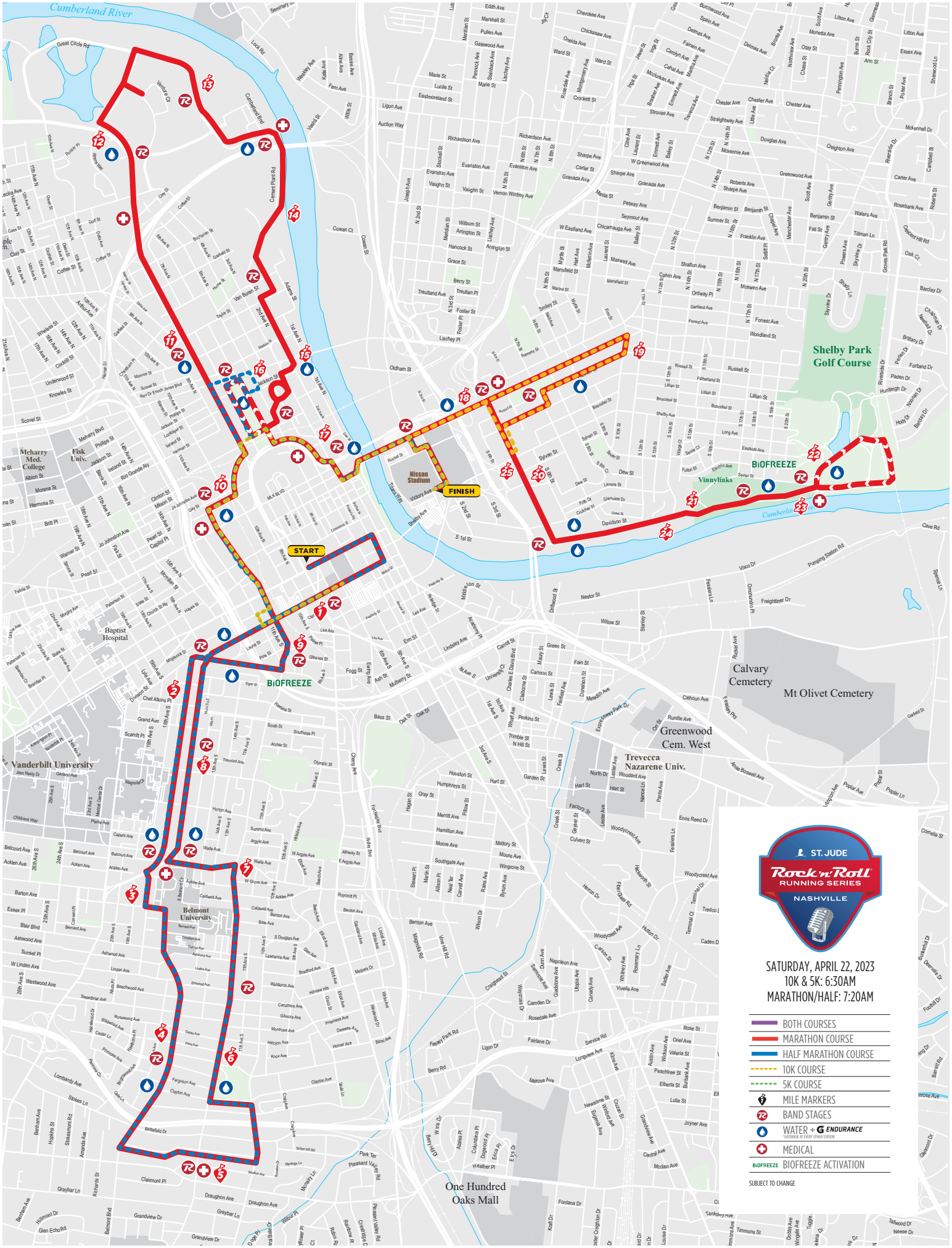
Cumberland River
START
FINISH
BIOFREEZE
BIOFREEZE
Nissan Stadium
Shelby Park Golf Course
Vinnylinks
Vanderbilt University
Belmont University
Meharry Med. College
Fisk Univ.
Baptist Hospital
Calvary Cemetery
Mt Olivet Cemetery
Greenwood Cem. West
Trevecca Nazarene Univ.
One Hundred Oaks Mall
ST. JUDE
Rock 'n' Roll
RUNNING SERIES
NASHVILLE
SATURDAY, APRIL 22, 2023
10K & 5K: 6:30AM
MARATHON/HALF: 7:20AM
BOTH COURSES
MARATHON COURSE
HALF MARATHON COURSE
10K COURSE
5K COURSE
MILE MARKERS
BAND STAGES
WATER + ENDURANCE
MEDICAL
BIOFREEZE ACTIVATION
SUBJECT TO CHANGE