

## **2022 MEDTRONIC TC10 MILE (Sunday October 2<sup>nd</sup> - 7:00a.m.)**

### Course Turn by Turn

- Start on Portland Avenue, just south of S 3<sup>rd</sup> Street.
- Continue north on Portland to S 2<sup>nd</sup> Street
- Turn right on S 2<sup>nd</sup> Street
- Turn left onto 13<sup>th</sup> Ave
- Turn right onto West River Parkway
- Continue under Franklin Bridge, stay to the right after bridge
- Turn right at first turn after Franklin Ave Bridge
- Merge onto Franklin Ave Bridge
- Turn right onto East River Parkway
- Continue south to St. Paul border where road becomes Mississippi River Blvd N, continuing to Cretin
- Turn right on Cretin Avenue to Summit Ave
- Turn left (south of the median) on to Summit Avenue and continue east/northeast on Summit as road becomes John Ireland Blvd
- Continue on John Ireland Blvd to the finish just N of 12th St.

## **2022 MEDTRONIC TWIN CITIES MARATHON (Sunday October 2<sup>nd</sup> - 8:00 a.m.)**

### Course Turn by Turn

- Start on 6th St, proceed northwest on 6th to Hennepin
- Turn left on Hennepin, follow under I 94 bridge
- Turn left onto southbound lanes of Lyndale to Douglas
- Turn right on Douglas to Oliver
- Turn left on Oliver, continuing as Oliver becomes Penn
- Turn right on West Lake of Isles Parkway
- Turn right on Dean Parkway, continue to follow with traffic lane of Dean Parkway. Cross Lake Street to West Bde Maka Ska Parkway along west side of Bde Maka Ska
- Continue south on West Bde Maka Ska, which turns into William Berry Parkway on south side of the lake at the intersection with Richfield Road
- Continue south on William Berry Parkway to East Lake Harriet Parkway
- Follow East Lake Harriet Parkway along east side of lake (going opposite to normal one way traffic). Past Rose Garden. Use low road around Lake Harriet.
- Turn left on West Minnehaha Parkway. After crossing 50th, turn right to eastbound lane of West Minnehaha Parkway following low road under Nicollet Avenue bridge where road becomes East Minnehaha Parkway
- Continue east on East Minnehaha Parkway to Cedar Avenue
- Turn right on Cedar to West lake Nokomis Parkway
- Turn right on to West Lake Nokomis Parkway.
- Follow West Lake Nokomis Parkway past Cedar Ave as it changes to East Lake Nokomis Parkway
- Continue on East lake Nokomis Parkway to northend of Lake Nokomis
- Turn right to 22nd Avenue
- Turn right onto East Minnehaha Parkway
- Follow East Minnehaha Parkway using eastbound lanes to Godfrey Circle at Minnehaha Avenue, go clockwise (left) through the circle to Godfrey Road
- Continue east on Godfrey which becomes West River Parkway, continue north on West River Parkway, turning onto entrance ramp to Franklin Avenue Bridge
- Continue up ramp and veer right onto eastbound lanes of Franklin Bridge
- Turn Right onto East River Parkway, continuing south to St. Paul border where road becomes Mississippi River Blvd N, continuing to Cretin
- Turn right on Cretin Avenue to Summit Ave
- Turn left (south of the median) on to Summit Avenue and continue east/northeast on Summit as road becomes John Ireland Blvd
- Continue on John Ireland Blvd to the finish just N of 12th St.