Hwy W
28.5	Turn right Betsy Pack Drive
28.6	Turn Left onto West 3rd street
28.7	Arrive at Exchange 6 (on your right)



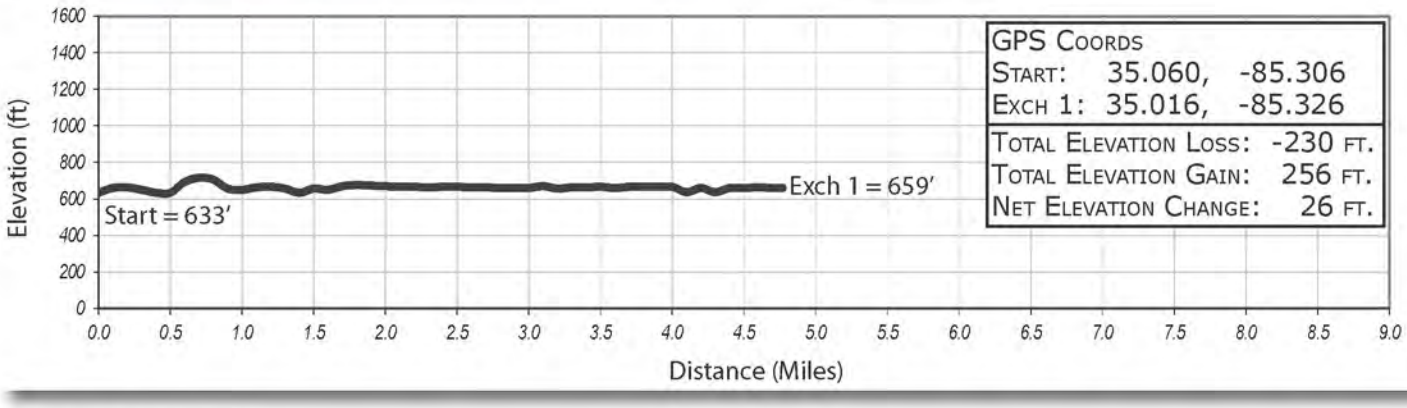
LEG 1 -- 4.7 MILES -- MODERATE -- FULL VAN SUPPORT

LEG 1 -- 4.7 MILES -- MODERATE

Exchange 1
Chattanooga Calvary Chapel
3415 Broad St
Chattanooga, TN 37409
35.015420, -85.324418

LEG LEGEND:

0.0	Depart Coolidge Park heading West through park
300 ft.	Turn Right (N) on sidewalk under the bridge
800 ft.	U-Turn Left (S) onto Walnut Street Bridge
0.6	Turn Left (E) over the glass bridge onto the Tennessee Riverwalk
0.9	Continue onto Riverfront Pkwy
3.3	Turn Right (S) onto Broad St
4.1	Turn Right (W) down the stairs onto St Elmo Ave
4.7	Arrive at Ex 1

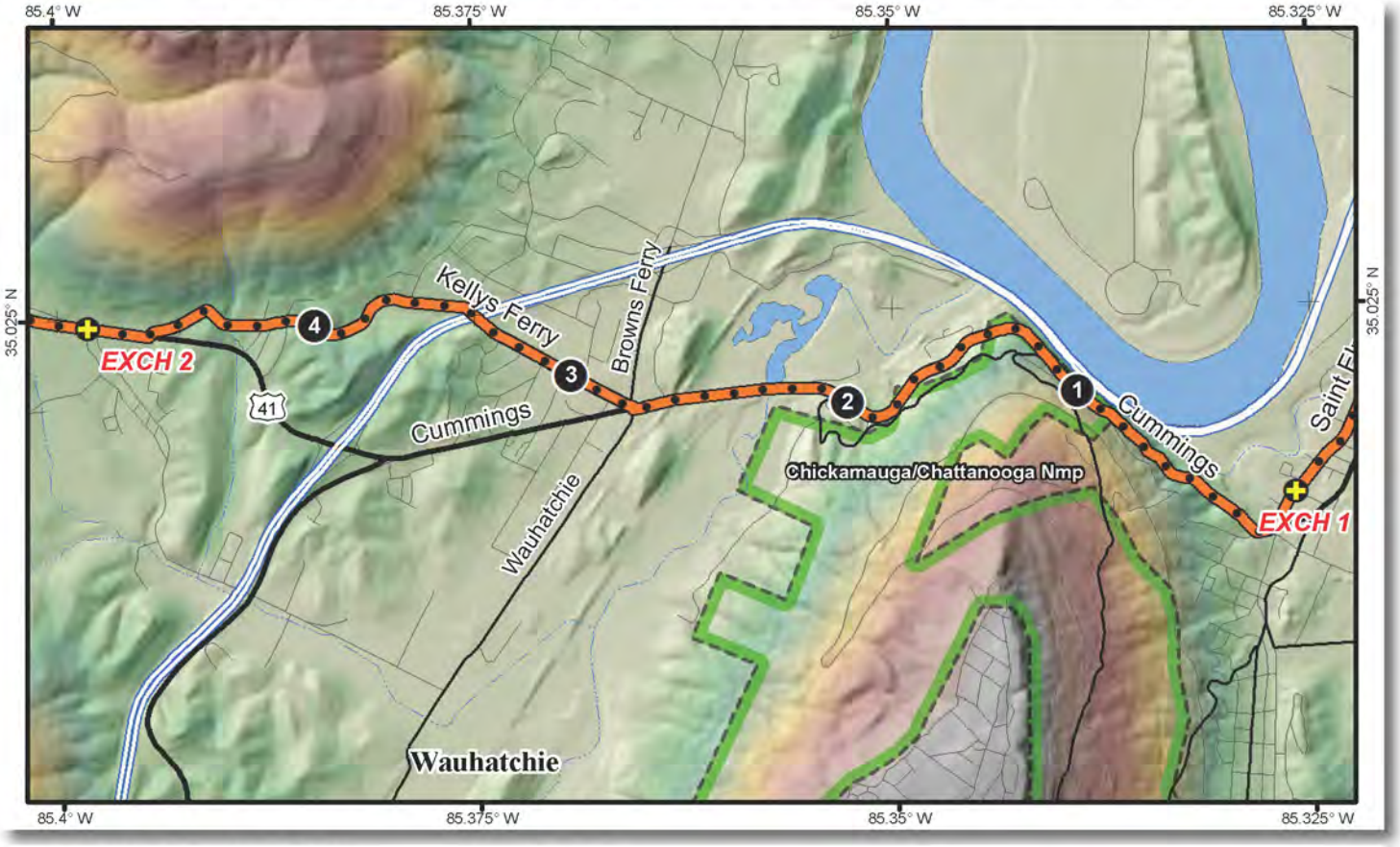


GPS Coords		
Start:	35.060,	-85.306
Exch 1:	35.016,	-85.326

Total Elevation Loss:	-230 ft.
Total Elevation Gain:	256 ft.
Net Elevation Change:	26 ft.

RAGNAR Tennessee

LEG 2 -- 4.9 MILES -- MODERATE -- FULL VAN SUPPORT

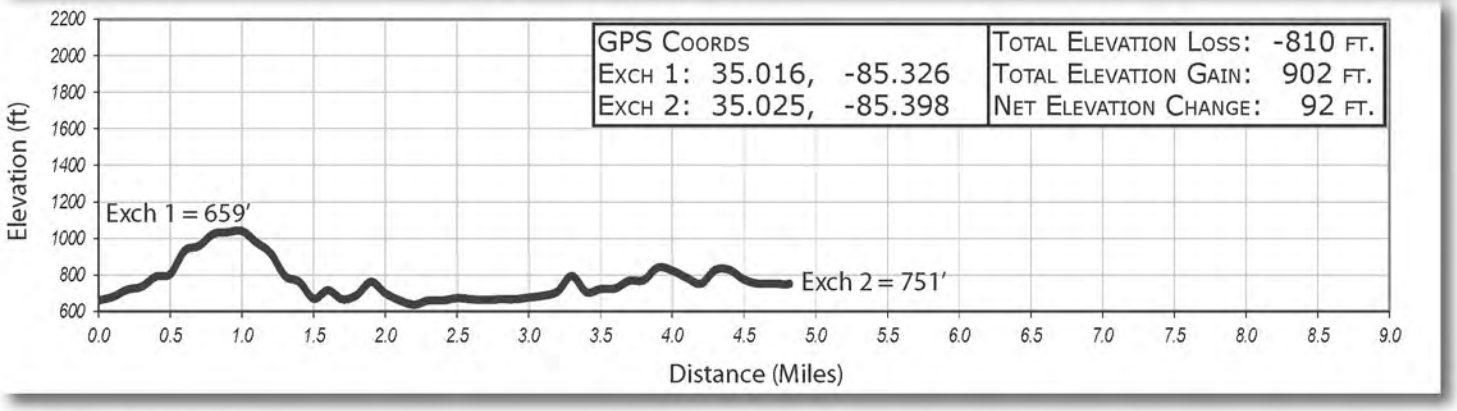


LEG 2 -- 4.9 MILES -- MODERATE

Exchange 2
The Venue at Chattanooga
4119 Cummings Hwy
Chattanooga, TN 37419
35.024704, -85.398106

LEG LEGEND:

0.0	Depart Ex 1 heading South on St Elmo Ave
675 ft.	Turn Right (W) onto Broad St
0.2	Stay Right (W) onto Cummings Hwy
2.8	Turn Right (N) onto Browns Ferry Rd
2.8	Turn Left (W) onto Kellys Ferry Rd
4.6	Turn Right onto Cummings Hwy
4.9	Arrive at Ex 2



LEG 3 -- 4.4 MILES -- MODERATE -- NO VAN SUPPORT

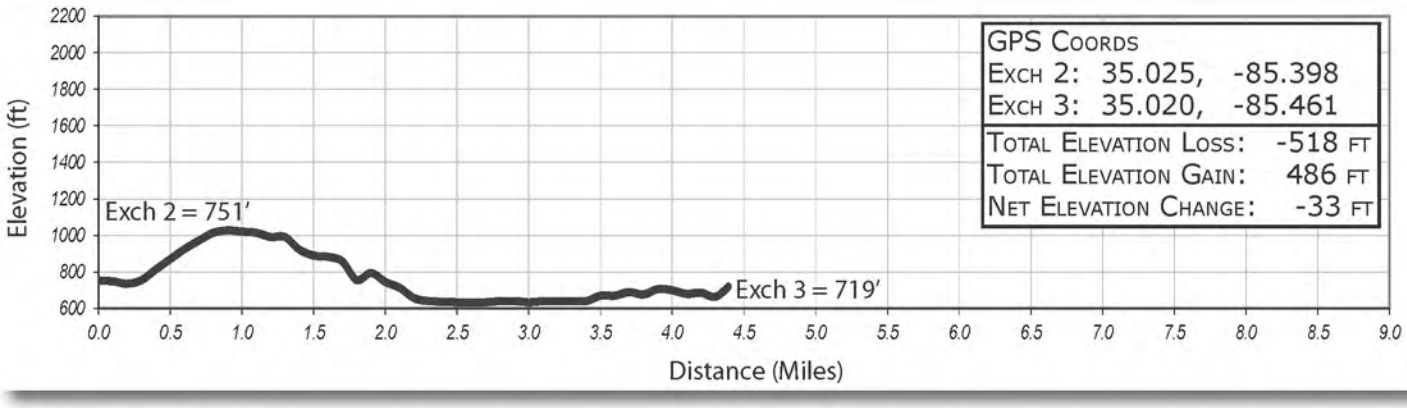
LEG 3 -- 4.4 MILES -- MODERATE

Exchange 3
TN River Boat Launch
18039 US 41
Chattanooga, TN 37419
35.019889, -85.460851

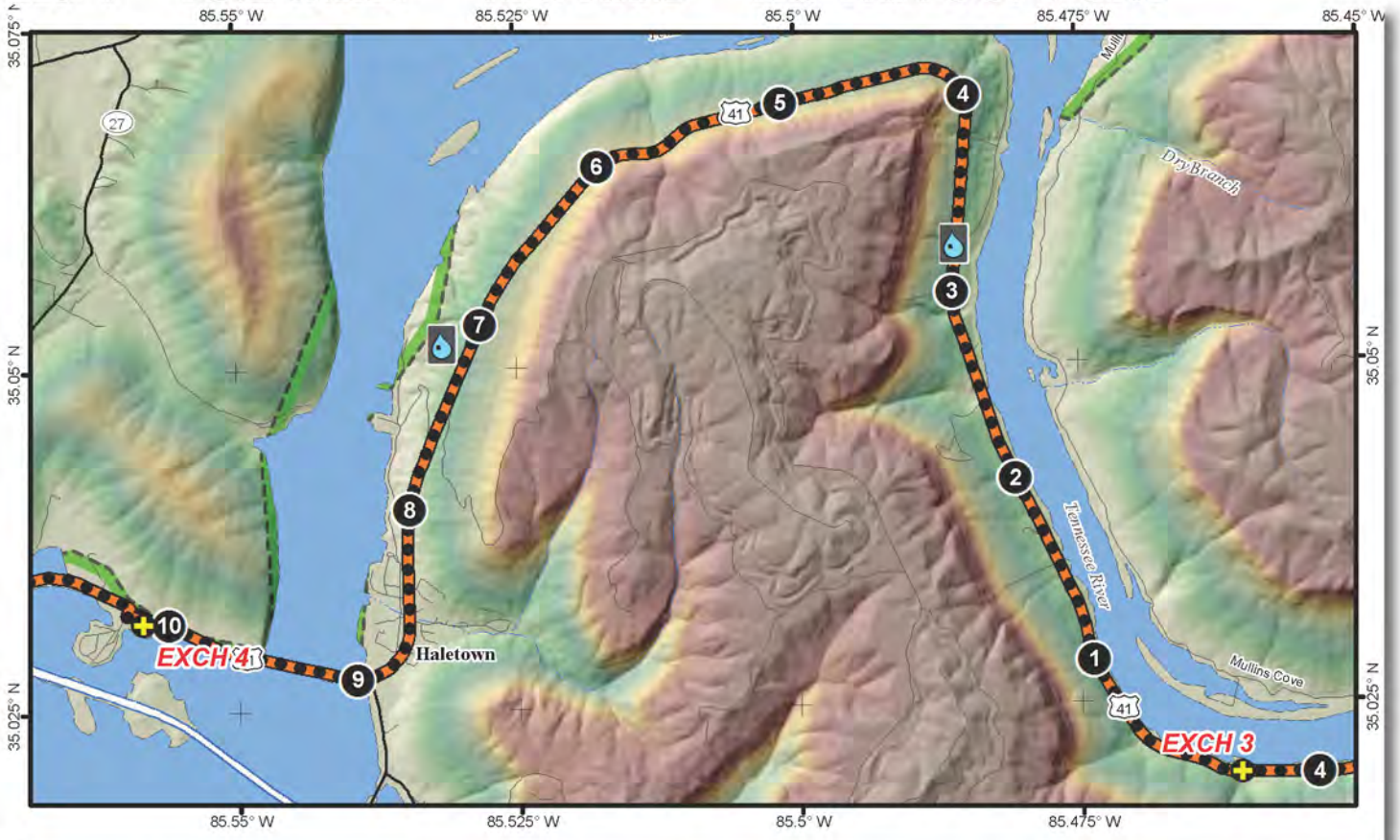
LEG NOTES:
Only Runner 4 is allowed to Cross Cummings Hwy

LEG LEGEND:

0.0	Depart Ex 2 heading West on Cummings Hwy
4.4	Arrive at Ex 3 on the right



Leg 4 -- 10.2 Miles -- Very Hard -- NO VAN SUPPORT



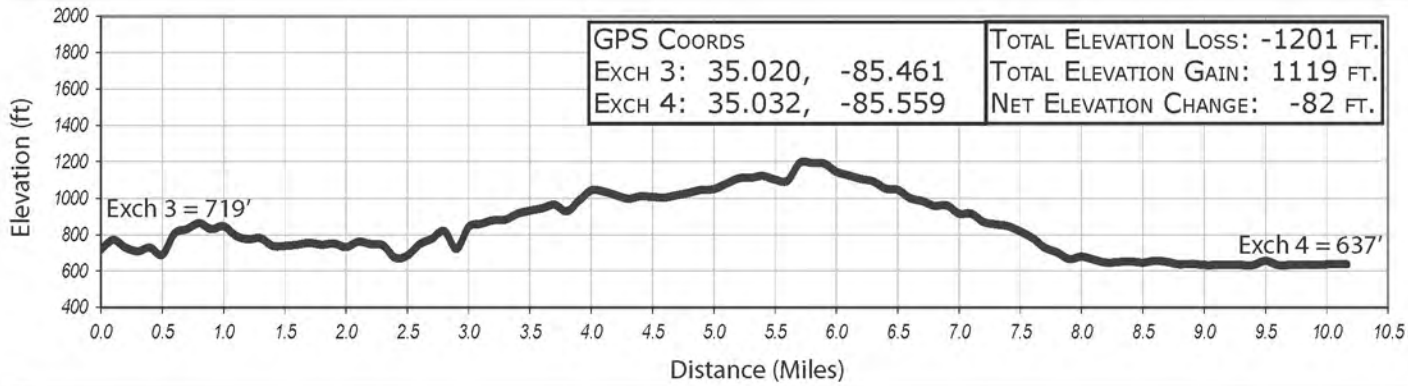
LEG 4 -- 10.2 MILES -- VERY HARD

Exchange 4
Marion County Park
9696 US-41
Jasper, TN 37347
35.031570, -85.558509

LEG NOTES:
Congratulations! You've conquered Ragnar TN's Hardest Leg like a BOSS. Be sure to claim your medal – you earned it!

LEG LEGEND:

0.0	Depart Ex 3 heading West on Cummings Hwy
10.2	Arrive at Ex 4 on the left



Leg 5 -- 3.3 Miles -- Easy -- FULL VAN SUPPORT

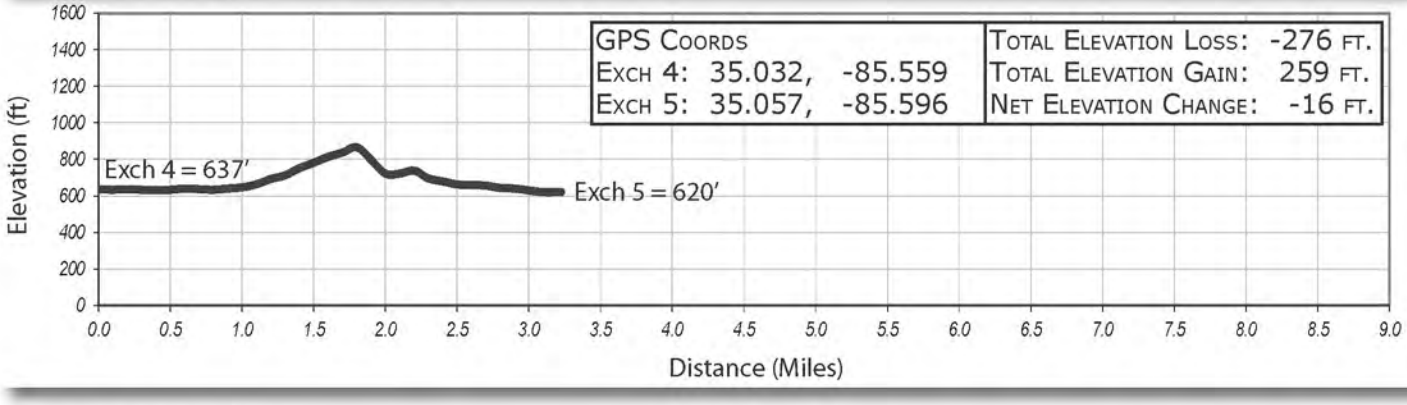
LEG 5 – 3.3 MILES – EASY

Exchange 5
Shop Rite
6555 US-41
Jasper. TN 37347
35.057222, -85.595758

LEG NOTES:
Exchange 5 will be a virtual exchange. Runner 5 will enter against traffic, and motion a high-five to their Runner 6 who will leave the exchange running with traffic. This allows Runner 5 to cross safely with a group of runners and not be pressed for time.

