



Get in Gear Medtronic Half Marathon Course Support Information

Approx. Location	Approx. Mile	Water	Nuun Endurance	Gels	Side of Street	Toilets
1159 Summit Ave (Dunlap St)	2	YES	YES	NO	RIGHT	YES
2115 Summit Ave (Cleveland Ave N)	4	YES	YES	NO	RIGHT	YES
2916 W River Pkwy	6	YES	YES	NO	LEFT	YES
916 Thornton St SE	7.5	YES	YES	YES	LEFT	YES
Mississippi River Blvd & Goodrich Ave	10.1	YES	YES	NO	LEFT	YES
615 Mississippi River Blvd (Scenic Overlook)	11.35	YES	YES	NO	RIGHT	YES

Gel packs will be available only at the fluid station located at approximately 7.5 miles. The gels available are Pure Fuel by Anderson's Maple Syrup (non-caffeinated).



GET IN GEAR

TWIN CITIES IN MOTION

Get in Gear 10K

Course Station Information

Approx. Location	Approx. Mile	Water	Nuun Endurance	Side of Street	Toilets
E 38th St & W River Pkwy	1.5	YES	YES	RIGHT	YES
Mississippi River Blvd & Goodrich Ave	3.75	YES	YES	LEFT	YES
615 Mississippi River Blvd (Scenic Overlook)	5	YES	YES	RIGHT	YES



GET IN GEAR

TWIN CITIES IN MOTION

Get in Gear 5K

Course Station Information

Approx. Location	Approx. Mile	Water	Nuun Endurance	Side of Street	Toilets
E 38th St & W River Pkwy	1.5	YES	YES	RIGHT	YES