



INTERMEDIATE DISTANCE RUN COURSE: 6 miles

Course Turns | Intermediate Course - 6 Mi

- Depart Transition Area to NE
- Right on Coosa Street
- Left on Tallapoosa Street
- Right on Columbus Street
- Columbus becomes Upper Wetumpka
- Slight Right on Yancey Ave
- Right on N. Pennsylvania Street
- Right on Winona Ave
- Left on N. California Street
- Left on St. Charles Ave

Course Turns | Intermediate Course - 6 Mi

(CONTINUED)

- Left on N. Panama Street
- Left on McCarter Ave
- Left on N. Pennsylvania Street
- Right on Yancey Ave
- Continue onto Upper Wetumpka
- Stay Right on Upper Wetumpka
- Continue onto Columbus Street
- Right on Coosa Street
- FINISH adjacent to the Montgomery Biscuits Baseball Stadium





SPRINT DISTANCE RUN COURSE: 3 miles

Course Turns | Sprint Course - 3Mi

- Depart Transition Area to NE
- Right on Coosa Street
- Left on Tallapoosa Street
- Right on Columbus Street
- Columbus becomes Upper Wetumpka
- Turn Around on Upper Wetumpka near Yancey
- Continue back on Columbus
- Left on Tallapoosa
- Right on Coosa
- Finish adjacent to Montgomery Biscuits Baseball Stadium