LEG LEGEND:

0.0	Depart Ex 4 heading West on US-41
3.3	Arrive at Ex 5 on the right



LEG 6 – 2.5 Miles -- FULL VAN SUPPORT

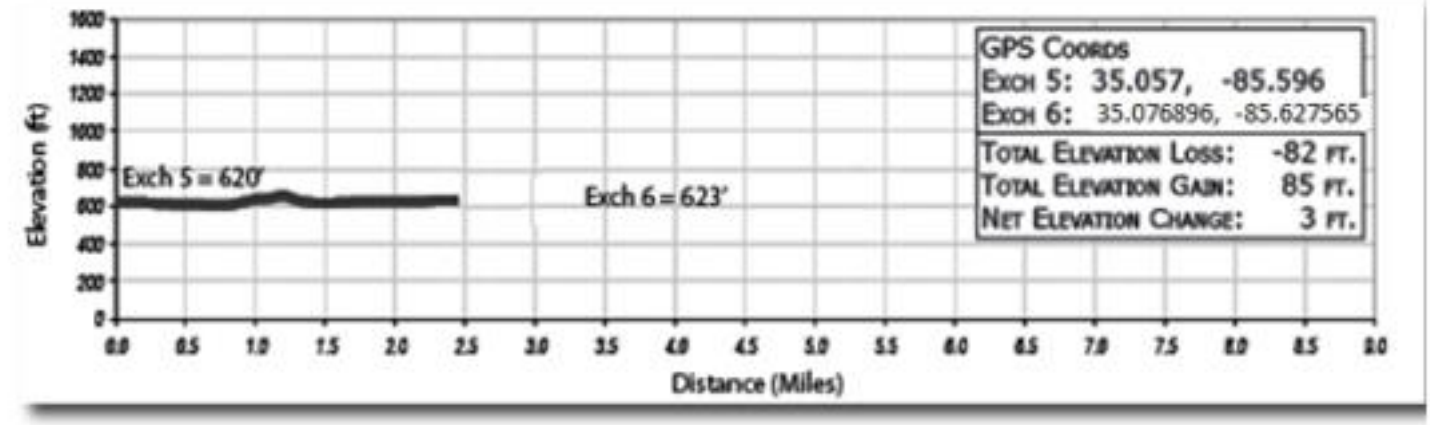
Leg 6– 2.5 Miles- Easy
Major Exchange
Jasper First Baptist Church
108 W 3rd St.
Jasper, TN 37347
35.076896, -85.627565

0.0 Depart Ex 5 heading West on Dixie Hwy

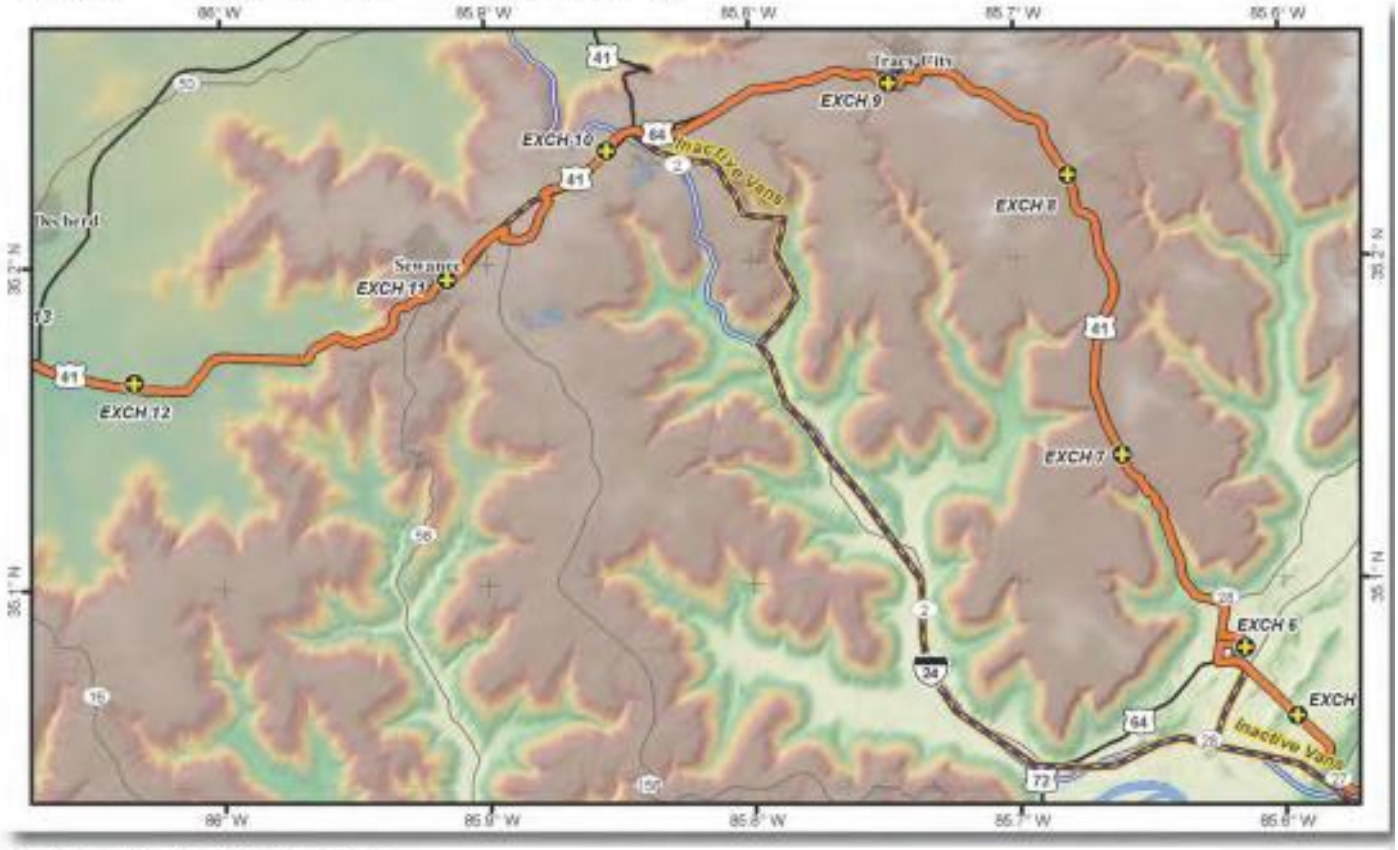
2.2 Turn Right (N) onto Betsy Pack Dr.

2.4 Turn Left (E) onto W 4th St

2.5 Arrive at Ex 6



Van 2 -- Legs 7-12 -- 37.7 Miles



Van 1 Inactive Van Directions from Exchange 6 to Exchange 12 – Approx. 45 min:

Major Exchange 12
South Middle School
601 Cumberland St. West
Cowan, TN 37318
35.164238°, -86.033382°

0.0 Depart Exchange 6 heading South on Betsy Pack Dr.
0.1 Turn Left (E) onto Main Street
0.6 Take Tennessee 28 S
2.3 Right (W) to merge onto I-24 W
24.3 Take exit 134 for U.S.
41A toward Monteagle/Sewanee
24.4 Turn Left (W) onto TN-15 W/US-41A N/W Main St
37.4 Arrive at South Middle School on the Right

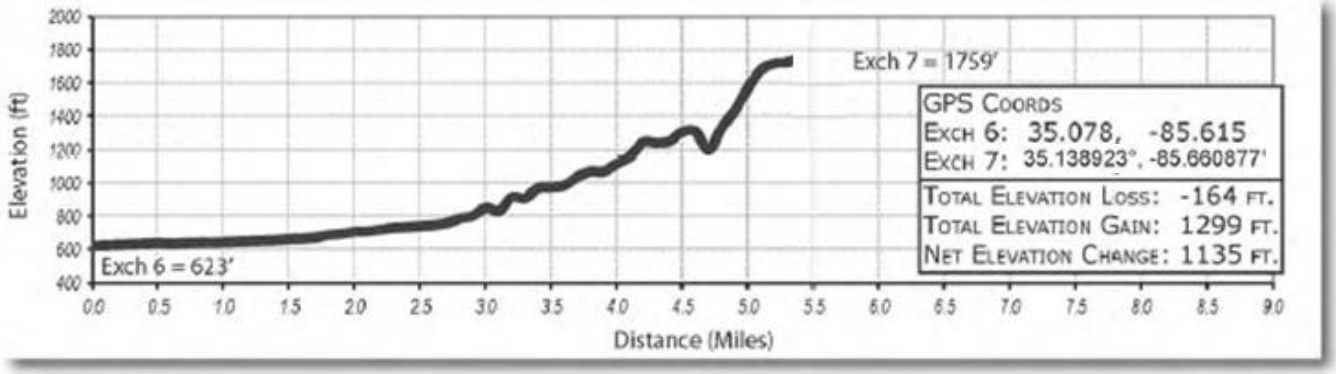
LEG 7 -- 5.4 MILES -- HARD -- NO VAN SUPPORT

LEG 7 **5.4** MILES -- HARD

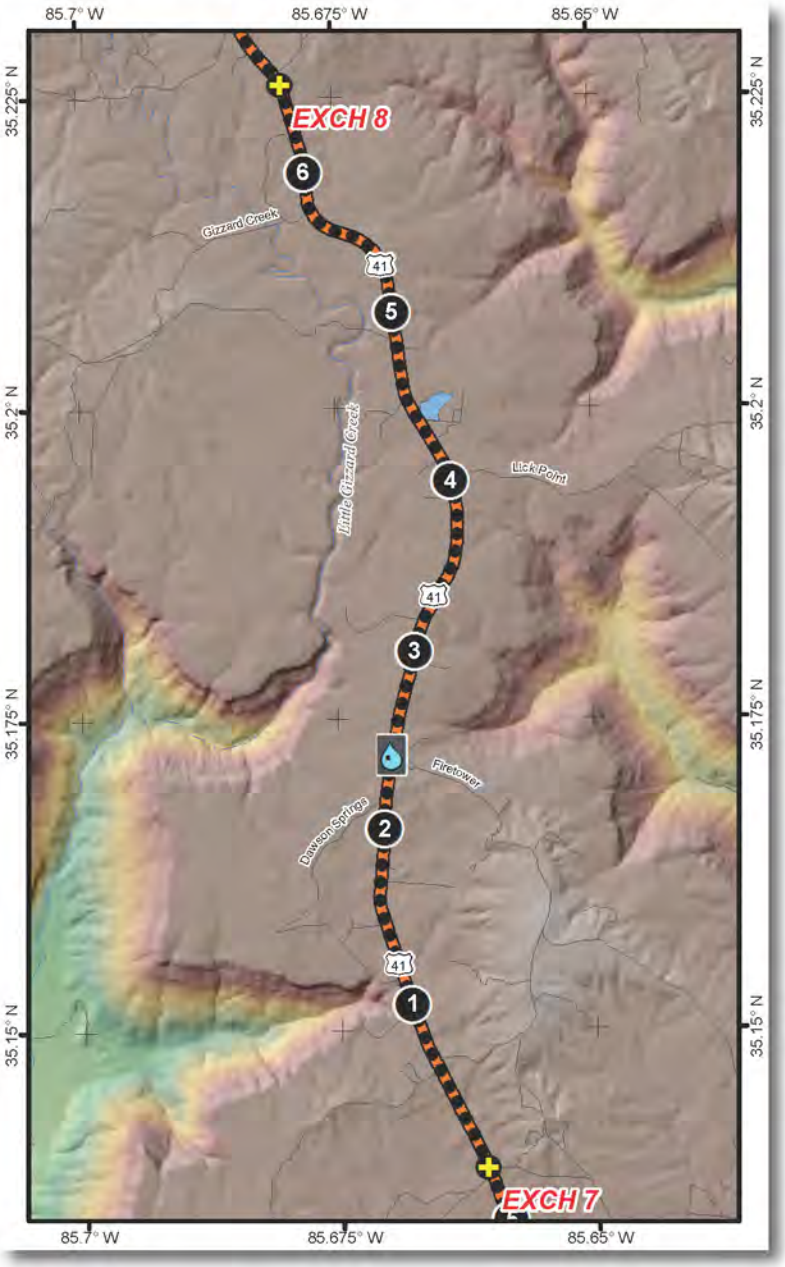
Exchange 7
Abandon Mtn Mart
4381 Hwy 150
Sequatchie TN 37374
35.138923°, -85.660877°

LEG NOTES:
Only runner 8 is allowed to cross US-41

LEG LEGEND:
0.0 Depart Ex 6 heading West W 4th St
0.1 Turn Left (N) onto Betsy Pack Dr. (US-41)
1.1 Merge Left (NW) onto US-41/TN-150
5.4 Arrive at Ex 7 on the left



LEG 8 -- 6.5 MILES -- HARD -- NO VAN SUPPORT



LEG 8 -- 6.5 MILES -- HARD

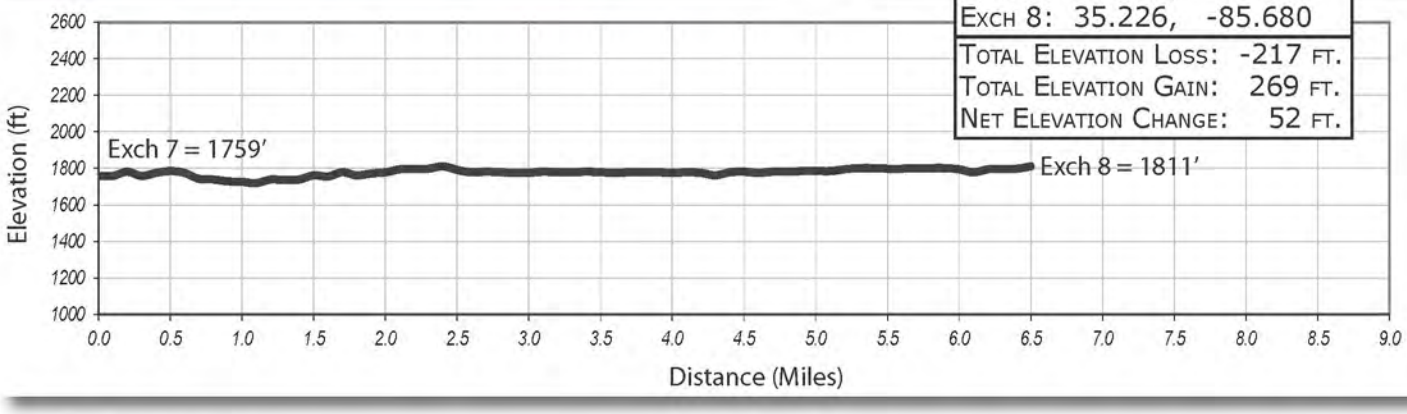
Exchange 8
Ricky's Automotive Repair
10981 TN-150
Sequatchie, TN 37374

LEG NOTES:
Drivers must remain available at Exchange 8 to allow truck driver access to parking. Only Runner 9 is allowed to cross US-41

LEG LEGEND:

0.0	Depart Ex 7 heading North on US-41/ TN-150
6.5	Arrive at Ex 8 on the right

GPS Coords	
Exch 7:	35.139, -85.661
Exch 8:	35.226, -85.680
Total Elevation Loss:	-217 ft.
Total Elevation Gain:	269 ft.
Net Elevation Change:	52 ft.



LEG 9 -- 5.2 MILES -- MODERATE -- PARTIAL NO VAN SUPPORT

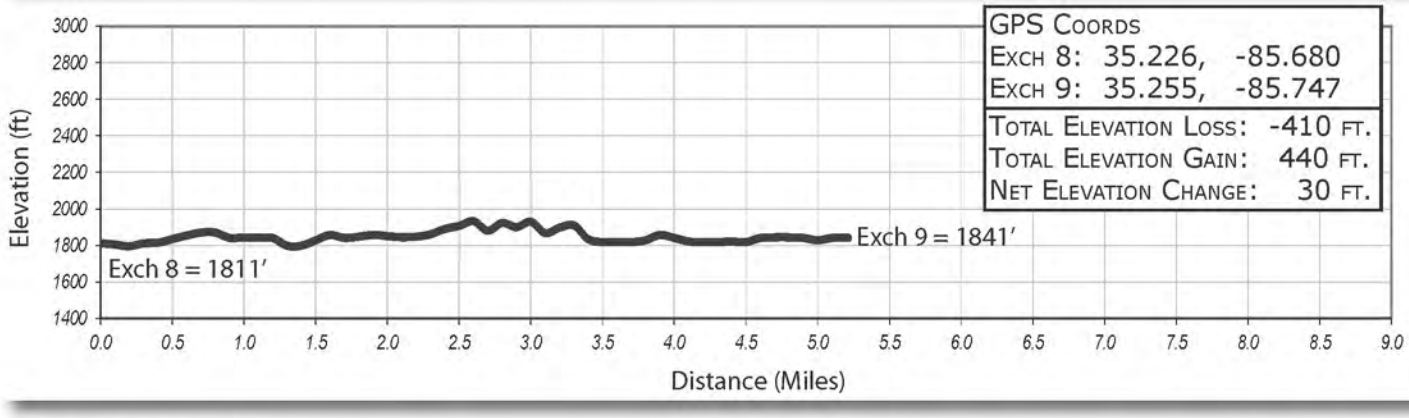
LEG 9 -- 5.2 MILES -- MODERATE

Exchange 9
Pole Barn Horse Arena
57 Marion St
Tracy City, TN 37387
35.254943°, -85.747364°

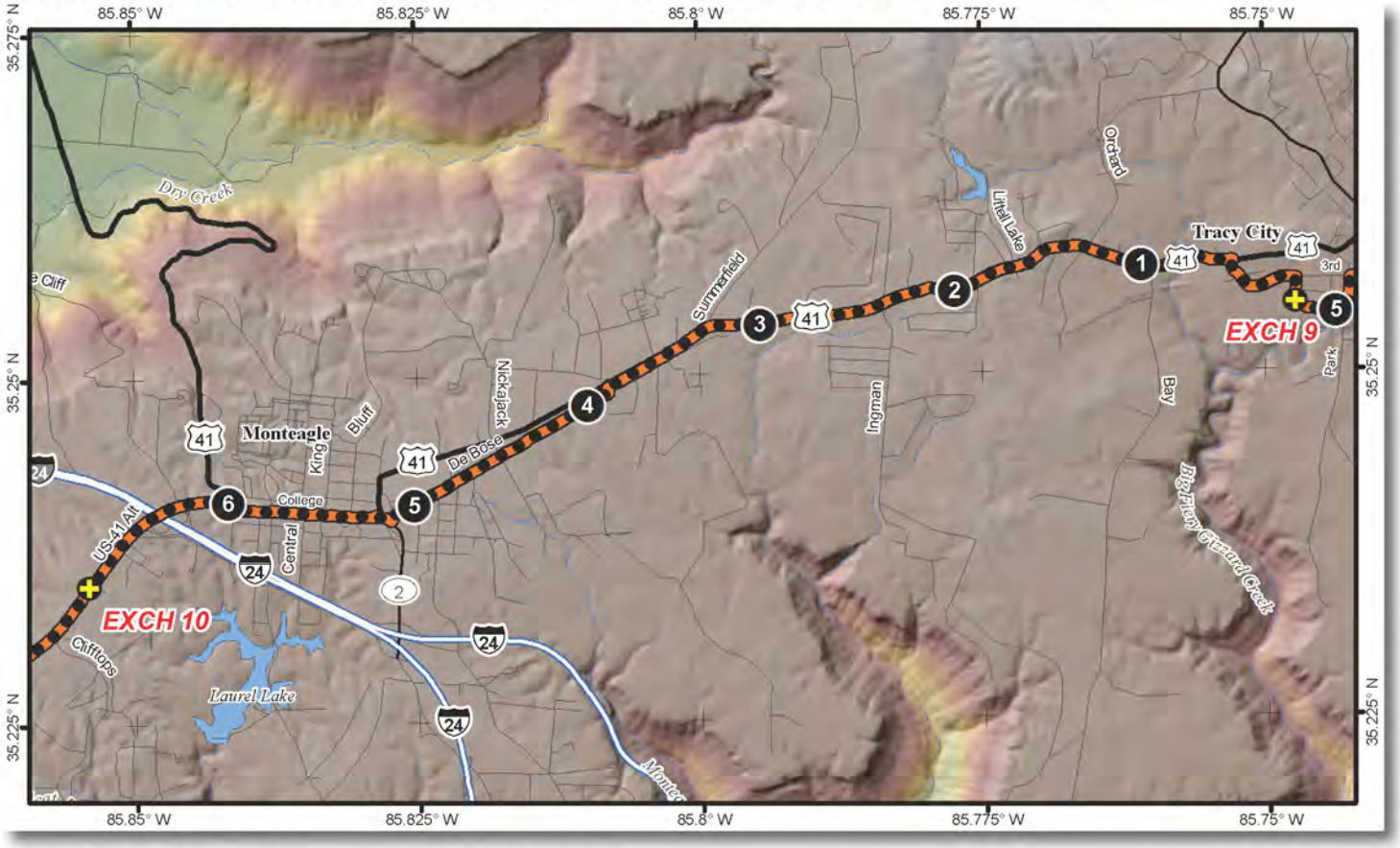
LEG NOTES:
Teams may ONLY support their runners once they are on 7th St

LEG LEGEND:

0.0	Depart Ex 8 heading North on US-41/TN-150
3.6	Turn Left (W) onto 7th St
4.2	Turn Left (S) onto 10th St
4.4	Turn Right (W) onto 3rd St
4.8	Turn Left (S) on 2nd St
5.0	Turn Right (W) on Fairground St
5.2	Arrive at Ex 9 on the left



LEG 10 -- 6.8 MILES -- HARD -- FULL VAN SUPPORT



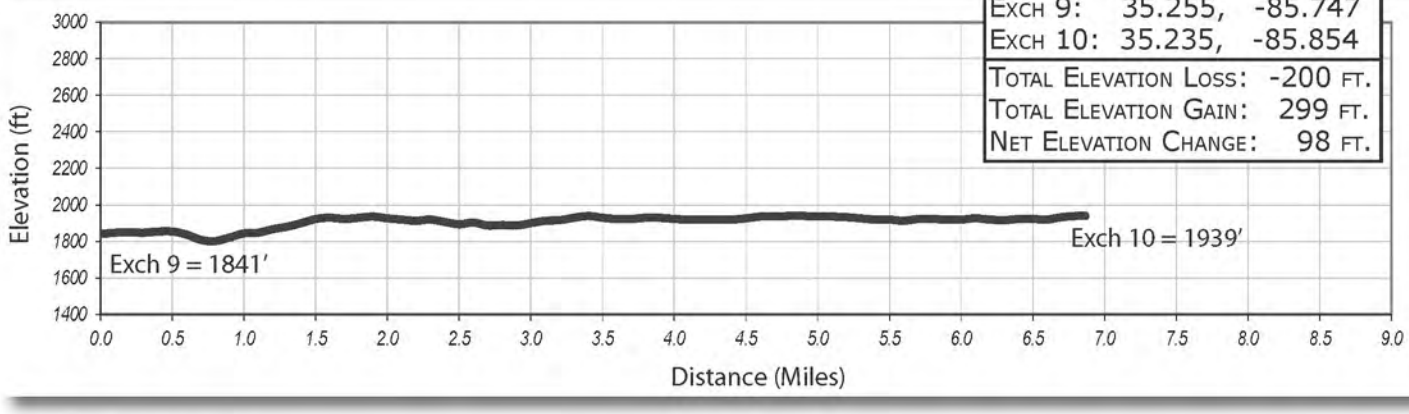
LEG 10 -- 6.8 MILES -- HARD

Exchange 10
Mountain Outfitters
903 W Main St
Monteagle, TN 37356
35.235048°, -85.854104°

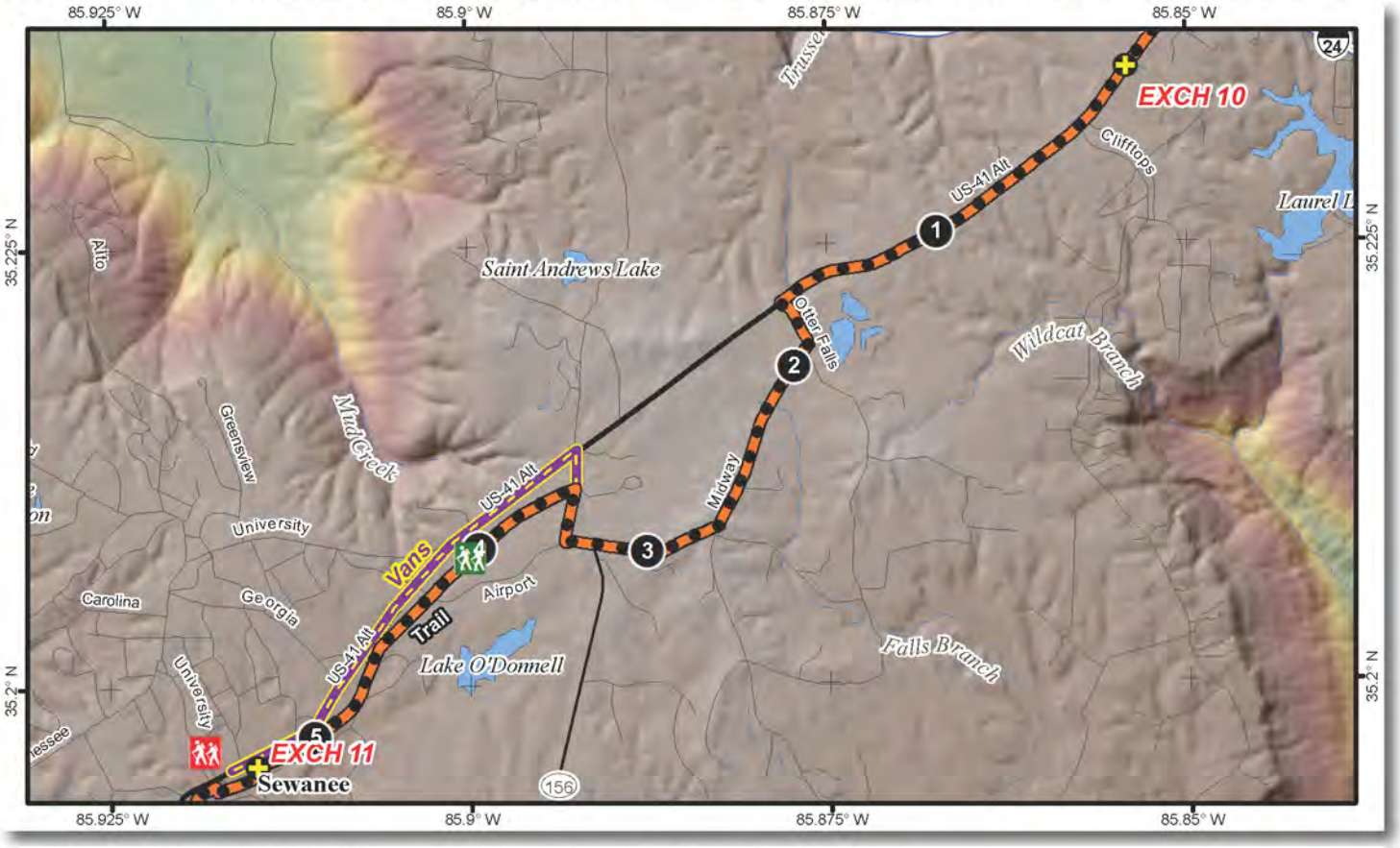
LEG LEGEND:

0.0	Depart Ex 9 heading Northwest on Fairground St
0.1	Turn Left (W) on 3rd St
0.5	Turn Left (W) onto SR-41/ TN-56
3.8	Turn Left (S) onto De Bose Ave
4.9	Turn Right (W) onto Main St (SR-41)
6.8	Arrive at Ex 10 on the right

GPS COORDS		
EXCH 9:	35.255,	-85.747
EXCH 10:	35.235,	-85.854
TOTAL ELEVATION LOSS:	-200 FT.	
TOTAL ELEVATION GAIN:	299 FT.	
NET ELEVATION CHANGE:	98 FT.	



