

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.



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10 MILE ELEVATION CHART

