



KEY

10 MILE COURSE	COURSE SUPPORT	NOTABLE LOCATIONS
- MILE MARKERS - START: 600 S 3RD ST. MINNEAPOLIS, MN 55415 - FINISH: JOHN IRELAND BLVD. (SAINT PAUL CAPITOL GROUNDS)	- FLUID STATIONS INCLUDES: MEDICAL, TOILETS, WATER, NUUN HYDRATION - MEDICAL	- AWESOME SPECTATOR SPOTS - SUMMIT BREWING CO BEER GARDEN - BIOFREEZE PAIN RELIEF ZONE

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

10 MILE ELEVATION CHART

Mile Marker	Elevation (Feet)
0	820
1	850
2	750
3	820
4	780
5	850
6	900
7	900
8	880
9	880
10	880

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