

# 2022 10 MILE MAP



| KEY  |   |   |
|--|---|---|
| 10 MILE COURSE   | COURSE SUPPORT  | NOTABLE LOCATIONS   |
| <ul style="list-style-type: none"> <li>10 MILE MARKERS</li> <li>START: 600 S 3RD ST. MINNEAPOLIS, MN 55415</li> <li>FINISH: JOHN IRELAND BLVD. (SAINT PAUL CAPITOL GROUNDS)</li> </ul> | <ul style="list-style-type: none"> <li>FLUID STATIONS INCLUDES: MEDICAL, TOILETS, WATER, NUUN HYDRATION</li> <li>nuun HYDRATION</li> <li>MEDICAL</li> </ul> | <ul style="list-style-type: none"> <li>AWESOME SPECTATOR SPOTS</li> <li>PEARSON'S ENERGY STATION</li> </ul> |

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



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10 MILE ELEVATION CHART