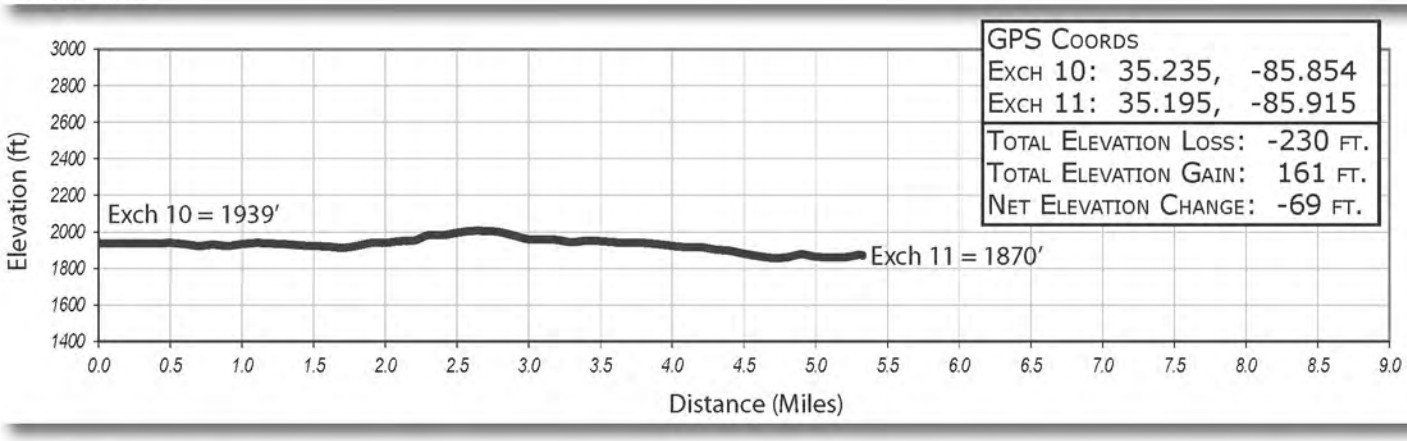
LEG 11 -- 5.4 MILES -- MODERATE -- PARTIAL NO VAN SUPPORT



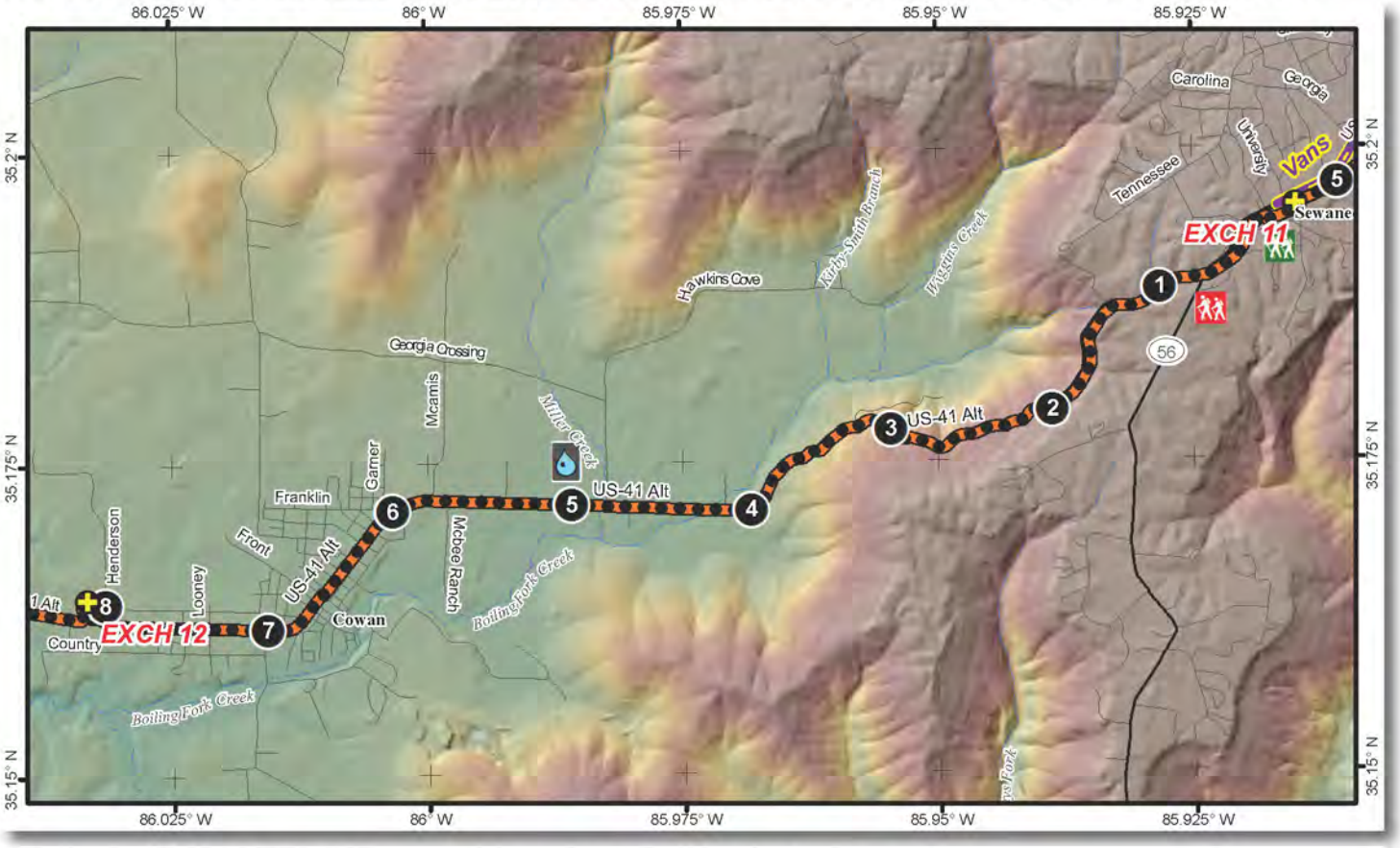
LEG 11 -- 5.4 MILES -- MODERATE	0.0	Depart Ex 10 heading Southwest on US-41/TN-15
Exchange 11	1.7	Turn Left (S) onto Midway Rd
Hair Depot/University of the South	3.3	Right to continue on Midway Rd
17 Lake O'Donnell Rd	3.6	Turn Left (SW) onto the Mountain Goat Trail
Sewanee, TN 37375		
35.195465°, -85.914882°	5.4	Arrive at ex 11

LEG NOTES:
Teams may ONLY support runners after they have turned onto Midway Rd.

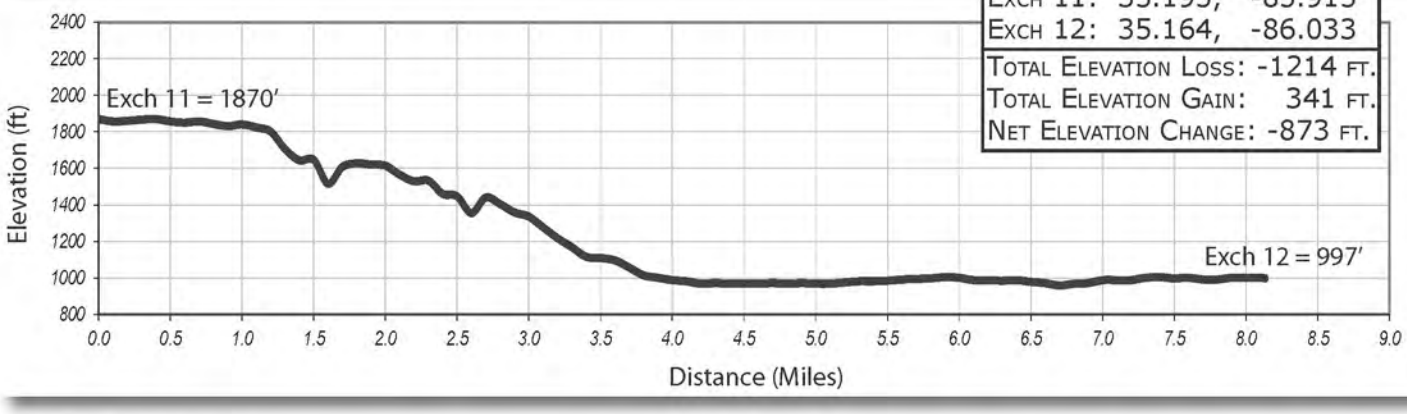
LEG LEGEND:



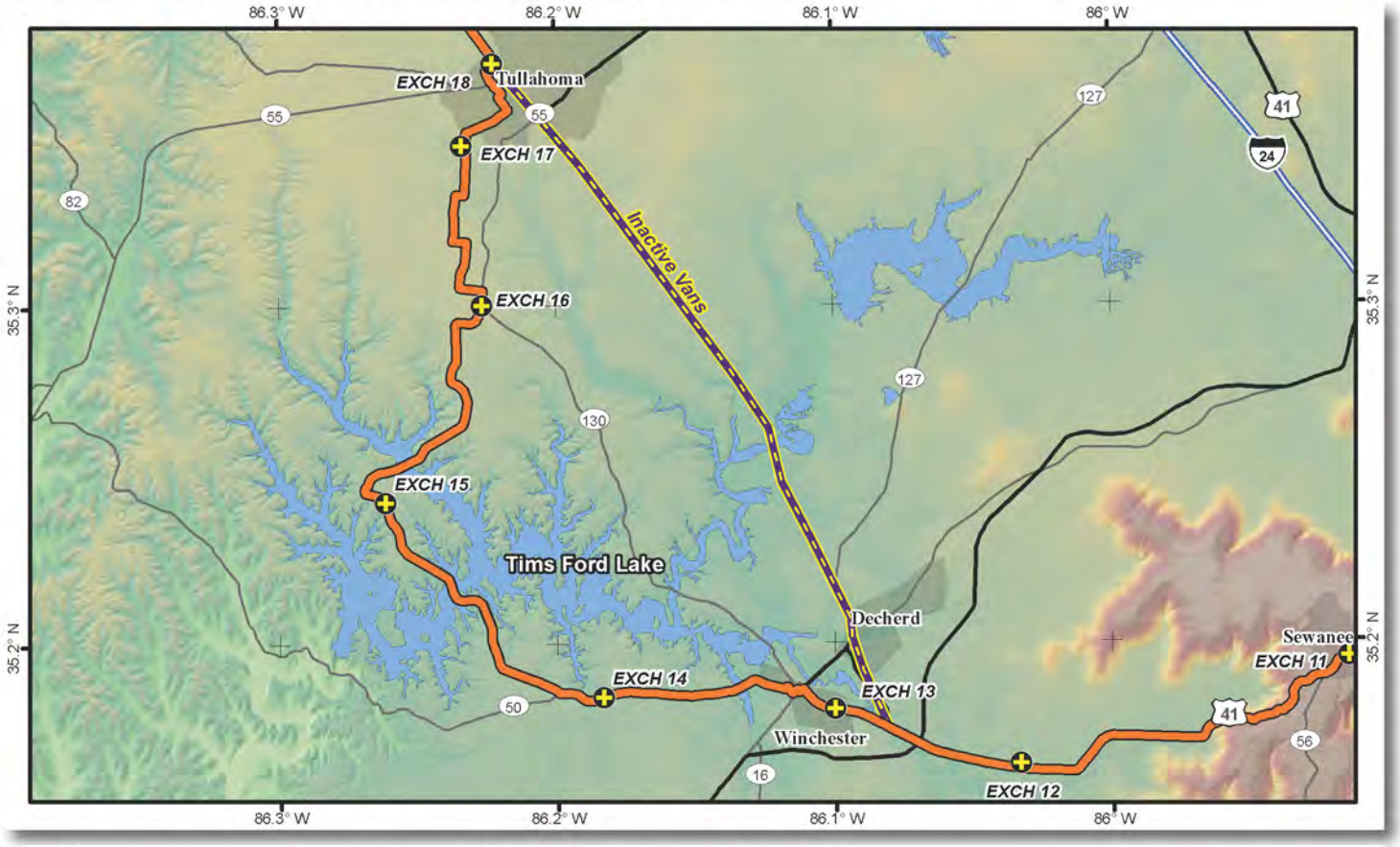
LEG 12 -- 8.1 MILES -- VERY HARD -- PARTIAL NO VAN SUPPORT



LEG 12 -- 8.1 MILES -- VERY HARD	0.0	Depart Ex 11 heading south on Hawkins Ln
Exchange 12	300 ft.	Right onto O'Donnell Rd
South Middle School	0.1	Right onto Reed's Ln
601 Cumberland St. West	0.1	Left onto Mountain Goat Trail
Cowan, TN 37318	0.7	Right onto Sherwood to exit trail
35.164238°, -86.033382°	0.7	Right onto TN-15/Sewanee Hwy
	6.6	Cross TN-15 to run with traffic
	7.9	Right onto Henderson Ln.
LEG NOTES:	8.1	Arrive at Ex 12 (chute is behind school)
Teams may ONLY support runners after TN-15 intersects Blue Bird Ln.		
LEG LEGEND:		



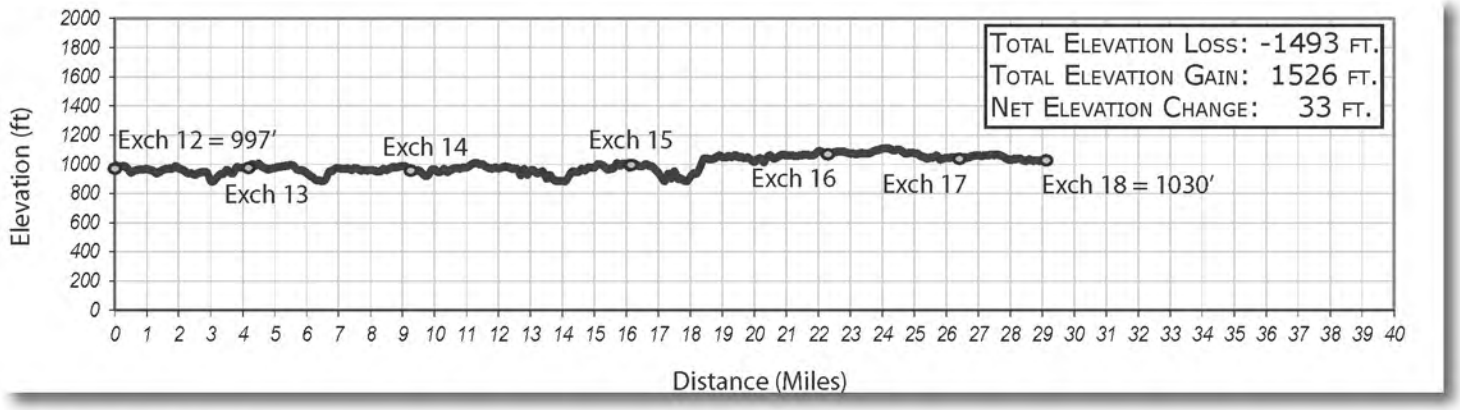
Van 1 -- Legs 13-18 -- 29.0 Miles



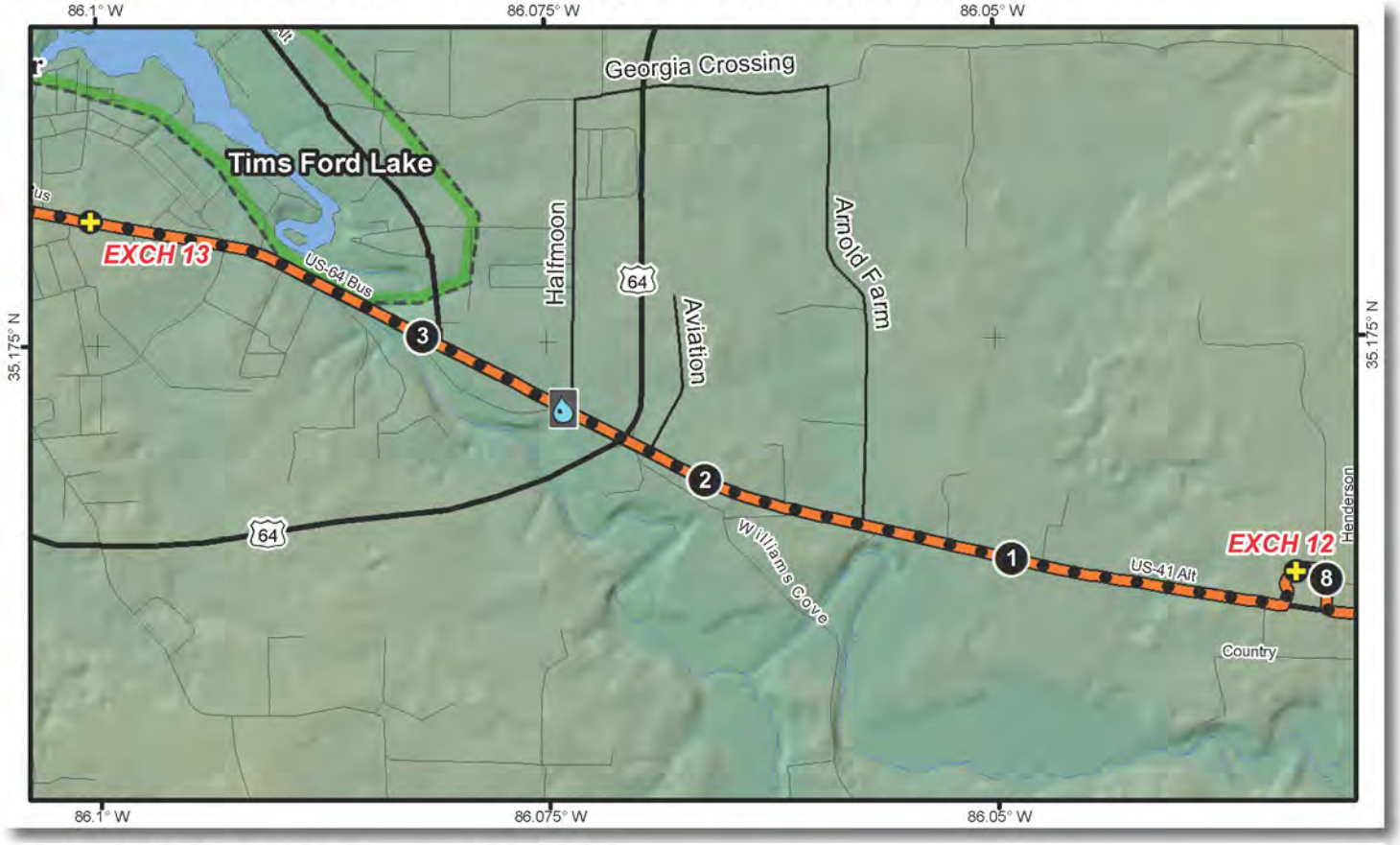
Van 2 Inactive Van Directions from Exchange 12 to Exchange 18:

Tullahoma High School
927 N Jackson St
Tullahoma, TN 37388
35.372029°, -86.222471°

0.0	Depart Ex 12 by heading West on US-41A N/Cumberland St W
2.8	Turn right onto Bypass Rd
4.7	Turn right onto US-41A N/ Dinah Shore Blvd
17.6	Continue straight onto S Jack son St
18.7	Turn left onto Big Springs Ave



