

TIR 10M / 10K COURSE MAP

TOTAL IMAGE RUNNING

10M TURN
AROUND
& FIRST AID

T110 MILER, 10-K I COURSE MAP

- 10K COURSE ROUTE
- 10-MILE COURSE ROUTE
- ↻ 10K TURN AROUND
- ↻ 10-MILE TURN AROUND
- ➔ DIRECTIONS & TURNS
- 3 SHARED MILE MARKERS
- 4 10K MILE MARKERS
- 8 10-MILE MILE MARKERS
- 🥘 ENERGY GEL STOP
- 💧 WATER STOP

10K TURN-BY-TURN DIRECTIONS

- START - ARMS PARK
- RIGHT ON COMMERCIAL ST
- RIGHT ON LINE DR
- ONTO MANCHESTER RAIL TRAIL
- ACROSS FOOT BRIDGE
- CONTINUE ON RAIL TRAIL
- LOOP BACK AT MARKED POINT ON COURSE - JUST AFTER NEW TRAIL BRIDGE IN MANCHESTER (OUT & BACK COURSE)

10-MILE TURN-BY-TURN DIRECTIONS

- START - ARMS PARK
- RIGHT ON COMMERCIAL ST
- RIGHT ON LINE DR
- ONTO MANCHESTER RAIL TRAIL
- ACROSS FOOT BRIDGE
- CONTINUE ON RAIL TRAIL
- LOOP BACK AT MARKED POINT ON COURSE - DANIS RD & RAIL TRAIL INTERSECTION IN GOFFSTOWN (OUT & BACK COURSE)

START
FINISH

START
FINISH