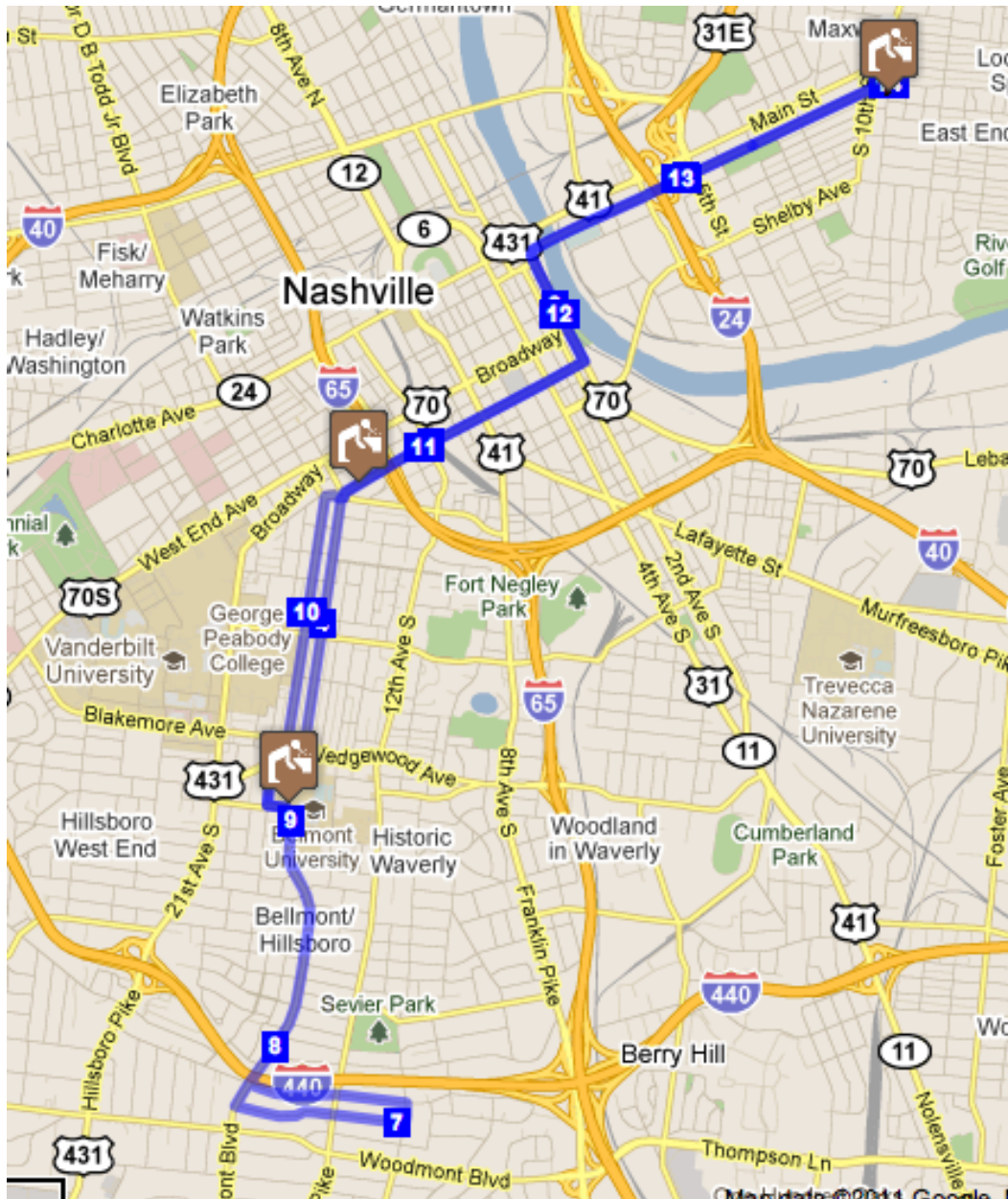


## Nashville Strider's Bongo to Bongo Marathon and Half Marathon Training Route:



- The water stop on Demonbreun is the **turn-around for the Half Marathon Training run**. It is located about 3.6 miles from the start for a total of just over 7 miles. This water stop may not be available for the return leg of the Marathon trainees.
- For safety purposes, the training route is designed to face traffic on the outbound leg on 16<sup>th</sup> Ave. and face traffic on 17<sup>th</sup> Ave. on the return leg (opposite of the actual CMM course).
- The water stop at Athlete's House is about mile 5 and mile 9.
- The training route goes all the way to Leland Lane to get the full 14 miles. The CMM course turns on Granny White Pike.
- Use the link below for more detailed information (as of 1/7/11):

<http://www.runningahead.com/maps/5f411578d9774013937ec1e6afa9c9c5>