

Start

Follow 1354 Which joins 94 (Catlett St/Hall St.) along the water. Hall ST becomes Main St. and bears right. the road forks Route 94 goes right (runners don't, like I tried last year)
Runners bear left onto Clinton St. Turn right onto Kentucky St. then left onto Carrol ST. Turn right onto Wabash St then left onto Mouton St. and another left onto Myatt St which becomes Magnolia St. then a final right onto Troy St. which is Route 125
Route 125 veers left and leaves town.

Hickman to Martin

Stay on 125 till crossing the state line into Tennessee when the route number changes to Route 5 (same road)
Just before Union City Route 5 joins Route 22 and becomes Main St. Continue on Main St. at 5th St Main does a quick right then left to Depot St (still Route 5/22) Take Depot to E. Reelfoot Ave. turn left onto it (it remains Route 22)
On the outskirts of UC 22 joins Route 431. Stay on Route 431 do not get on Route 22 as it joins from the left and exits on the right, go straight! Take 431 to Martin (431 is Martin Hwy.).
On entering Martin Route 431 becomes University St. Stay on Route 431 through town as it turns left on Lindell St. then right on Main St.

to Dresden

Stay on Route 431 (also Route 22 rejoined) to Dresden. On coming into Dresden veer left onto SR 239, Pikeview St. (last year the sign was missing, also Dresden was the most confusing town, in my mind it doesn't match up well with the maps!). Turn left onto W. Main St (Route 89) Turn right on S. Wilson St. and left on E. Locust St. turn right onto Linden St. and left on Evergreen St. Leaving town

to Gleason

Leaving Dresden Evergreen St. becomes Old Route 22 take the Old Route 22 crossing over the 4 lane New SR 22. Take Old Route 22 all the way into Gleason turning right on West St. the left onto Main St. then right onto Cedar St. just after the town square. Take Cedar out of town which becomes Old Route 22 again. Take Old 22 into McKenzie turning right on Elm St. the left onto Magnolia St (Route 124) then right onto N. Stonewall St (still Route 124) then left onto Cedar St Take Cedar St (still Route 124/22) out of town.
You will pass US 79 on the outskirts of town this is mile 57 and you have motels both sides of 124/22 on US 79 (the one to the left is MUCH nicer!).

To Lexington

About 1 1/2 miles past US 79 New 22 rejoins Old 22. Take Route 22 all the way to Lexington going right through Huntingdon with no turns (DO NOT take the bypass around Huntingdon) and past the interstate till you come to US Route 412 in Lexington. Turn left on US 412 taking it East out of town. (Nice hotel about ¼ mile opposite this turn west of 22 on US 412, it's also been 92 miles which should make a good first day!).

To Columbia

Take 412 out of Lexington all the way to Columbia Town Square with nary a turn, just stay on US 412 (about 1 1/2 mile before the town square it becomes W. 7th St.). Just after passing US 31 in Columbia you turn right at the town square and right again onto Main St. (not the nicest neighborhood at 11PM!). Continue south on Main St. to the dead end then turn right and immediately left onto US 31 southbound (Carmack Blvd). Continue south on US 31 till it joins State Route 50. Turn left on SR 50 and head out of town.

To Wartrace

About 5 miles after turning onto SR 50 you will leave SR 50 by turning right onto SR 373 Culleoka Hwy. Continue on SR 373 till you get to the town square in Lewisburg. Turn left onto N. 2nd Ave. after about 1/2 mile there's a split in the road veer right onto Verona Ave.. US 31A will join you coming in from your right and turning to join you on Verona. You don't turn it joins you. About 5 miles after joining US 31A US 31A turns left with SR 64 (Shelbyville Hwy.) going to your right. Take SR 64 all the way to Shelbyville. Coming into Shelbyville you dead end into US 231 Turn left following both US 231 and SR64. About 1/2 mile later turn right onto W. Holland St. and go to the town square turn right on Spring St. then left on W. Depot St. taking it through the town square and continuing out of town on SR 64. Continue on SR 64 till you enter Wartrace after crossing the railroad tracks turn right onto Church St. then left (no choice here!) onto Main St. SR 269.

To Monteagle

About 1 1/2 miles after crossing the tracks in Wartrace you will turn left on Knob Creek Rd.(leaving SR 269) If you find yourself running south after leaving Wartrace you probably missed this turn, it's easy to miss if your sleeping (ask me how I know, I only went 3 miles off round trip!). If you feel like visiting laz's home or need a place to sleep right around now you can turn right at Union Ridge Rd. and stop on by, when you continue on you can stay on Union Ridge Rd till it comes back out on Knob Creek Rd. (this is an authorized deviation!). After crossing the county line Knob Creek Rd. changes name to Sixteenth Model Rd. (love these names) same road different name. Continue on Sixteenth Model Rd. till it dead ends into US 41 turn right onto US 41 (which parallels I-24). Continue on US 41 all the way to Monteagle (enjoy the last 3 miles, it's a good excuse to walk a bit in case you haven't had to walk yet!). At the top of the hill turn left onto W. Main St. US 41A/SR56.

To the Finish

Continue on about 2/3 mile and turn left onto Fairmont Rd (still US 41) and right onto Tracy Rd.. Take Tracy Rd/US 41 to Tracy City. In Tracy City turn right onto Clair St. then left onto Railroad Ave which becomes 9th St (all of this is US 41). Take US 41 out of town. Continue on US 41 to the dead end in Jasper Turn right joining US 64. (heading west for the first time!). Continue on US 64 till crossing under I-24 when it becomes US 72. continue south on US 72. to SR 156. Turn left onto SR 156 in South Pittsburg (a couple ways of doing this your choice). Continuing east on SR156 turn right onto SR 377 (10k to go! with a nice easy 5k uphill!). After crossing the Alabama state line the route name changes to SR 73. Turn left onto CR 132 (might be labeled Castle Rock Rd.)

After entering Castle Rock (and Georgia) turn left at the road by the power line cut take this to the top of the hill turn left on a dirt road/path through the field. After crossing the field it enters the woods. Follow the trail through the woods to the finish at the "Rock". Do not go past the rock and be careful with sprint finishes. It is about a 300 foot sheer drop about 1 foot past the finish ;-)

Any errors in this is strictly your problem I am not responsible for any of this (Some just say I'm not responsible!)