Leg 13 -- 4.1 Miles -- Moderate -- NO VAN SUPPORT

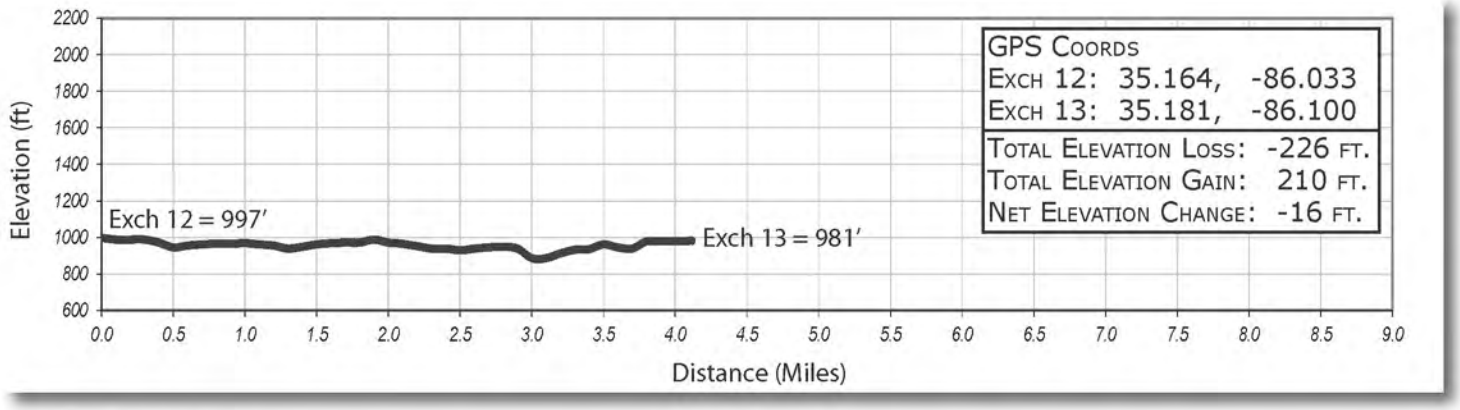


LEG 13 -- 4.1 MILES -- MODERATE

Exchange 13
800 S College St
Winchester, TN 37398
35.180690°, -86.100355°

LEG LEGEND:

0.0	Depart Ex 12 heading West on SR-41/TN-15
4.1	Arrive at Ex 13 on the left



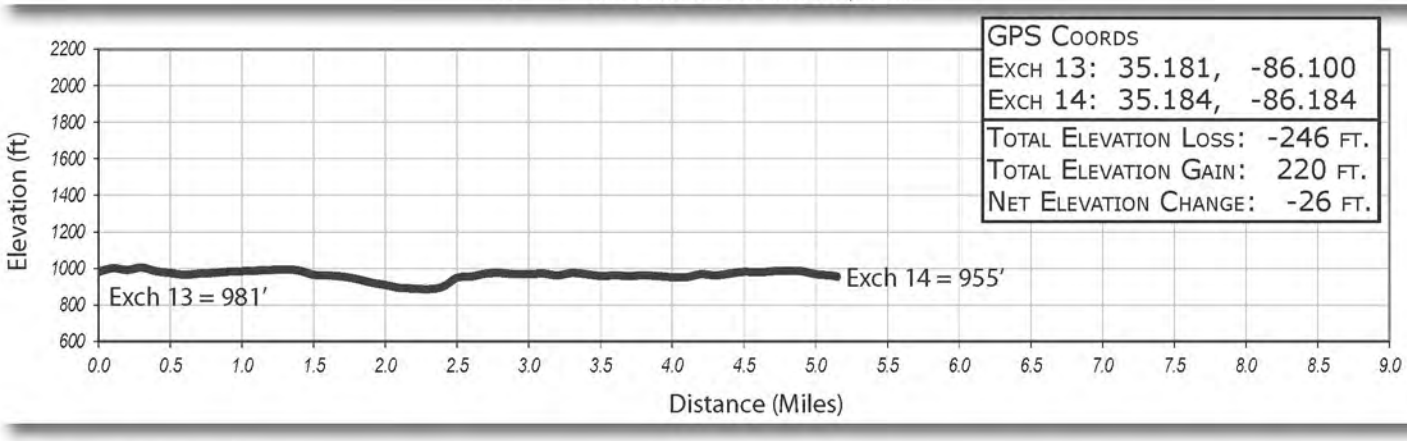
LEG 14 -- 5.2 MILES -- MODERATE -- FULL VAN SUPPORT

LEG 14 -- 5.2 MILES -- MODERATE

Exchange 14
Owl Hollow Church of Christ
4377 Lynchburg Rd
Winchester, TN 37398
35.184303°, -86.184033°

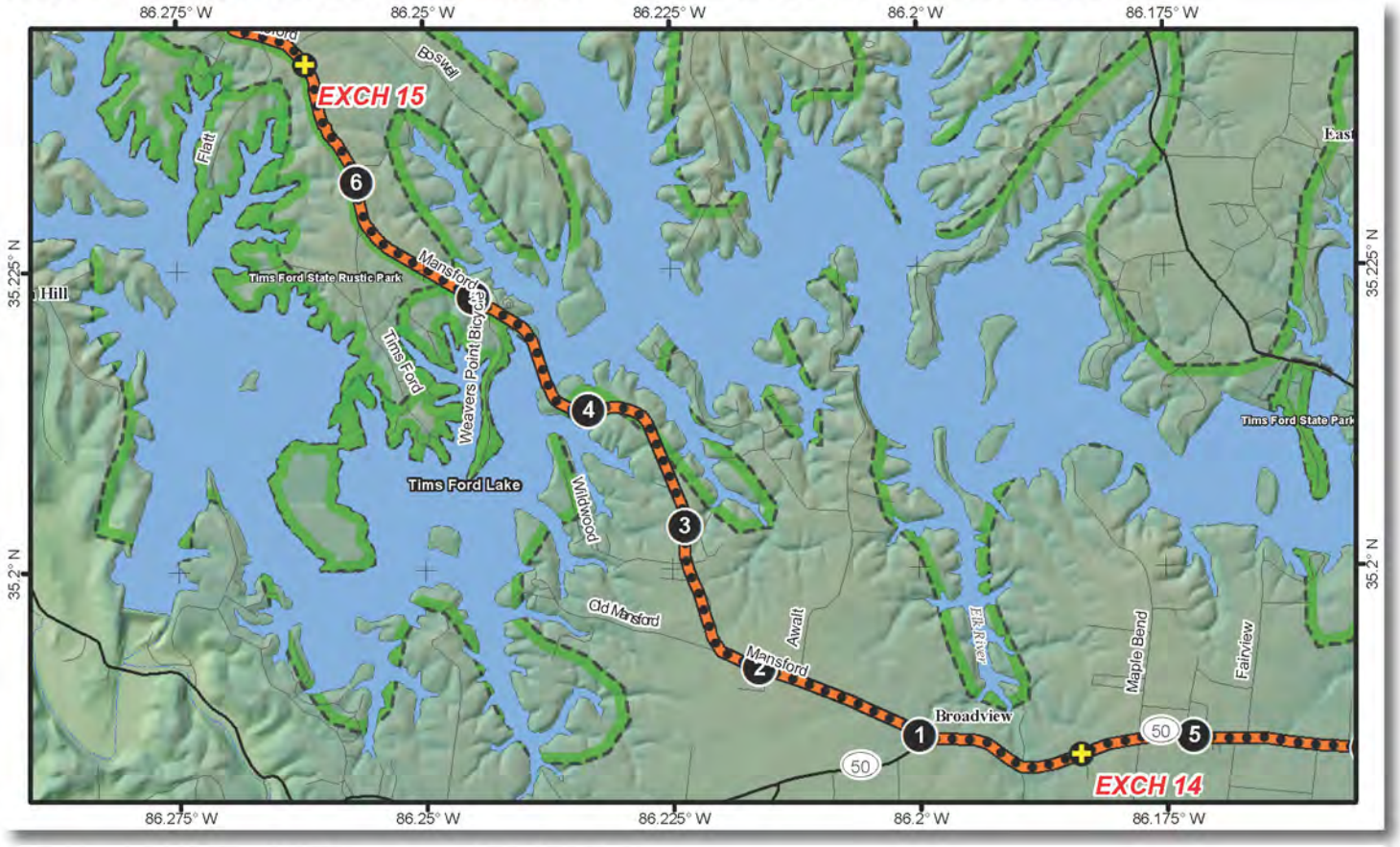
LEG LEGEND:

0.0	Depart Ex 13 heading West on College St (US-41)
0.8	Turn Left (SW) onto 1st Ave NW
0.9	Turn Right (NW) onto N High St
1.0	Turn Left (SW) onto 2nd Ave NW
1.1	Turn Right (NW) onto N Cedar St
1.3	Turn Left (W) onto 4th Ave NW
1.4	Continue on 4th Ave NW, it will become Lynchburg Rd (TN-50)
5.2	Arrive at ex 14 on the left



GPS COORDS	
EXCH 13:	35.181, -86.100
EXCH 14:	35.184, -86.184
TOTAL ELEVATION LOSS:	-246 FT.
TOTAL ELEVATION GAIN:	220 FT.
NET ELEVATION CHANGE:	-26 FT.

LEG 15 -- 6.8 MILES -- HARD -- FULL VAN SUPPORT

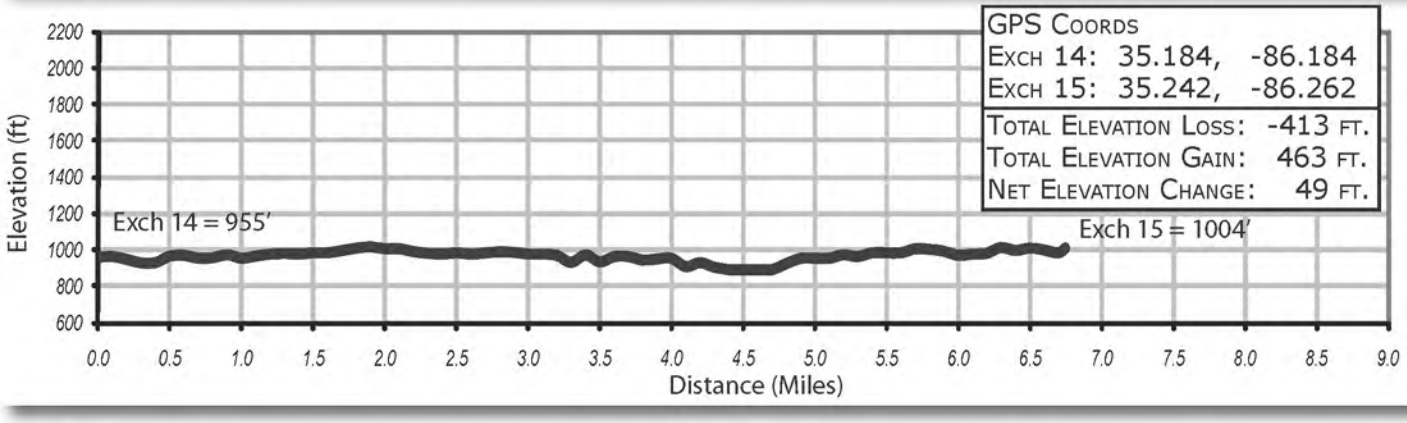


LEG 15 -- 6.8 MILES -- HARD

Exchange 15
Brownington Church of the Nazrene
5864 Mansford Rd
Winchester, TN 37398
35.242428°, -86.261961°

LEG LEGEND:

0.0	Depart Ex 14 heading West on Lynchburg Rd (TN-50)
0.9	Merge Right (NW) onto Mansford Rd (TN- 476)
6.8	Arrive at Ex 15 on the right



GPS Coords		
Exch 14:	35.184,	-86.184
Exch 15:	35.242,	-86.262

Total Elevation Loss:	-413 ft.
Total Elevation Gain:	463 ft.
Net Elevation Change:	49 ft.

RAGNAR Tennessee

Leg 16 -- 6.1 Miles -- Hard -- FULL VAN SUPPORT

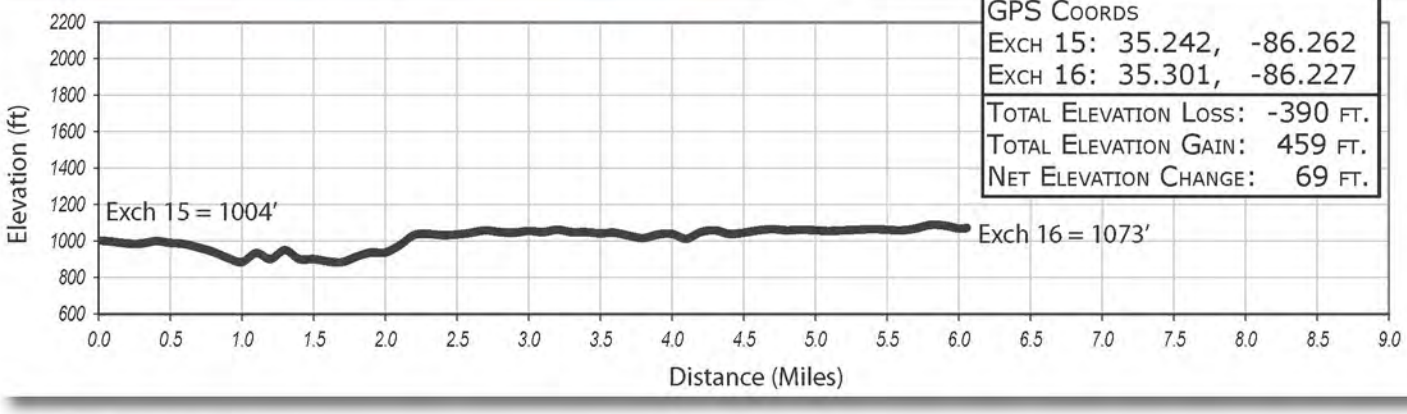
LEG 16 -- 6.1 MILES -- HARD

Exchange 16
North Franklin County Vol Fire
11091 Old Tullahoma Rd
Tullahoma, TN 37388
35.300571°, -86.226875°

LEG NOTES:
Do NOT park vans in front of Firetruck Garage Doors!

LEG LEGEND:

0.0	Depart Ex 15 heading North on Mansford Rd
0.5	Turn Right (N) onto Awalt Rd
6.1	Arrive at Ex 16 on the left



GPS Coords	
Exch 15:	35.242, -86.262
Exch 16:	35.301, -86.227
Total Elevation Loss:	-390 ft.
Total Elevation Gain:	459 ft.
Net Elevation Change:	69 ft.

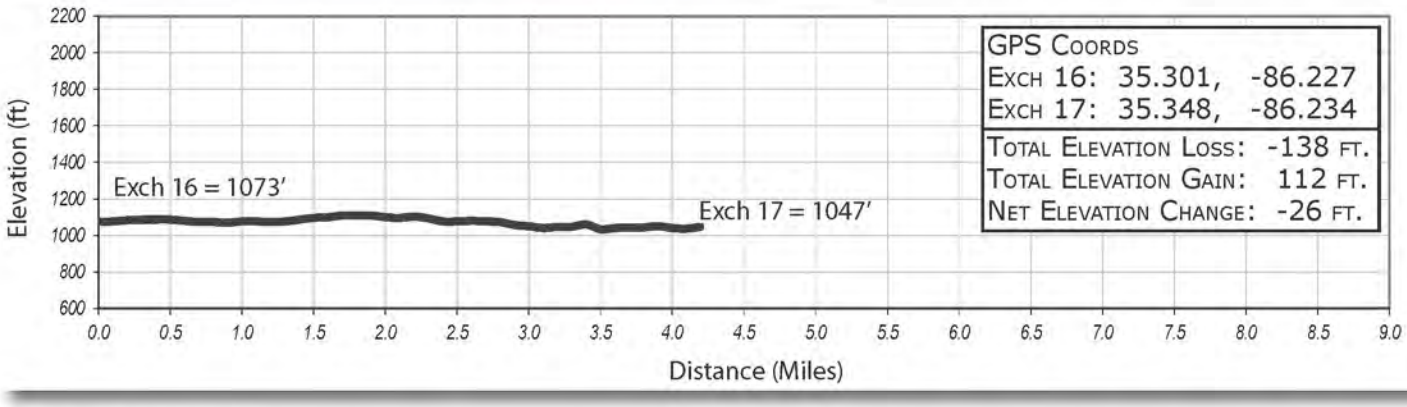
LEG 17 -- 4.2 MILES -- MODERATE -- FULL VAN SUPPORT

LEG 17 -- 4.2 MILES -- MODERATE

Exchange 17
King's Cross Church
222 Turkey Creek Rd
Tullahoma, TN 37388
35.347709°, -86.233634°

LEG LEGEND:

0.0	Depart Exchange 16 heading North on Old Tullahoma Rd
0.3	Turn Left (W) onto Blackburn Ln
0.8	Turn Right (N) onto Smith Ln
1.7	Turn Left (W) onto Gourdneck Rd
2.0	Turn Right (N) onto Holt Ln
3.0	Continue on Holt Ln, road will become Turkey Creek Rd
4.2	Arrive at Ex 17 on the left



GPS Coords	
Exch 16:	35.301, -86.227
Exch 17:	35.348, -86.234
Total Elevation Loss:	-138 ft.
Total Elevation Gain:	112 ft.
Net Elevation Change:	-26 ft.

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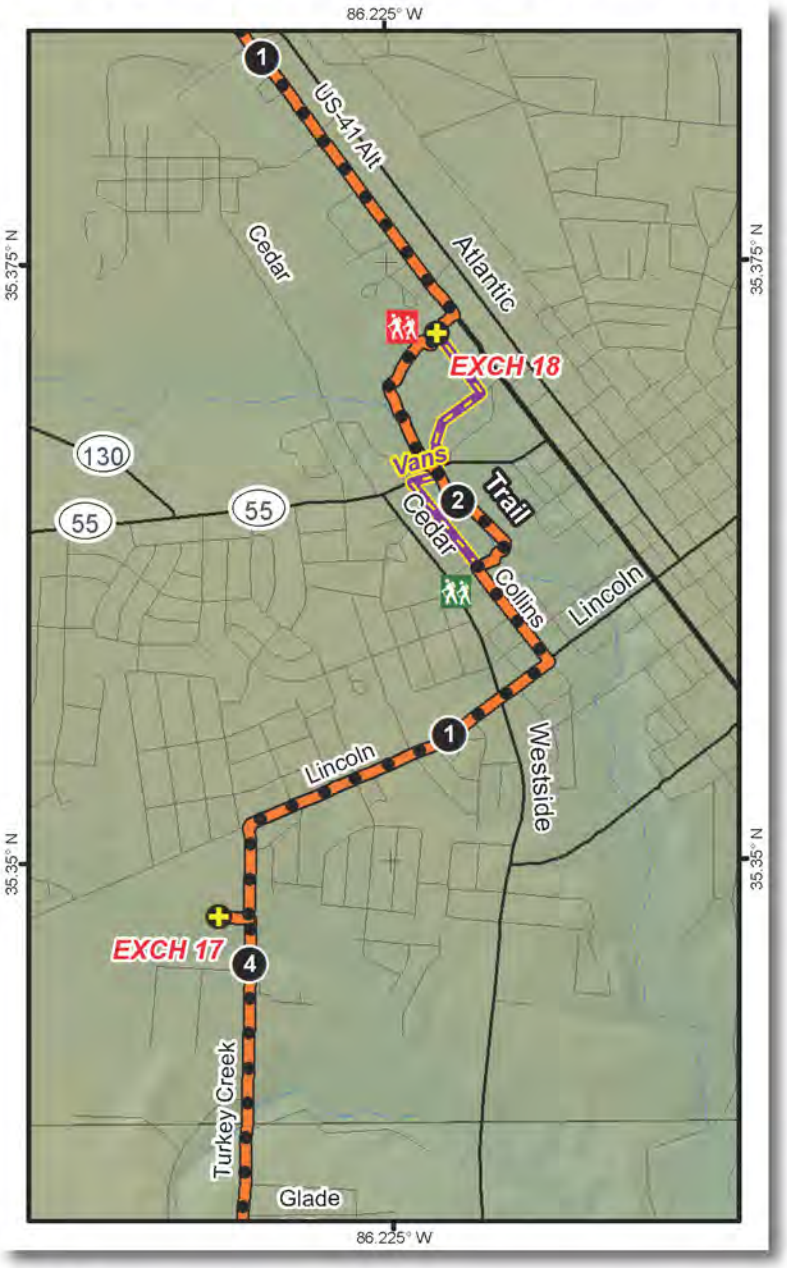
Leg 18 -- 2.6 Miles -- Easy -- FULL VAN SUPPORT



LEG 18 -- 2.6 MILES -- EASY

Exchange 18
Tullahoma High School
927 N Jackson St
Tullahoma, TN 37388
35.372029°, -86.222471°

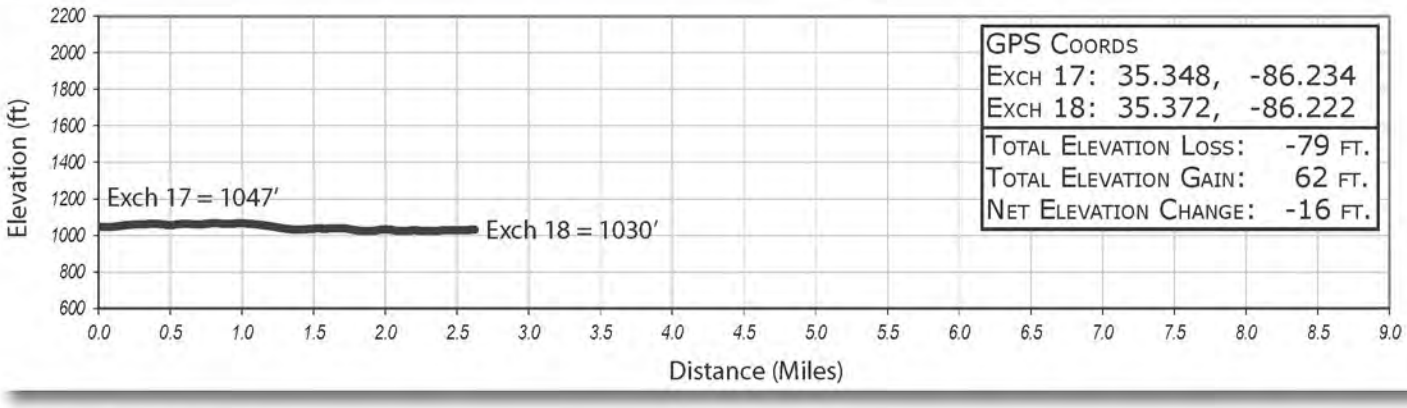
LEG LEGEND:

