

2023 10 MILE MAP



KEY

10 MILE COURSE	COURSE SUPPORT	NOTABLE LOCATIONS
<ul style="list-style-type: none"> 10 MILE MARKERS START: 600 S 3RD ST. MINNEAPOLIS, MN 55415 FINISH: JOHN IRELAND BLVD. (SAINT PAUL CAPITOL GROUNDS) 	<ul style="list-style-type: none"> FLUID STATIONS (INCLUDES: MEDICAL, TOILETS, WATER, NUUN HYDRATION) nuun HYDRATION MEDICAL RUNNER TRACKING CHECKPOINTS 	<ul style="list-style-type: none"> AWESOME SPECTATOR SPOTS SUMMIT BREWING CO BEER GARDEN

MAP SUBJECT TO CHANGE. CHECK TCMEVENTS.ORG FOR UPDATES.

KEY

RACE COURSES & MILE MARKERS	COURSE MARKERS	SPECIAL LOCATIONS
<ul style="list-style-type: none"> 3.1 5K (SAT) 6.2 10K (SAT) 10 10 MILE (SUN) 26.2 MARATHON (SUN) 	<ul style="list-style-type: none"> FLUID STATIONS AID STATIONS RUNNER TRACKING CHECKPOINTS AWESOME SPECTATOR SPOTS 	<ul style="list-style-type: none"> TWIN CITIES IN MOTION OFFICE CLIF ENERGY ZONE

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