



2025 COURSE SUPPORT INFORMATION

Location	Mile (Approx.)	Side of Road	Water	Nuun Endurance	Gels	Toilets
Douglas between Humboldt Ave & Knox Ave	2.5	Right	Yes	Yes	No	Yes
W Bde Maka Ska Pkwy & Rose Ln	5	Right	Yes	Yes	No	Yes
Lake Harriet Pkwy & Roseway Rd	7	Left	Yes	Yes	No	Yes
W Minnehaha Pkwy just W of Nicollet Ave bridge	9	Right	Yes	Yes	No	Yes
Cedar Ave & E 49th St	11	Right	Yes	Yes	No	Yes
Lake Nokomis Pkwy & N of E 50th St	13	Right	Yes	Yes	No	Yes
Godfrey Pkwy across from Minnehaha Falls Park main parking lot	15	Left	Yes	Yes	No	Yes
W River Pkwy between E 33rd St & E 32nd St	17	Left	Yes	Yes	Yes	Yes
E River Rd between Franklin Ave & SE Thornton St	19	Left	Yes	Yes	No	Yes
Mississippi River Blvd & Pelham Blvd	20.6	Left	Yes	Yes	No	Yes
Summit Ave between Wilder St & Moore St	22	Left	Yes	Yes	No	Yes
Summit Ave between Pascal St & Albert St	23	Right	Yes	Yes	No	Yes
Summit Ave between Milton St & Victoria St	24	Left	Yes	Yes	No	Yes
Summit Ave between Mackubin Ave & Lawton St	25	Left	Yes	Yes	No	Yes

Nuun flavor is Endurance Lemon-Lime.

Gels are Pure Fuel from Anderson's Maple Syrup (Non-caffeinated).