0.0	Depart Ex 17 heading North on Turkey Creek Rd
0.3	Turn Right (NE) onto Lincoln St
1.3	Turn Left (N) onto Collins St
1.7	Turn Right (NE) through community center parking lot
1.7	Run on Bike Path
2.6	Arrive at Ex 18

Van Directions:

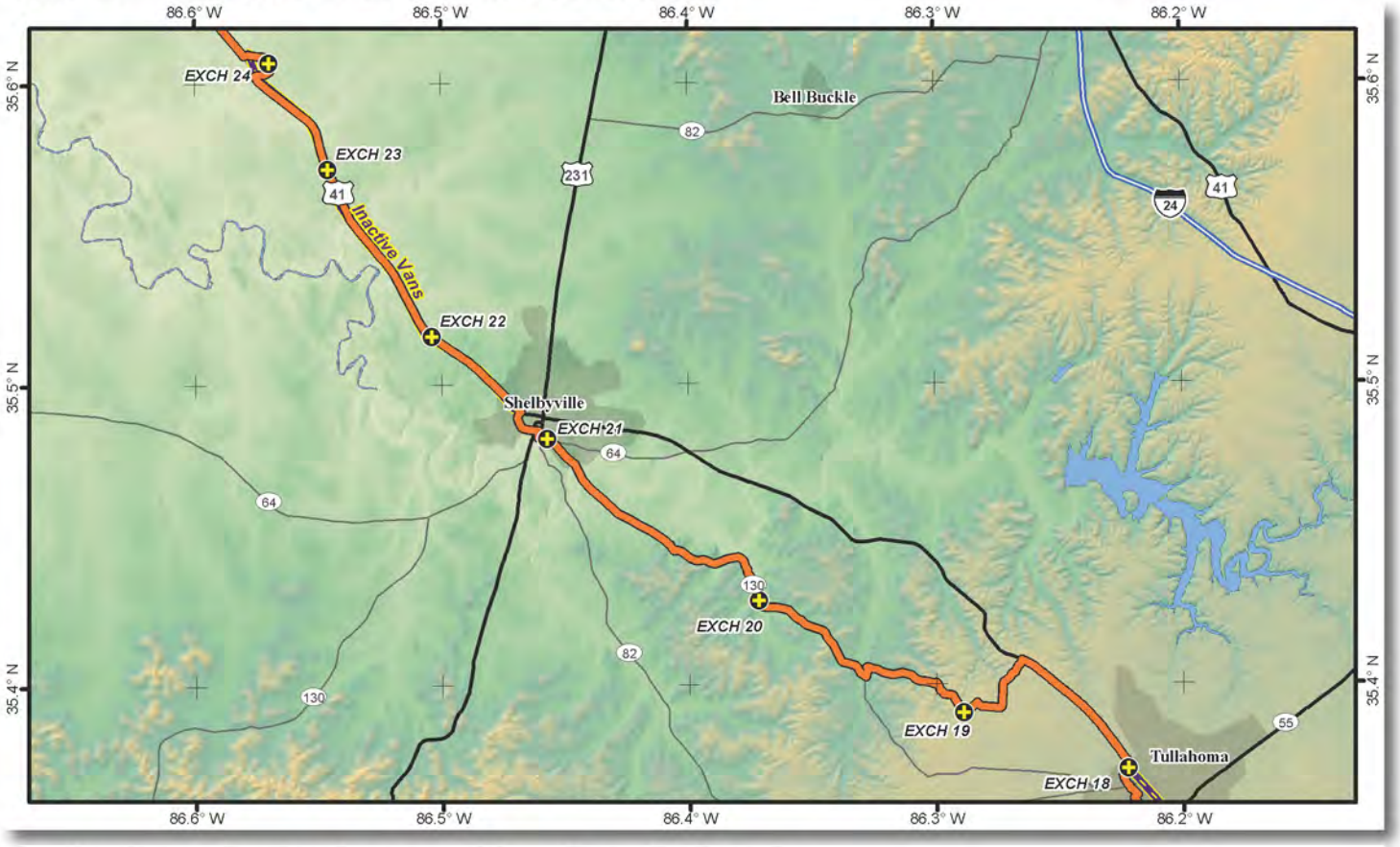
0.0	Depart Ex 17 heading North on Turkey Creek Rd
0.3	Turn Right (NE) onto Lincoln St
1.3	Turn Left (NW) onto Collins St
1.9	Turn Right (NE) onto Wilson Ave
2.0	Turn Left (NW) onto Big Springs Ave

** Follow Van Direction Signs for Van Parking; chute is in parking lot on Northwest side of school



GPS Coords	
Exch 17:	35.348, -86.234
Exch 18:	35.372, -86.222
Total Elevation Loss:	-79 ft.
Total Elevation Gain:	62 ft.
Net Elevation Change:	-16 ft.

Van 2 -- Legs 19-24 -- 30.7 Miles

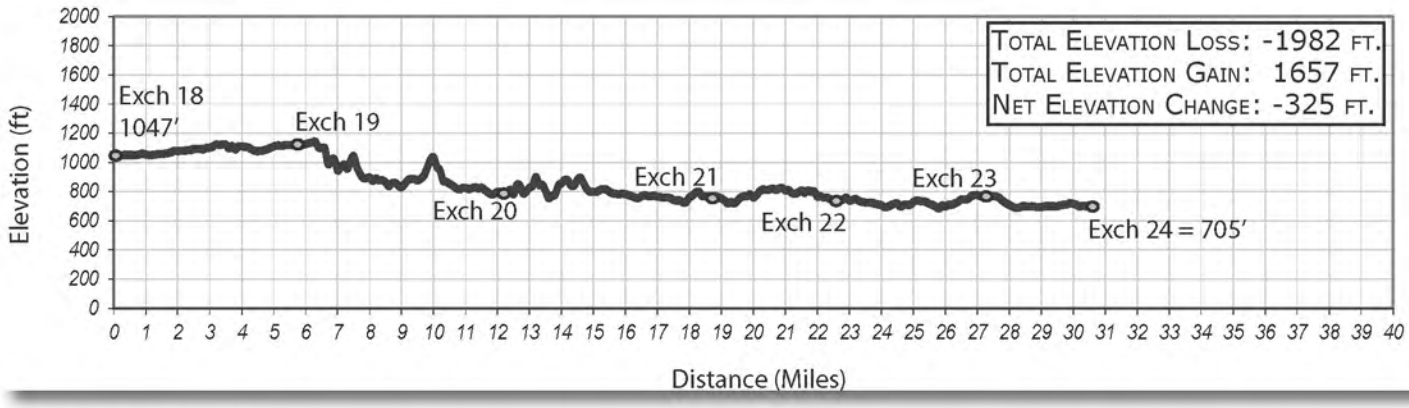


Van 1 Inactive van directions from Exchange 18 to Exchange 24 – Approx. 40 min:

Major Exchange 24

Unionville Community High School
1140 Unionville Deason Rd
Unionville, TN 37180
35.607114°, -86.570107°

0.0	Depart Ex 18 heading Northwest on Jackson St/SR-41
28.1	Turn Right onto Unionville Deason Rd



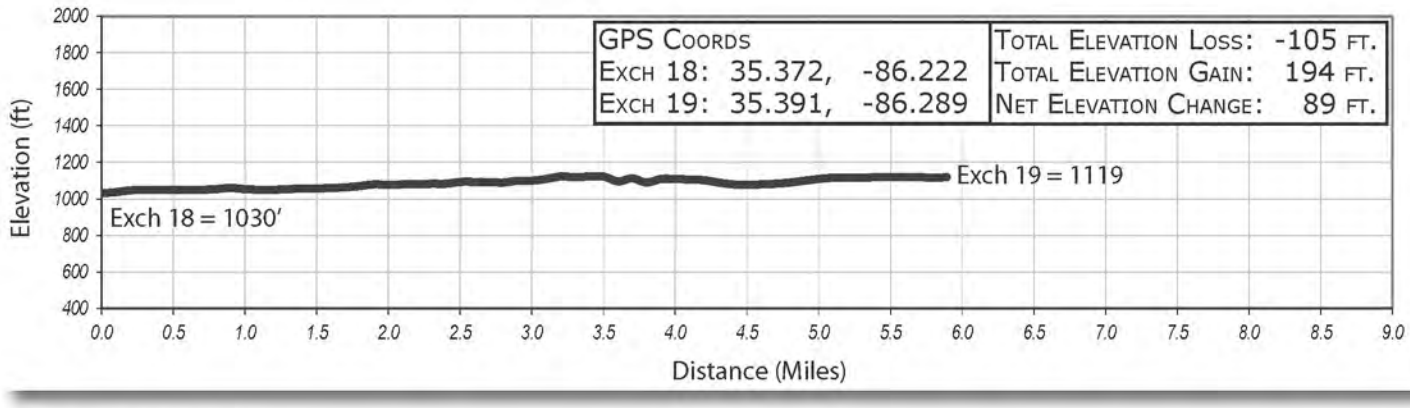
LEG 19 -- 5.9 MILES -- HARD -- NO VAN SUPPORT

LEG 19 -- 5.9 MILES -- HARD

Exchange 19
Intersection of Ledford Mills Rd and Brinkley Rd,
Wartrace, TN 37183
35.390559°, -86.289212°

LEG LEGEND:

0.0	Depart Ex 18 on trail towards bridge
500 ft.	Turn Left (N) on N Jackson St
3.6	Turn Left (W) onto Motlow College Rd
5.4	Turn Left (SW) on Ledford Mills Rd
5.8	Turn Right (NW) on Brinkley Rd
5.9	Arrive at Ex 19



LEG 20 -- 6.2 MILES -- HARD -- PARTIAL NO VAN SUPPORT

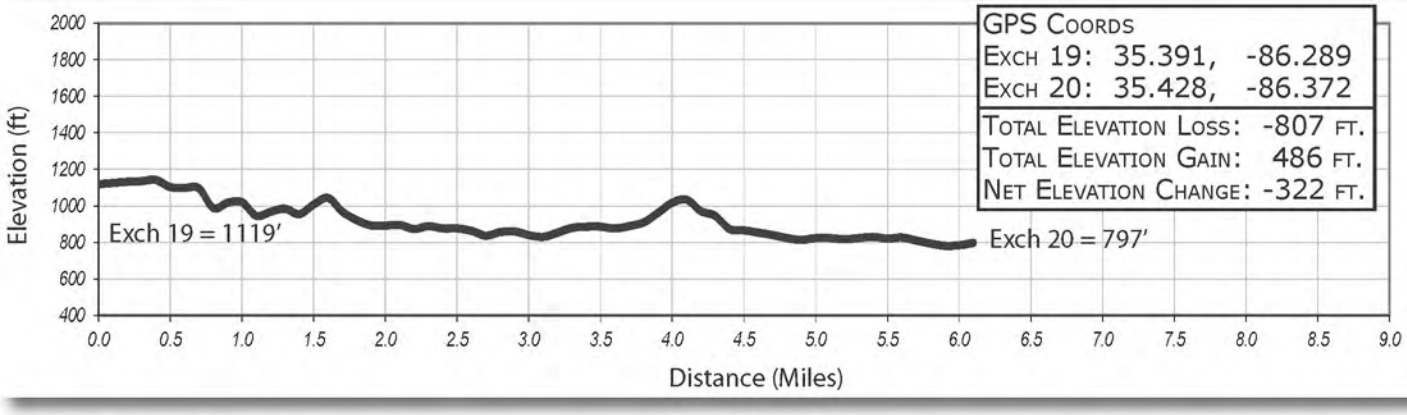
LEG 20 -- 6.2 MILES -- HARD

Exchange 20
Singleton United Methodist Church
2695 TN-130
Petersburg, TN 37144
35.428252°, -86.371980°

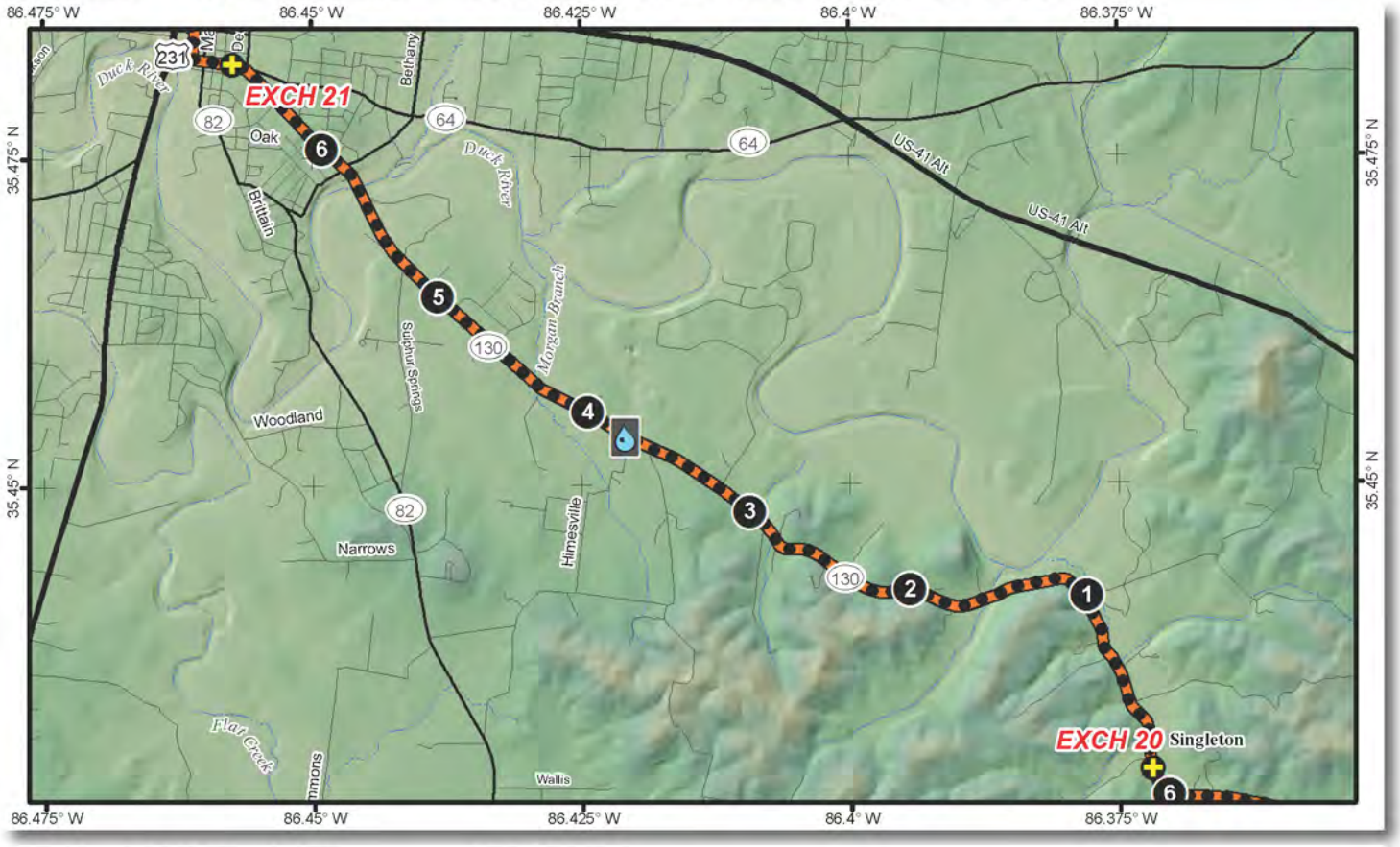
LEG NOTES:
Teams may ONLY support their runners for the first 2 miles on Brinkley Rd and after the first mile on TN-130

LEG LEGEND:

0.0	Depart Ex 19 heading NW on Brinkley Rd
0.5	Turn Left (W) on John Brinkley Rd
2.7	Turn Left (S) on Thompson Creek Rd
2.9	Turn Right (NW) on Hwy-130E
6.2	Arrive at Ex 20 on right



LEG 21 -- 6.7 MILES -- HARD -- NO VAN SUPPORT

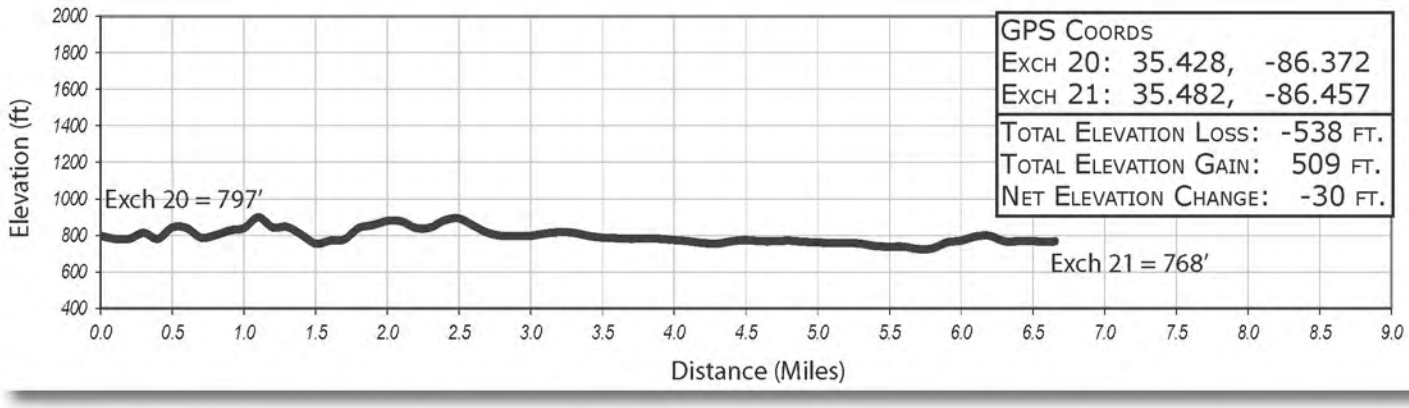


LEG 21 -- 6.7 MILES -- HARD

Exchange 21
First Baptist Church
304 Wartrace Pike
Shelbyville, TN 37160
35.482181°, -86.457678°

LEG LEGEND:

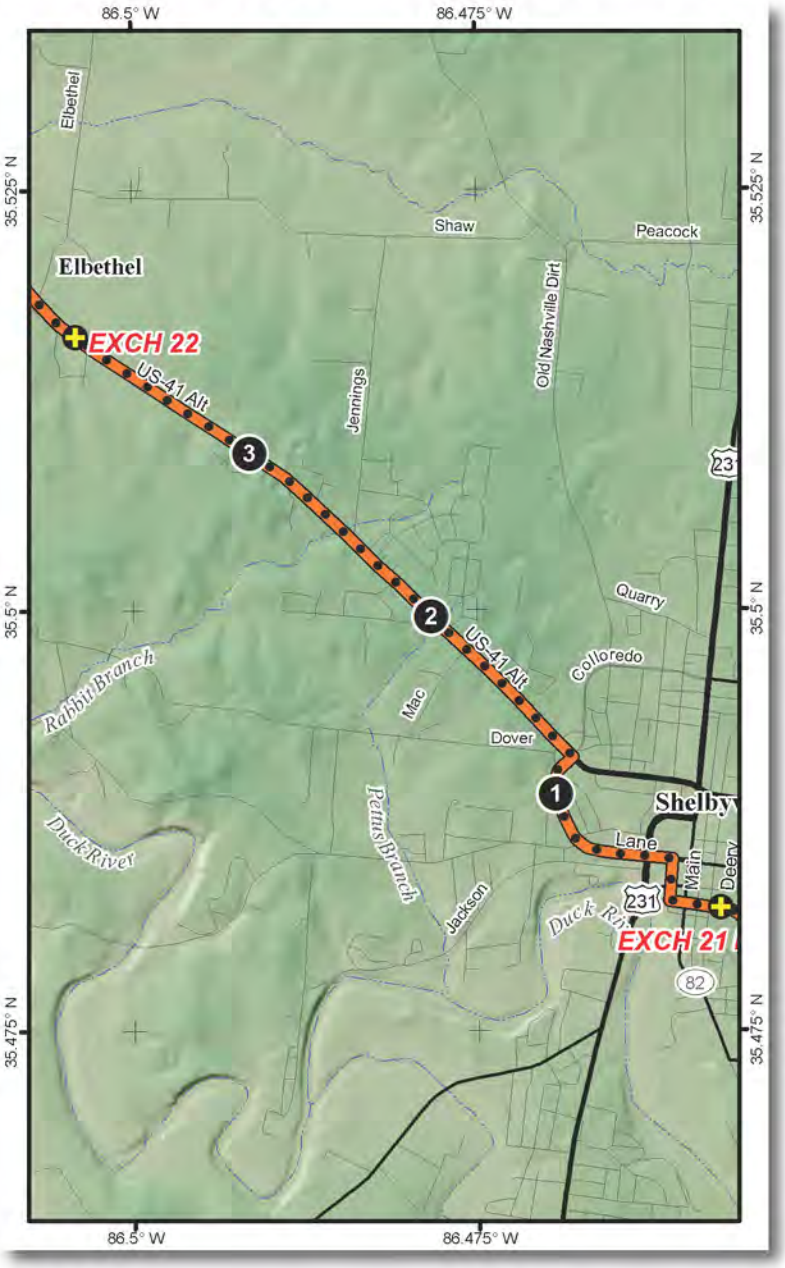
0.0	Depart Ex 20 heading Northwest on Hwy-130
5.8	Continue straight on Belmont Ave
6.6	Turn Left (W) on E Depot St
6.7	Arrive at Ex 21 on the Left



GPS COORDS
EXCH 20: 35.428, -86.372
EXCH 21: 35.482, -86.457

TOTAL ELEVATION LOSS: -538 FT.
TOTAL ELEVATION GAIN: 509 FT.
NET ELEVATION CHANGE: -30 FT.

LEG 22 -- 3.8 MILES -- EASY -- FULL VAN SUPPORT

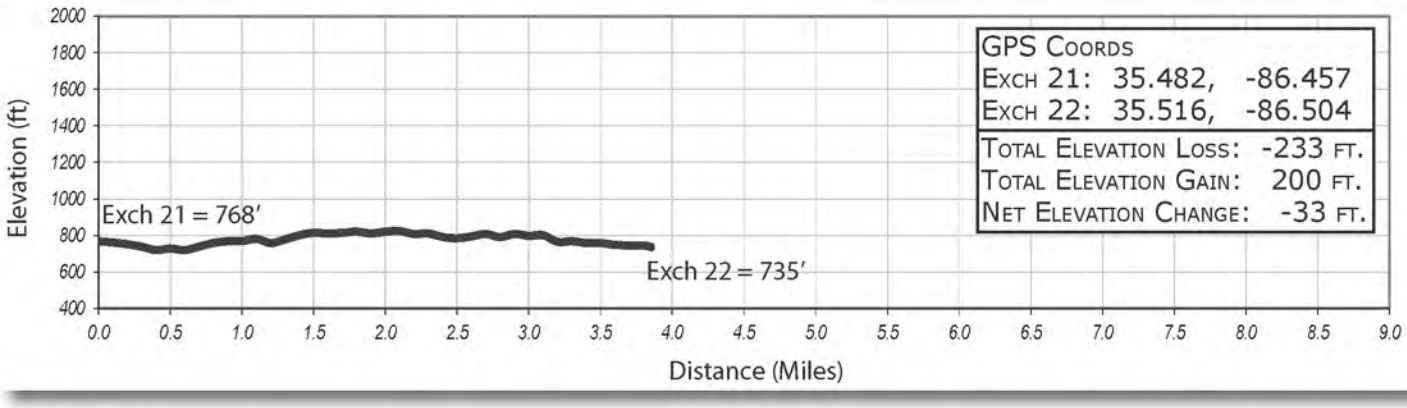


LEG 22 -- 3.8 MILES -- EASY

Exchange 22
El Bethel Baptist
1624 Highway 41-A North
Shelbyville, TN 37160
35.516178°, -86.504241°

LEG LEGEND:

0.0	Depart Ex 21 heading West on E Depot St (TN-64)
0.2	Turn Right (N) onto S Main St
0.4	Turn Left (W) onto Lane Pkwy
1.2	Turn Left (NW) onto Union St (SR-41)
3.8	Arrive at Ex 22 on the right



GPS COORDS
EXCH 21: 35.482, -86.457
EXCH 22: 35.516, -86.504

TOTAL ELEVATION LOSS: -233 FT.
TOTAL ELEVATION GAIN: 200 FT.
NET ELEVATION CHANGE: -33 FT.

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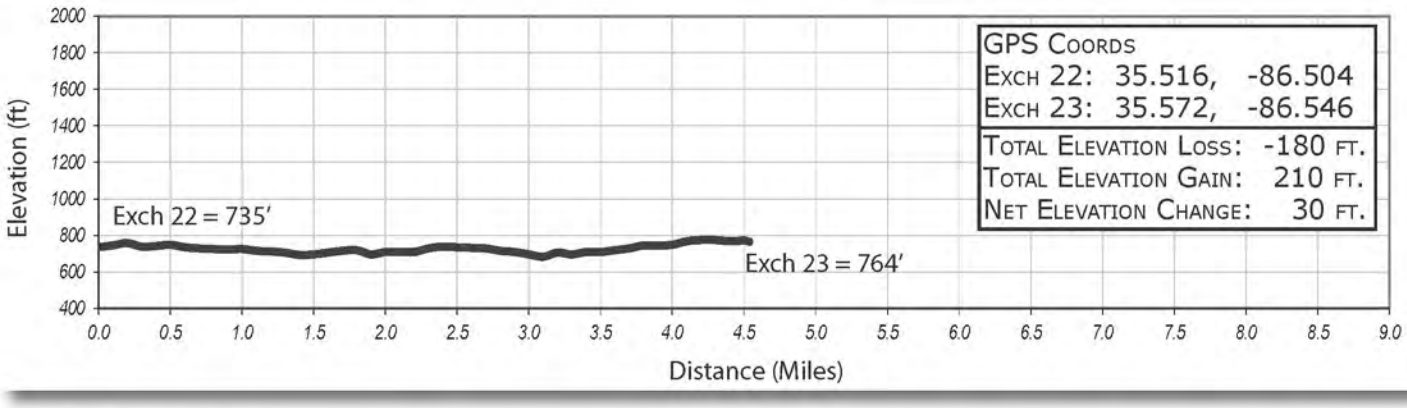
LEG 23 -- 4.5 MILES -- MODERATE -- FULL VAN SUPPORT

LEG 23 -- 4.5 MILES -- MODERATE

Exchange 23
Boyce Livestock Company
2708 US-41A North
Shelbyville 37160
35.571788°, -86.546286°

LEG LEGEND:

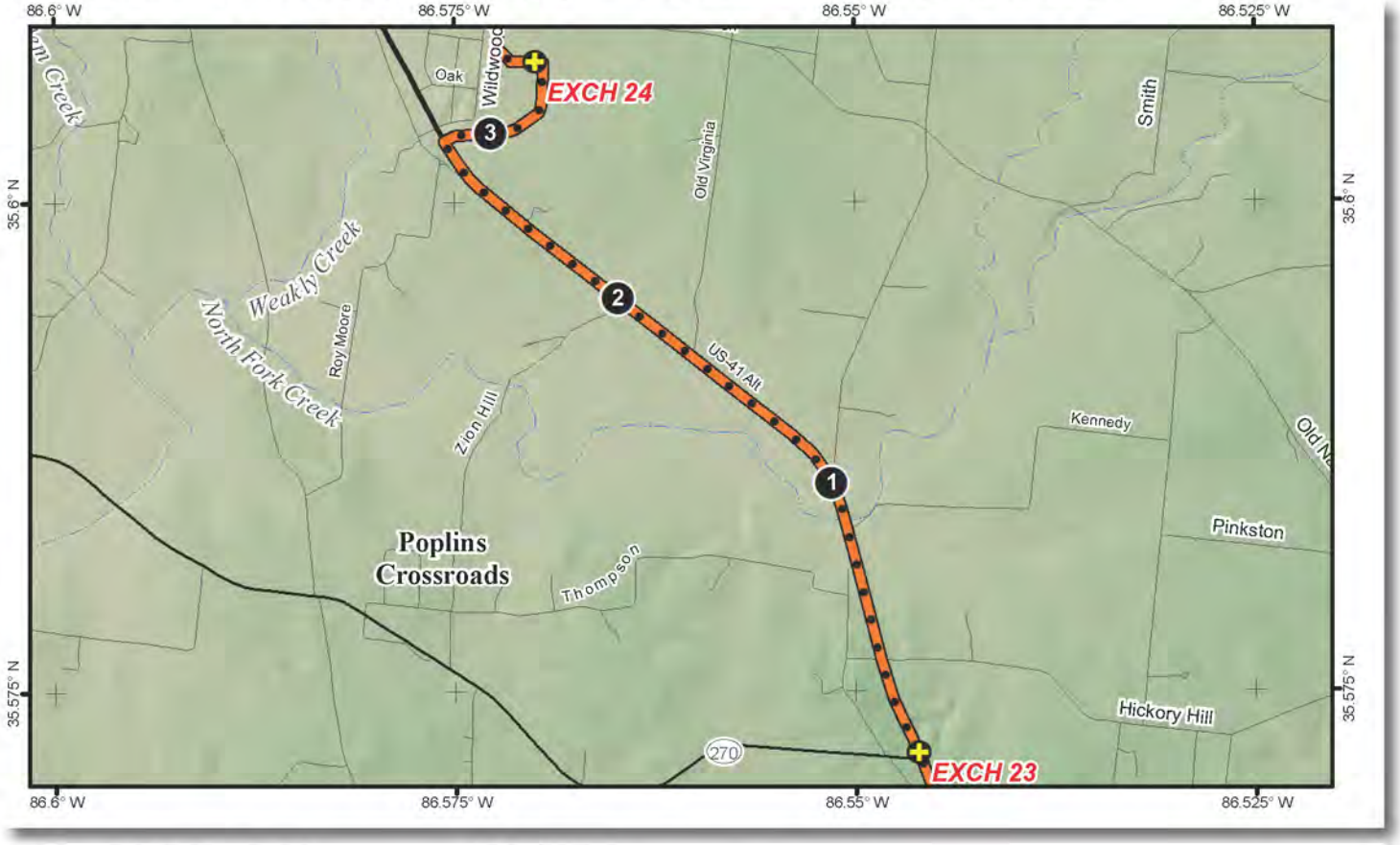
0.0	Depart Ex 22 heading Northwest on SR-41A
4.5	Arrive at Ex 23 on the right



GPS Coords		
Exch 22:	35.516,	-86.504
Exch 23:	35.572,	-86.546

Total Elevation Loss:	-180 ft.
Total Elevation Gain:	210 ft.
Net Elevation Change:	30 ft.

LEG 24 -- 3.4 MILES -- EASY -- FULL VAN SUPPORT



LEG 24 -- 3.4 MILES -- EASY

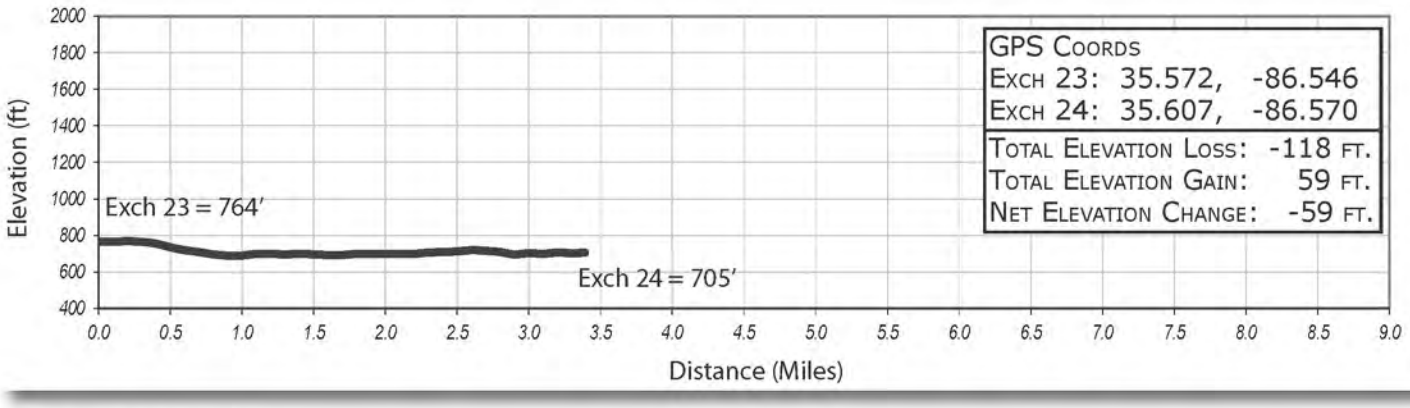
Exchange 24
Unionville Community High School
3470 Highway 41A North
Unionville, TN 37180
35.607114°, -86.570107°

LEG LEGEND:

0.0	Depart Ex 23 heading North on SR-41A
2.9	Turn Right (E) onto Wildwood Dr
3.4	Arrive at Ex 24

Van Directions:

0.0	Depart Ex 23 heading North on US-41A
3.2	Turn Right (E) onto Unionville Deason Rd
3.8	Arrive at Ex 24 (Exchange is behind school)



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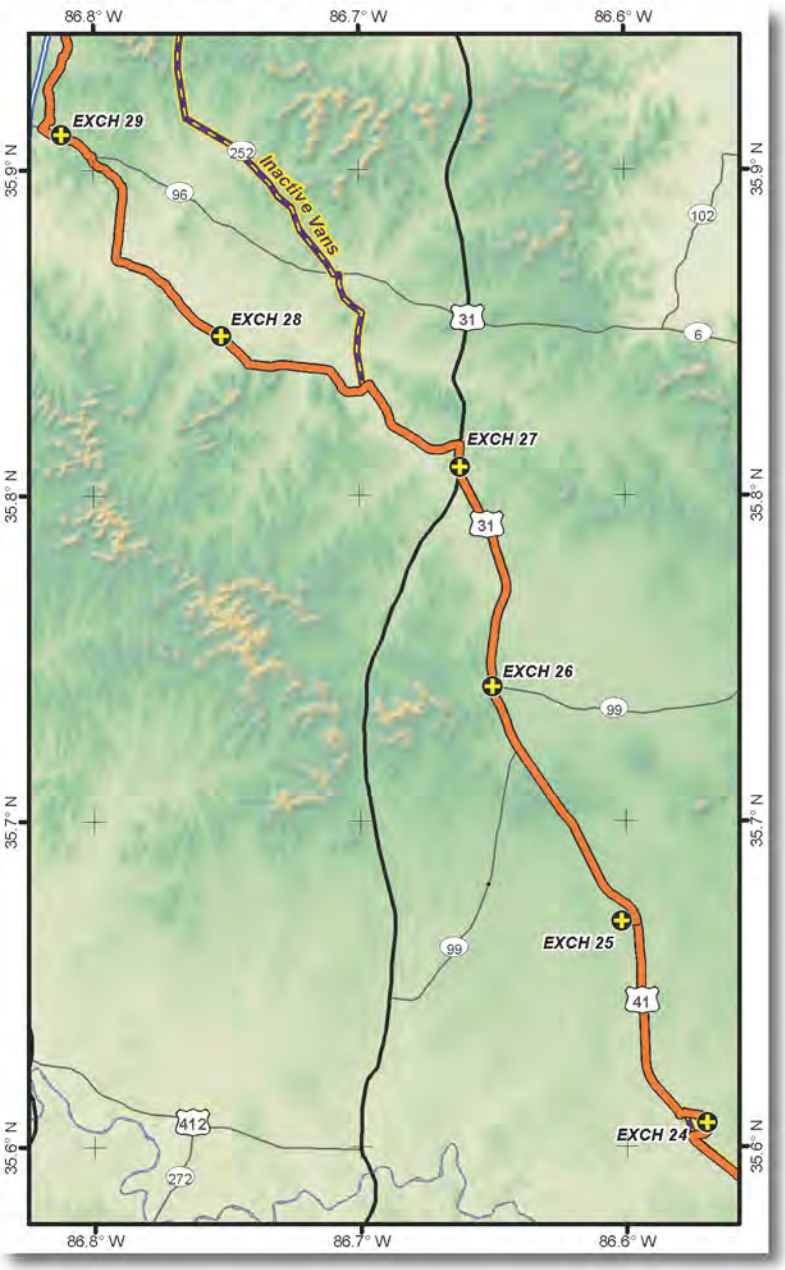
Van I -- Legs 25-30 -- 37.5 Miles

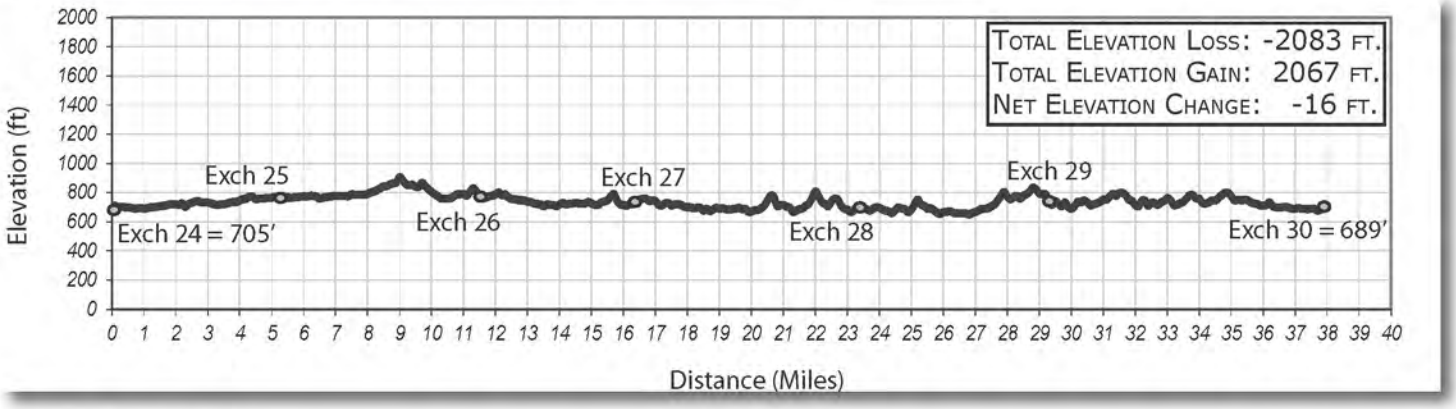


Van 2 Inactive Van Directions from Exchange 24 to Exchange 30 – Approx. 45 min:

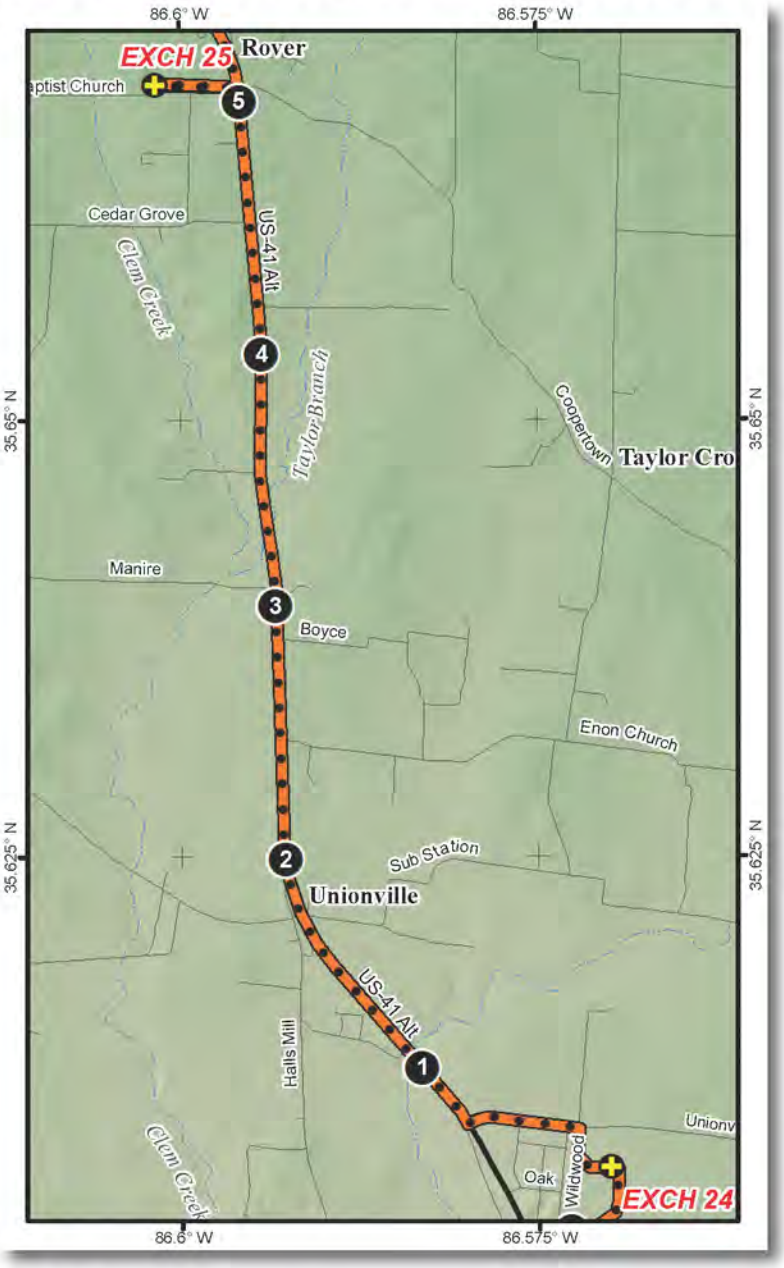
Major Exchange 30:

Concord Road Church of Christ
8221 Concord Road
Brentwood, TN 37027
35.995847°, -86.783389°

0.0	Depart Exchange 24 heading West on Unionville Deason Rd
0.7	Turn Right (NW) onto US-41A
15.6	Merge Right (N) onto US-41A
16.2	Turn Left (W) onto Cox Rd
21.4	Turn Left (W) onto TN-96 W
21.5	Turn Right onto TN-252 N/Wilson Pike
31.4	Turn Left (W) onto Concord Rd
31.5	Arrive at Exchange 30 on the left



Leg 25 -- 5.4 Miles -- Moderate -- FULL VAN SUPPORT

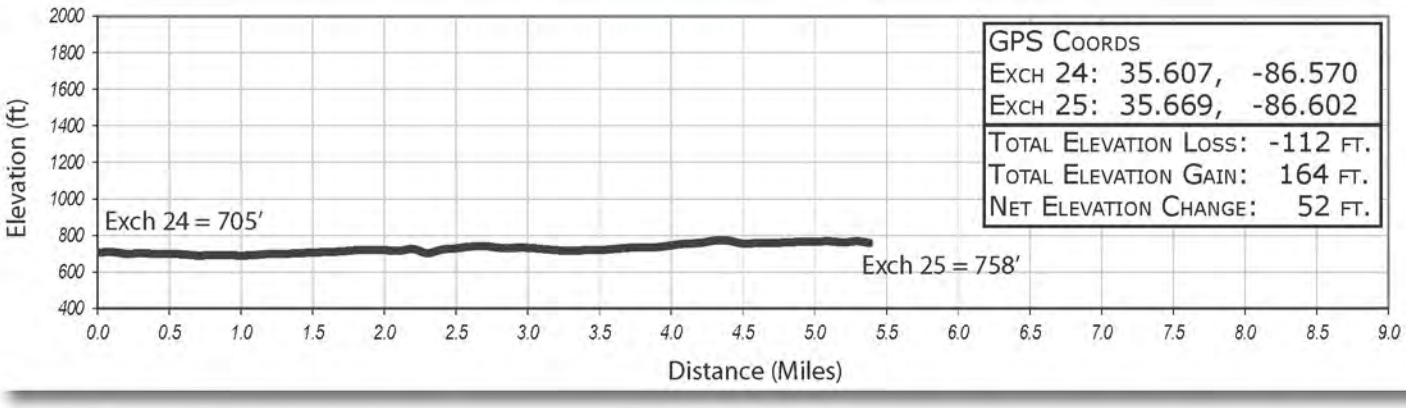


LEG 25 -- 5.4 MILES -- MODERATE

Exchange 25
Rover Baptist Church
202 Baptist Church Rd.
Eagleville, 37060
35.669262°, -86.599138°

LEG LEGEND:

0.0	Depart Ex 24 heading West on Unionville Deason Rd
0.6	Turn Right (NW) onto SR-41A
4.9	Turn Left (W) onto Baptist Church Rd
5.4	Arrive at Ex 25



GPS Coords	
Exch 24:	35.607, -86.570
Exch 25:	35.669, -86.602
Total Elevation Loss:	-112 ft.
Total Elevation Gain:	164 ft.
Net Elevation Change:	52 ft.

Leg 26 -- 6.1 Miles -- Hard -- NO VAN SUPPORT

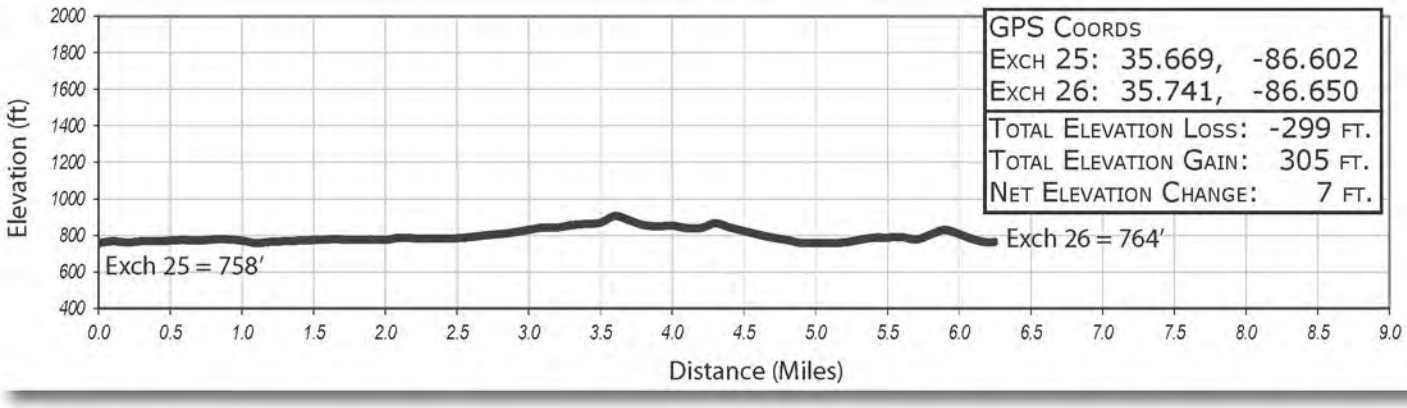
LEG 26 -- 6.1 MILES -- HARD

Exchange 26
Eagleville City Hall
108 S Main St
Eagleville, TN 37060
35.741375°, -86.650108°

LEG LEGEND:

0.0	Depart Ex 25 by heading east on Baptist Church Rd
0.3	Left onto US-41A
6.1	Arrive at Ex 26 on the right

Van Directions:
Van parking is located on the right of US-41A (west side). Additional parking is located on both sides of the road past the light at US-41A and Allisona Rd. DO NOT TRY TO PARK IN THE CITY HALL PARKING LOT – RUNNER TRAFFIC ONLY



GPS Coords	
Exch 25:	35.669, -86.602
Exch 26:	35.741, -86.650
Total Elevation Loss:	-299 ft.
Total Elevation Gain:	305 ft.
Net Elevation Change:	7 ft.

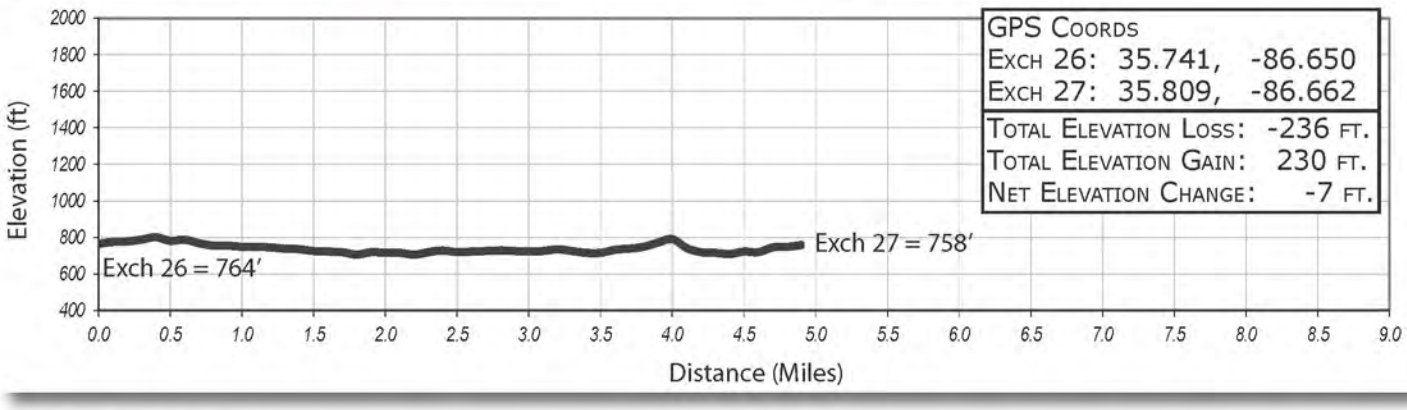
LEG 27 -- 4.9 MILES -- MODERATE -- FULL VAN SUPPORT

LEG 27 -- 4.9 MILES -- MODERATE

Exchange 27
Joe Kelly's Market
8350 Horton Hwy
College Grove 37046
35.808683°, -86.662233°

LEG LEGEND:

0.0	Depart Ex 26 heading North on SR-41A
4.8	Continue on SR-41A, It will merge with SR-31A
4.9	Arrive at Ex 27 on the right



GPS Coords	
Exch 26:	35.741, -86.650
Exch 27:	35.809, -86.662
Total Elevation Loss:	-236 ft.
Total Elevation Gain:	230 ft.
Net Elevation Change:	-7 ft.

LEG 28 -- 6.8 MILES -- HARD -- PARTIAL NO VAN SUPPORT

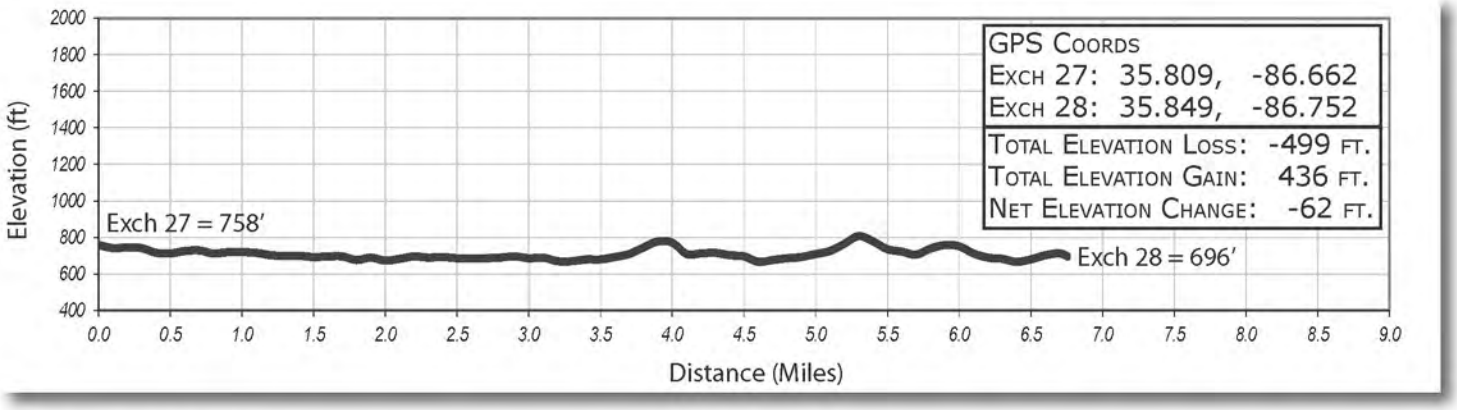
LEG 28 -- 6.8 MILES -- HARD

Exchange 28
Page High School
6281 Arno Rd.
Franklin, TN 37064
35.848935°, -86.751954°

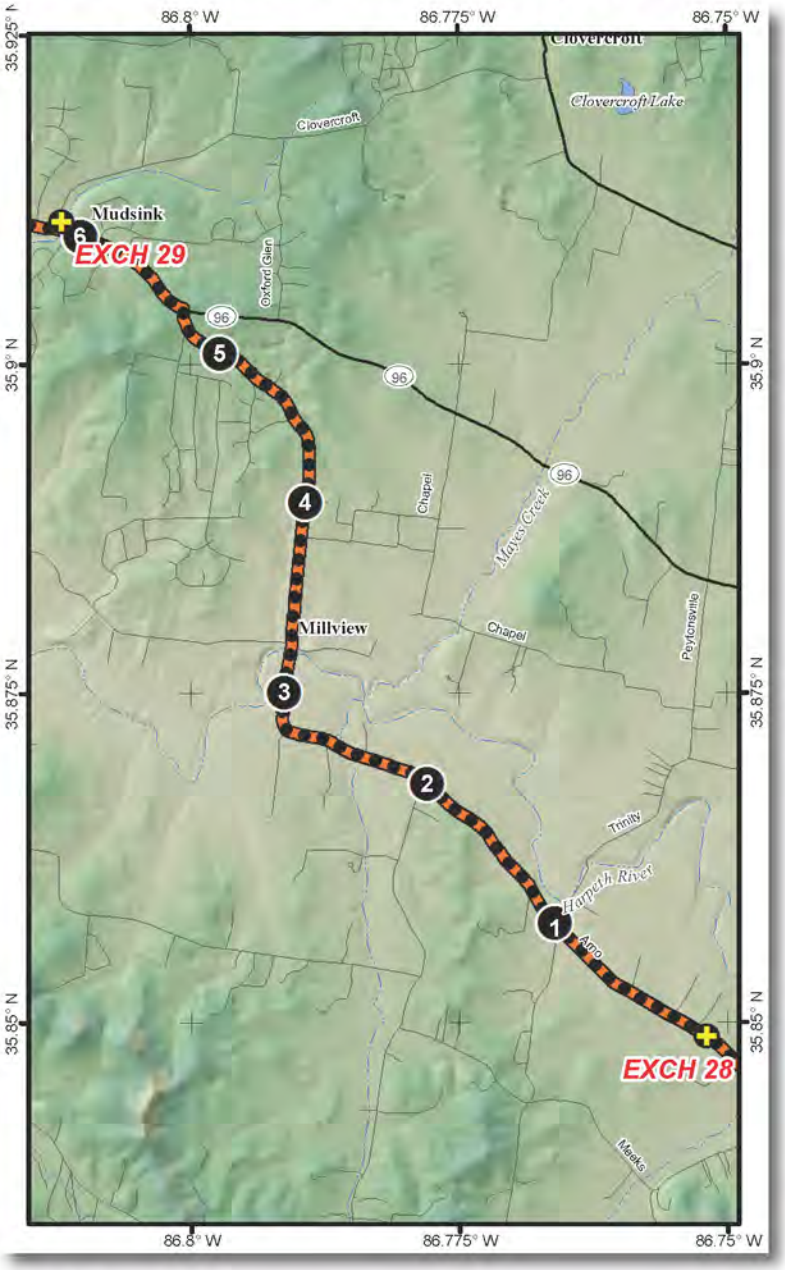
LEG NOTES:
Teams may ONLY support their runners once they turn on McDaniel Rd

LEG LEGEND:

0.0	Depart Ex 27 heading North on SR-41A
0.5	Turn Left (W) onto Cox Rd
3.1	Turn Left (SW) onto McDaniel Rd
5.9	Turn Right (NW) onto Arno Rd
6.8	Arrive at Ex 28 on the left



LEG 29 -- 6.1 MILES -- MODERATE -- PARTIAL NO VAN SUPPORT



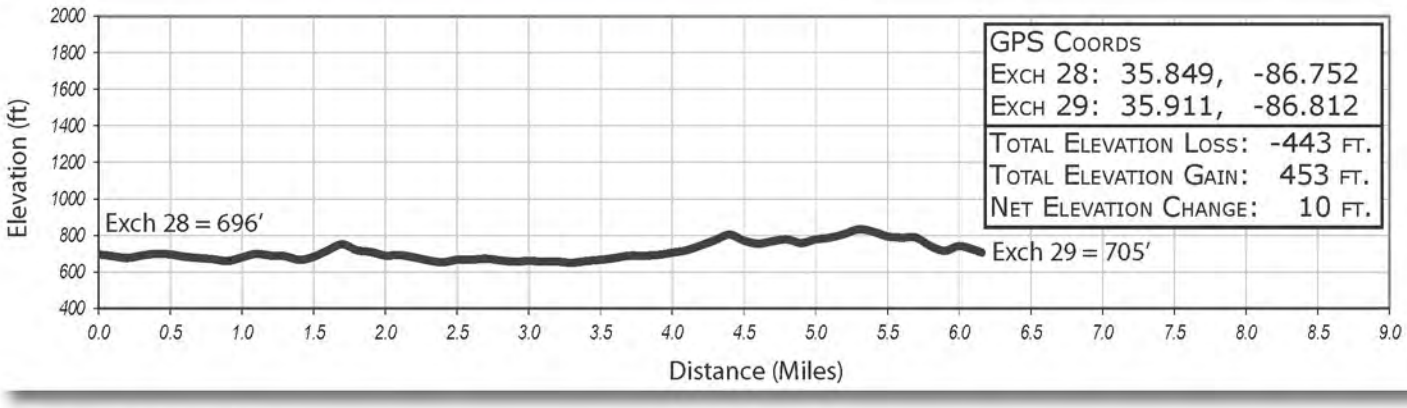
LEG 29 -- 6.1 MILES -- MODERATE

Exchange 29
Franklin Christian Church
Murfreesboro Rd.
Franklin, TN 37067
35.910859°, -86.812026°

LEG NOTES:
Teams may ONLY support their runners on Arno Rd. Once runners turn onto Murfreesboro Rd, there is NO Van Support

LEG LEGEND:

0.0	Depart Ex 28 heading Northwest on Arno Rd
5.3	Turn Left (W) onto Hwy-96/Murfreesboro Rd
6.1	Arrive at Exchange 29 on the right



Leg 30 -- 8.2 Miles -- Very Hard -- PARTIAL NO VAN SUPPORT

LEG 30 – 8.2 MILES – VERY HARD

Exchange 30
Concord Road Church of Christ
8221 Concord Road
Brentwood, TN 37027
35.995847°, -86.783389°

LEG DESCRIPTION:
Vans – Do NOT follow runner path, follow Active Van directions to Exchange 30

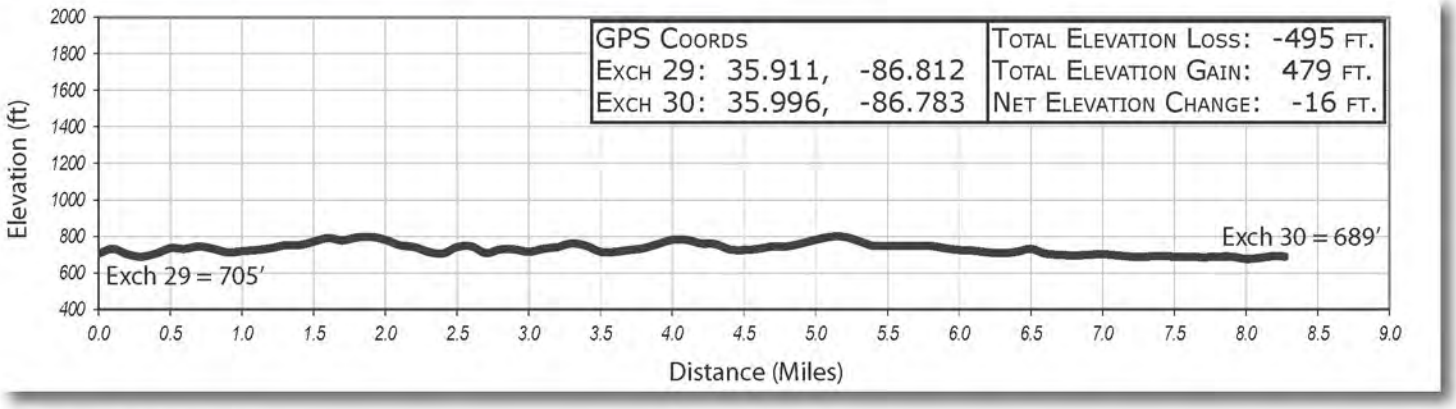
LEG NOTES:
Teams may NOT support their runners until they have crossed Carothers Pkwy at Tower Circle. On Moores Ln, teams may ONLY support on the runner's side of the road. Exchange 30 is an Outdoor Major Exchange; there is no building access.

LEG LEGEND:

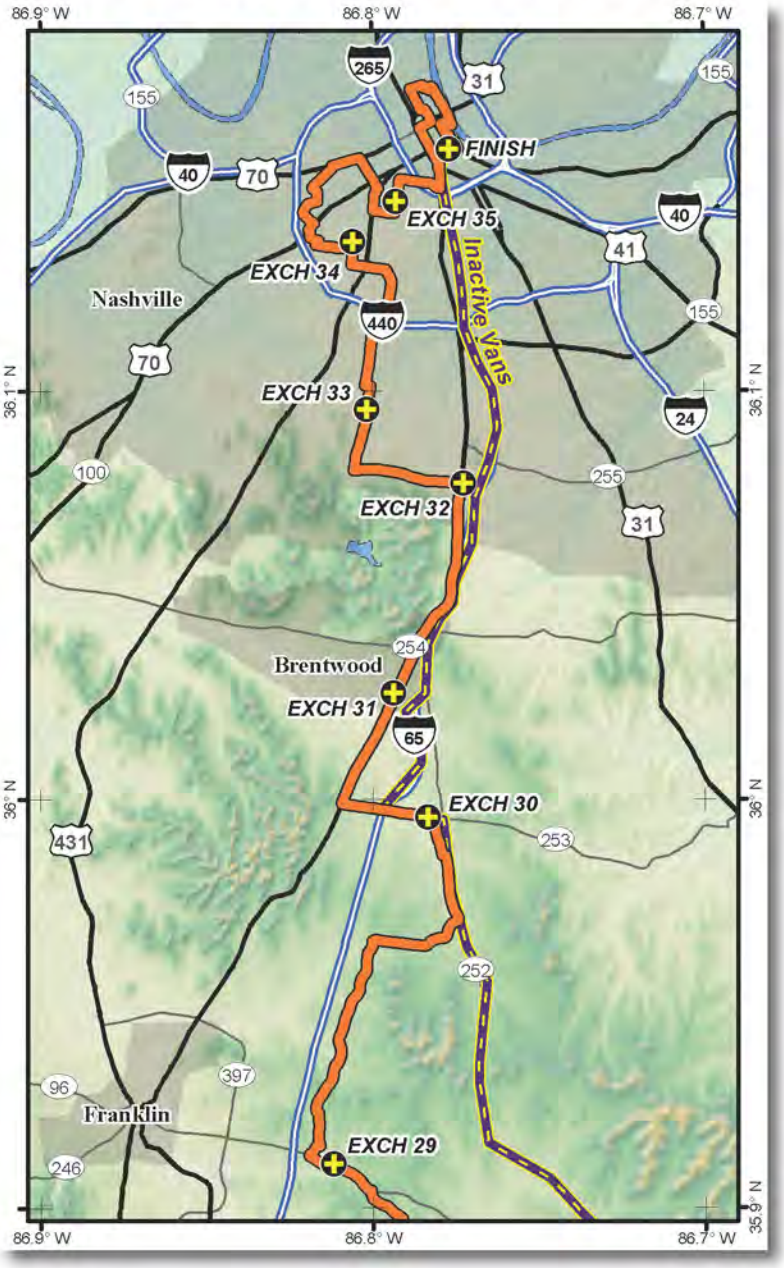
0.0	Depart Ex 29 by heading Northwest on Murfreesboro Rd
0.5	Right (N) onto Carothers Pkwy running with traffic
1.4	Cross Carothers Pkwy at Liberty Pike to run against traffic
2.3	Cross Carothers Pkwy at Tower Circle to run with traffic
4.6	Right (E) onto Moores Ln
6.3	Left (N) to sidewalk along Wilson Pike
7.4	Left (W) onto Twin Springs Dr
8.1	Left onto Concord Rd
8.2	Arrive at Exchange 30

Van Directions:

0.0	Depart Ex 29 by heading Northwest on Murfreesboro Rd
0.5	Right (N) onto Carothers Pkwy
4.6	Right (E) onto Moores Ln
6.3	Left (N) onto Wilson Pike
8.1	Left onto Concord Rd
8.2	Arrive at Exchange 30



Van 2 -- Legs 31-36 -- 22.8 Miles



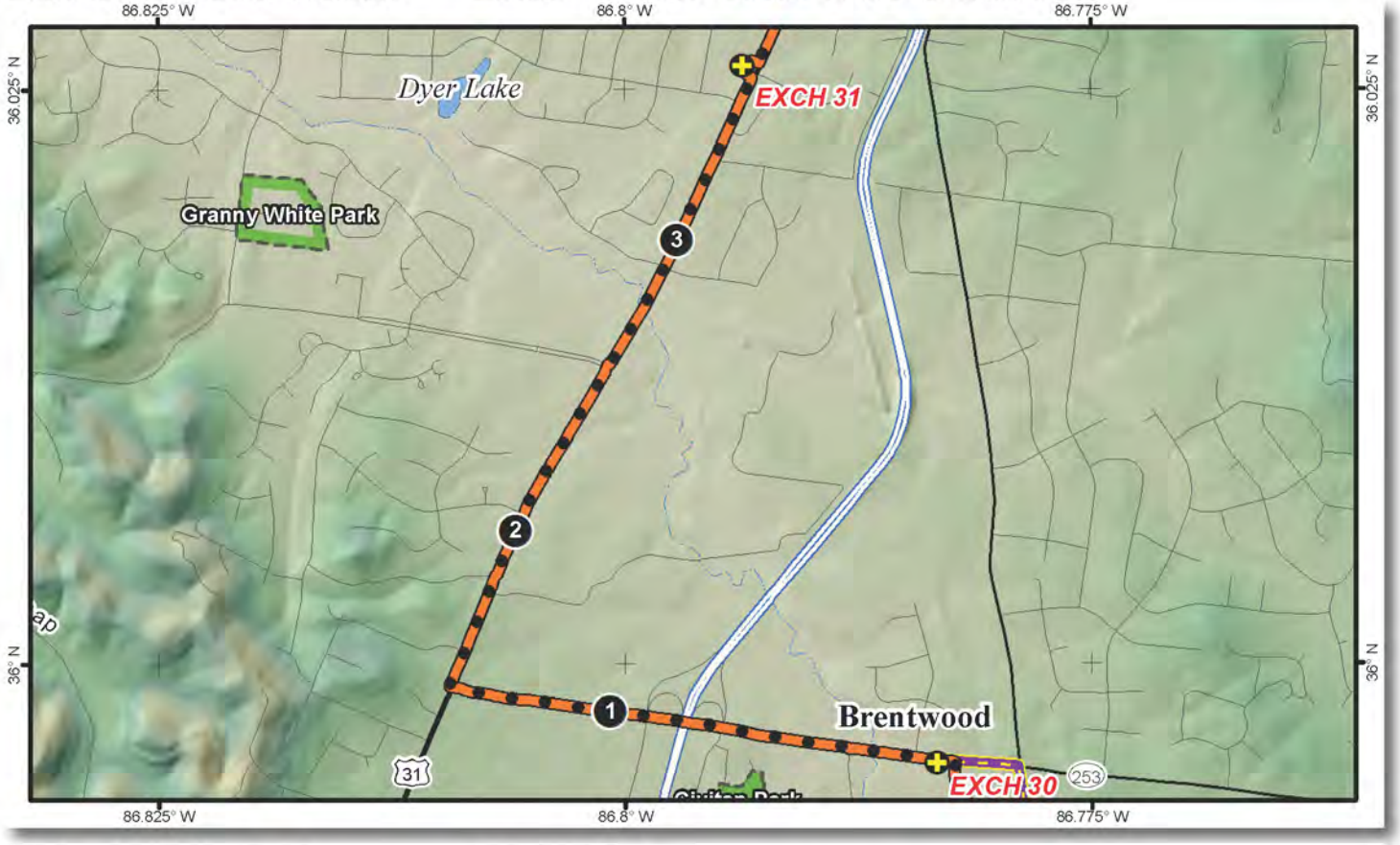
Van 1 Inactive Van Directions from Exchange 30 to the Finish Line – Approx. 25 min:

Finish Line

Walk of Fame Park
4th Ave S
Nashville, TN 37201
36.159195°, -86.776700°
Expect to pay for parking in downtown Nashville; see www.parkitdowntown.com for reference

0.0	Depart Exchange 30 by turning Left on Concord Rd
0.8	Merge onto I-65 N towards Nashville
9.4	Keep Left to stay on I-65 N
11.9	Follow Exit 82B to merge onto I-40E toward Knoxville
12.4	Take Exit 210C for 4th Ave S towards US 41-A/2nd Ave S
12.5	Turn Left (N) onto 2nd Ave S
13.0	Turn Left (W) onto Korean Veterans Blvd
13.1	Turn Right (N) onto 4th Ave S
13.4	Arrive at the Finish Line – Congratulations! Join Van 2 on Symphony Place to cross the Finish Line together!

Leg 31 -- 3.6 Miles -- Easy -- NO VAN SUPPORT

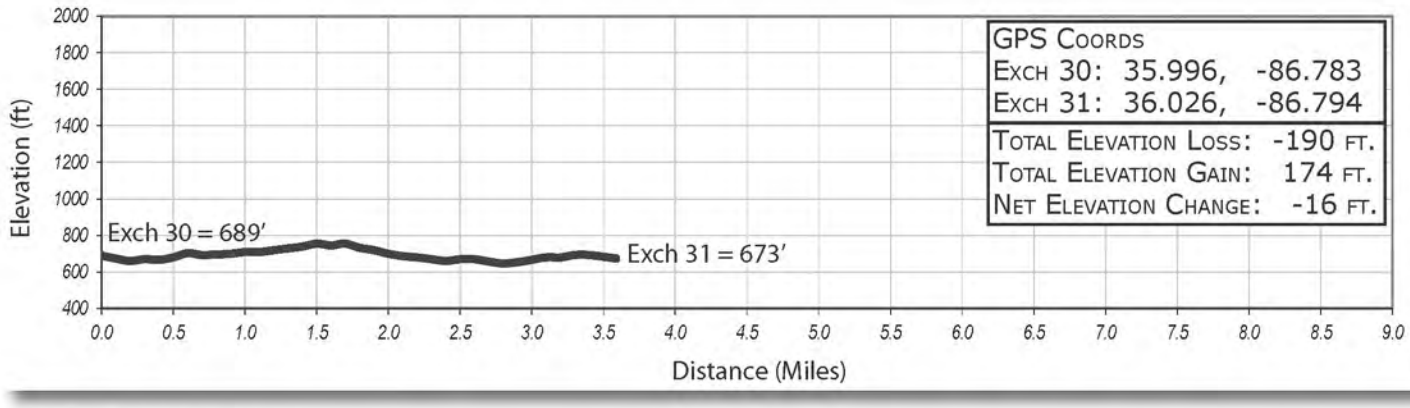


LEG 31 -- 3.6 MILES -- EASY

Exchange 31
Medical Offices
343 Franklin Rd
Brentwood, TN 37027
36.026064°, -86.793691°

LEG LEGEND:

0.0	Depart Ex 30 by taking a left onto Concord Rd (W)
1.5	Right (N) onto Franklin Rd
3.6	Arrive at Exchange 31



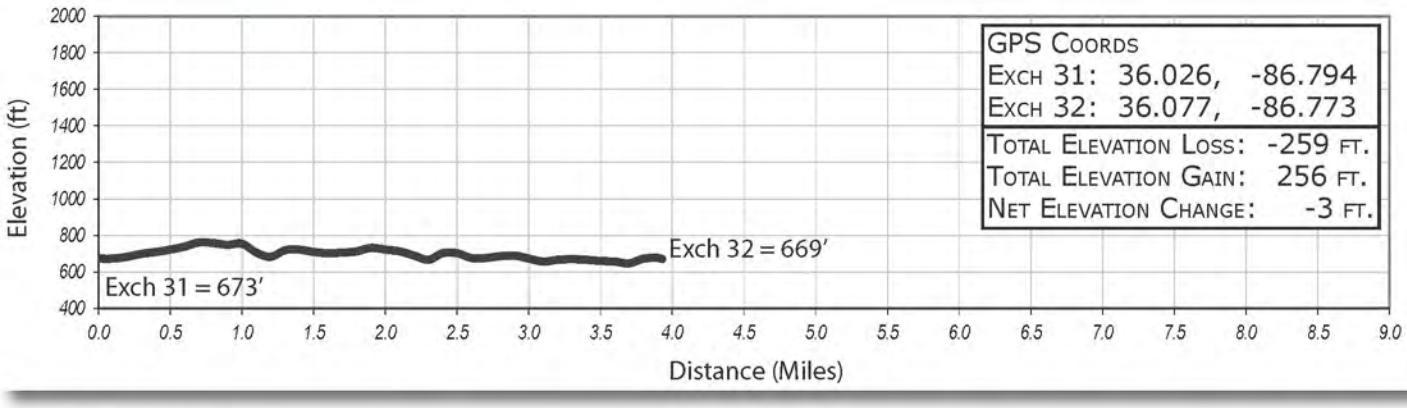
Leg 32 -- 3.9 Miles -- Easy -- NO VAN SUPPORT

LEG 32 -- 3.9 MILES -- EASY

Exchange 32
Judson Baptist Church
4900 Franklin Pike
Nashville, TN 37220
36.077425°, -86.772606°

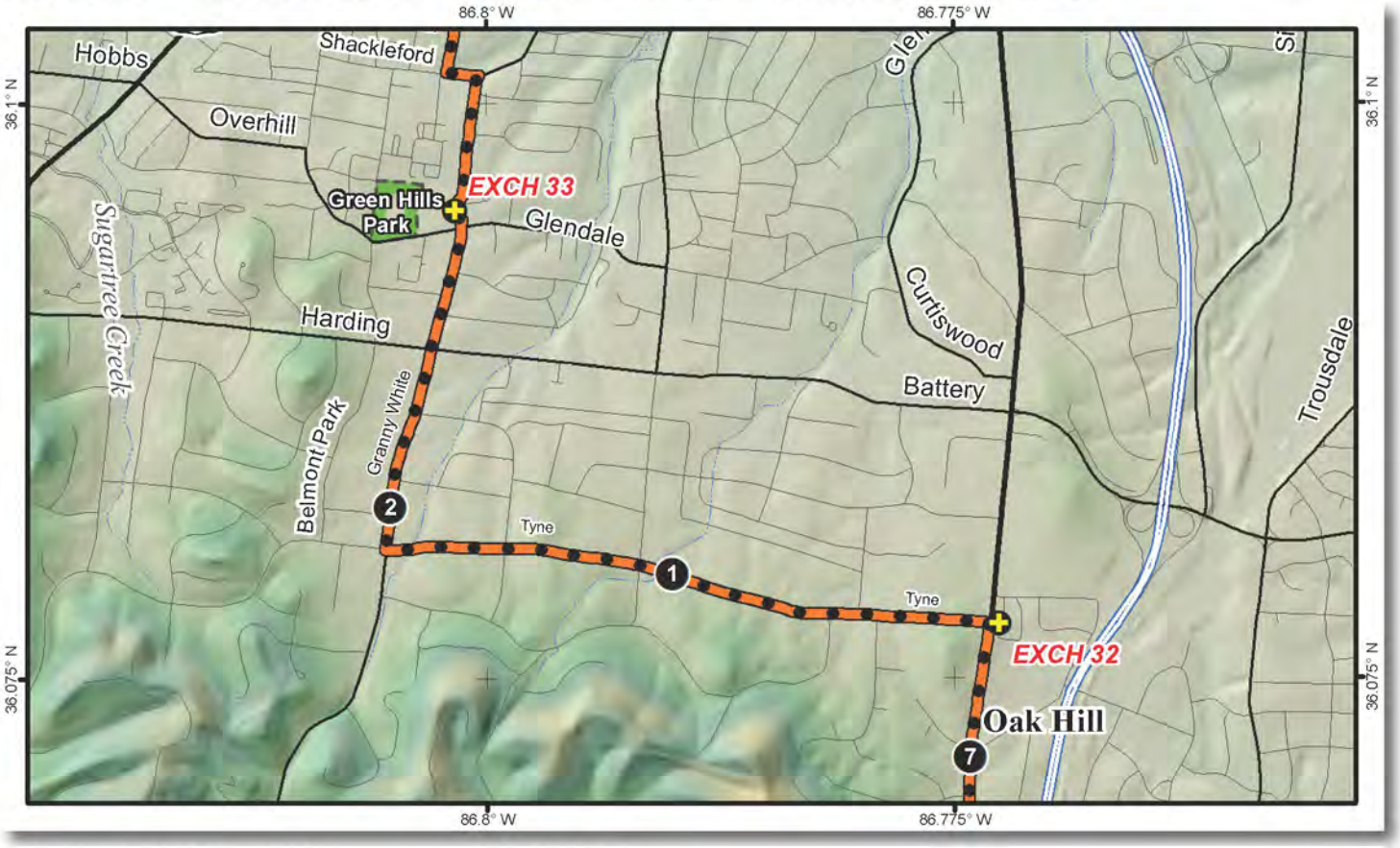
LEG LEGEND:

0.0	Depart Ex 31 heading North on Franklin Rd
3.9	Arrive at Ex 32 on the right (cross with officer at Tyne Blvd light)



GPS Coords	
Exch 31:	36.026, -86.794
Exch 32:	36.077, -86.773
Total Elevation Loss:	-259 ft.
Total Elevation Gain:	256 ft.
Net Elevation Change:	-3 ft.

LEG 33 -- 2.9 MILES -- EASY -- FULL VAN SUPPORT

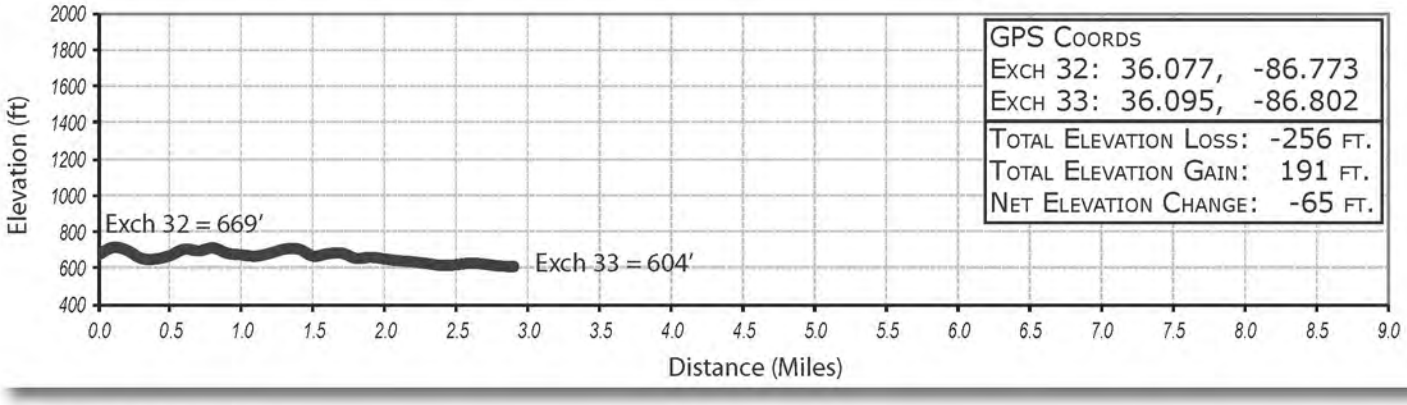


LEG 33 -- 2.9 MILES -- EASY

Exchange 33
JT Moore Middle School
4425 Granny White Pike
Nashville, TN 37215
36.095398°, -86.801713°

LEG LEGEND:

0.0	Depart Ex 32 heading West on Tyne Blvd
1.8	Turn Right (N) onto Granny White Pike
2.9	Arrive at Ex 33 on the left



LEG 34 -- 3.6 MILES -- EASY -- FULL VAN SUPPORT

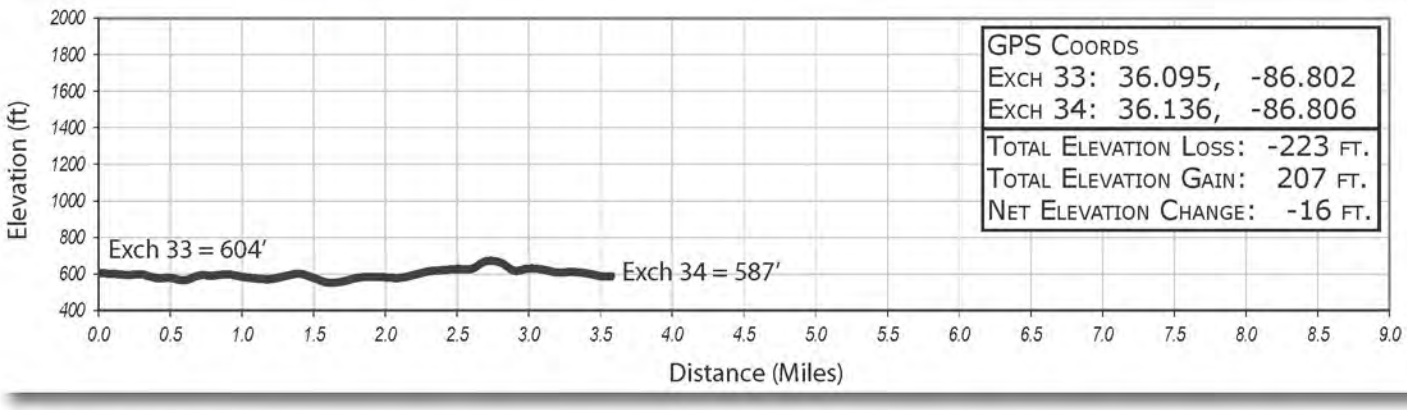
LEG 34 -- 3.6 MILES -- EASY

Exchange 34
Harris-Hillman School
1706 26th Ave S
Nashville, TN 37212
36.136499°, -86.805755°

LEG LEGEND:

0.0	Depart Ex 33 heading North on Granny White Pike
0.4	Left (E) onto Shackleford Rd
0.5	Right (N) onto Belmont Blvd
2.6	Left (W) onto Blair Blvd
3.2	Right (N) onto 24th Ave S
3.6	Arrive at Ex 34 on the left

Van Directions:
Vans turn Right on 26th Ave S off of Blair Blvd. Exchange is located behind school on sidewalk facing 24th Ave S. Parking lot access off 26th Ave S only



LEG 35 -- 3.5 MILES -- EASY -- FULL VAN SUPPORT

LEG 35 -- 3.5 MILES -- EASY

Exchange 35
Belmont Church
1001 16TH Ave S
Nashville, TN 37212
36.146385°, -86.792829°

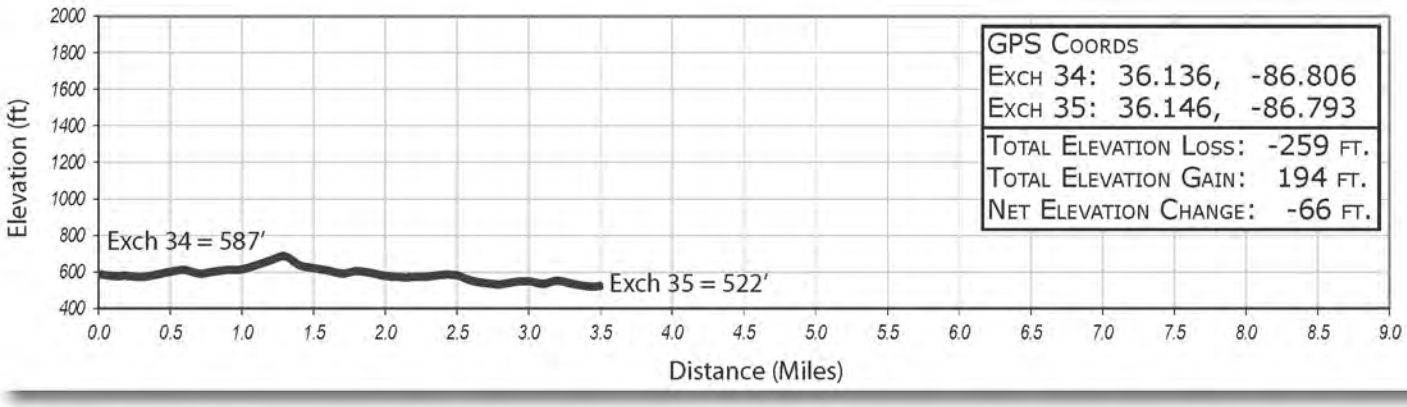
LEG NOTES:
Due to high traffic in Nashville, vans will need to head to Exchange 35 quickly to avoid their runner beating them to the Exchange. Please follow Active Van Directions

LEG LEGEND:

0.0	Depart Ex 34 heading North on sidewalk behind school
200 ft.	Right (E) at crosswalk onto Belcourt Ave running with traffic on sidewalk
0.3	Right (S) onto sidewalk along 21st Ave (run with traffic)
0.5	Cross 21st Ave in crosswalk at Fairfax
0.6	Left (E) onto sidewalk along Portland Ave – against traffic
1.0	Left (E) onto sidewalk along Compton Ave
1.2	Left (N) onto sidewalk along 15th Ave
1.5	Right (E) onto sidewalk along Acklen Ave against traffic (crossing 15th in crosswalk within roundabout)
1.65	Left (N) onto sidewalk along 12th Ave S
2.5	Left (W) onto sidewalk along South St
2.8	Left (S) onto sidewalk along 15th Ave S running with traffic
3.0	Right (W) onto sidewalk along Tremont Ave running with traffic
3.1	Left (S) onto sidewalk along Villa Pl running with traffic
3.15	Right (W) onto sidewalk along Edgehill running with traffic
3.25	Right (N) onto sidewalk along 16th Ave
3.4	Left (W) to cross through Landmark Community Bank parking lot to alley behind houses/businesses
3.5	Arrive at Exchange 35 – Belmont Church Annex Building

Van Directions:

0.0	Depart Ex 34 heading North on 26th Ave
0.1	Right (W) onto Blakemore Ave
0.5	Blakemore Ave turns into Wedgewood Ave
1.1	Left (N) onto 12th Ave S
1.6	Left (W) onto Edgehill Ave
2.0	Right (N) onto 16th Ave S
2.2	Arrive at Exchange 35 on the left



GPS COORDS	
EXCH 34:	36.136, -86.806
EXCH 35:	36.146, -86.793
TOTAL ELEVATION LOSS:	-259 FT.
TOTAL ELEVATION GAIN:	194 FT.
NET ELEVATION CHANGE:	-66 FT.

LEG 36 -- 5.3 MILES -- MODERATE -- FULL VAN SUPPORT

LEG 36 -- 5.3 MILES -- MODERATE

Exchange 36
Music City Walk of Fame Park
4th Ave S
Nashville, TN 37203
36.159195°, -86.776700°

LEG NOTES:
Expect to pay to park in downtown Nashville. There are several lots around Walk of Fame Park. Visit www.parkitdowntown.com for references to nearby parking

LEG LEGEND:

0.0	Depart Ex 35 heading West on Grand Ave
200 ft.	Left onto Music Square E
0.4	Take 1st exit onto Division St
0.8	Cross Division St at 12th Ave S to run against traffic
1.1	Left onto 8th Ave S
1.4	Run clockwise around roundabout, take 1st exit onto Rosa Parks Blvd/8th Ave S
2.3	Right (E) onto Charlotte Ave
2.5	Left (N) onto 5th Ave N
2.7	Cross then Left (W) onto James Robertson Pkwy
2.8	Right (N) onto 6th Ave N
3.2	Right (E) onto Jefferson St
3.4	Right (S) onto 3rd Ave N
3.5	Right (E) onto Jackson St
3.6	Right (S) onto 2nd Ave N
3.6	Left (N) onto Music City Bikeway
3.7	Right (E) at sidewalk roundabout to continue on Music City Bikeway (also referred to as Cumberland River Greenway)
3.9	Cross 1st Ave N to continue on Music City Bikeway
4.5	Right (N) onto 1st Ave N
4.6	Left (W) onto Union St
4.7	Turn Left (S) onto Printer's Alley (immediately past Hotel Indigo)
4.9	Turn Left (E) onto Commerce St
4.9	Turn Left (S) onto 3rd Ave S
5.1	Turn Right (W) onto Symphony Pl
5.3	Arrive At Finish Line! Congratulations!