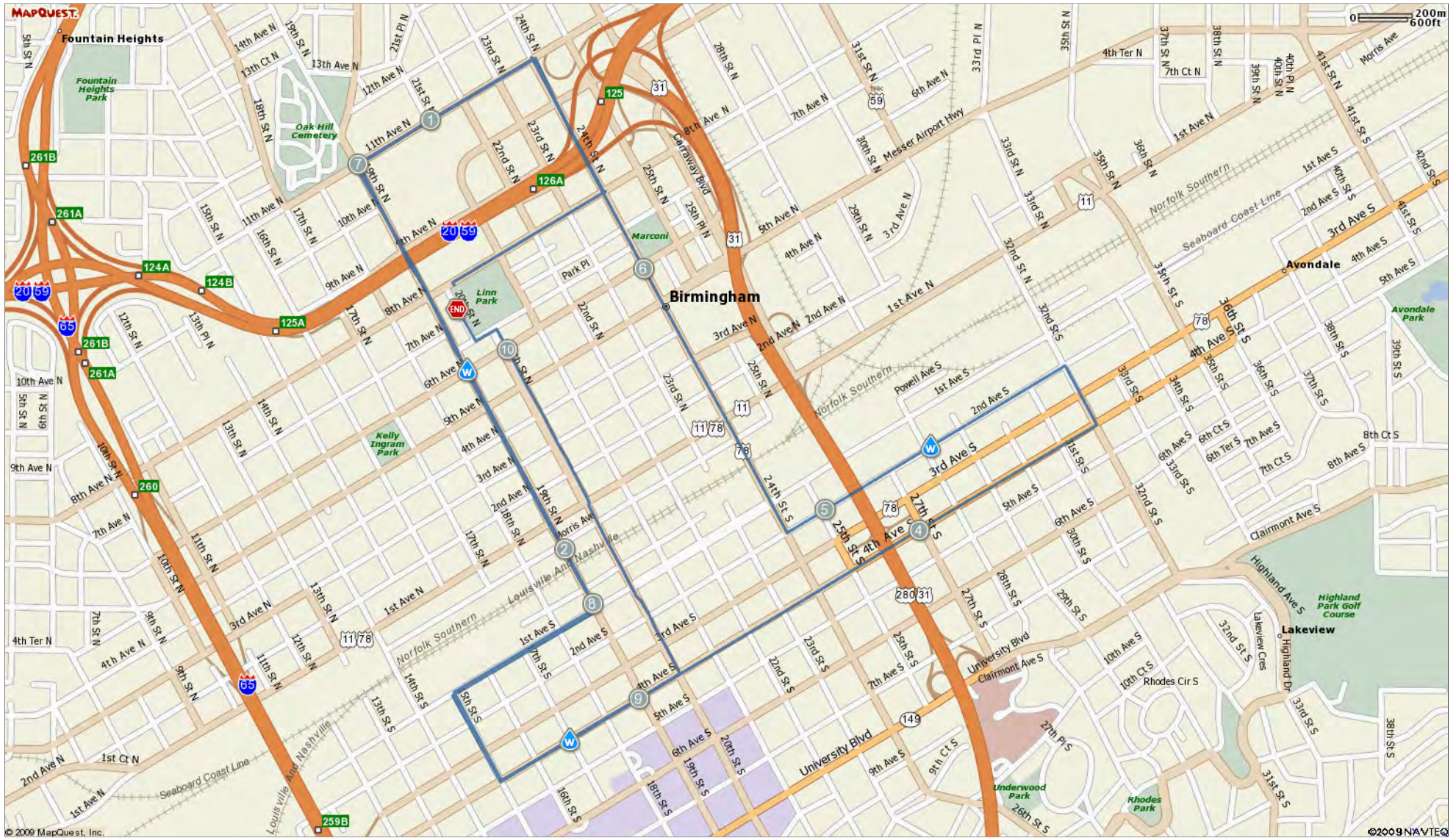


2010 RED NOSE RUN
 10 MILE - BIRMINGHAM, AL
 MEASURED BY: RICK MELANSON
 P.O. BOX 360087
 BIRMINGHAM, AL 35236
 rick@indusco.net (205-836-0030)
 ON 11-29-09 USING CALIBRATION COURSE #AL03029JD
 RACE DIRECTOR: TRISH PORTUESE
 1923 20TH AVE. S.
 BIRMINGHAM, AL 35209
 trish@championship-racing.com (205-937-9640)

COURSE DIRECTIONS:
 Runners start on 8th Ave. N. between 18th & 19th St. running east to 24th St., turn left to 11th Ave. N., turn left to 19th St., turn left to 1st Ave. S., turn right to 15th St., turn left to 4th Ave. S., turn left to 32nd St., turn left to 2nd Ave. S., turn left to 24th St., turn right to 11th Ave. N., turn left to 19th St., turn left to 1st Ave. S., turn right to 15th St., turn left to 4th Ave. S., turn left to 20th St., turn left to Park Pl., turn left to Short 20th St., turn right to FINISH on Short 20th St.

Runners turn left here on 2nd lap
 parking meter #8372
 parking meter #2834
 parking meter #101
 parking meter #8372

ROUTE DESCRIPTION:
No Description Provided



ROUTE DESCRIPTION:
 No Description Provided

Notes		
AT	FOR	NOTES
0.41 mi.	1802ft	P2 - Turn Left onto 24th Street North From 8th Ave. North
0.75 mi.	2471ft	P3 - Turn Left onto 11th Ave. North From 24th St. North.
1.22 mi.	2722ft	P4 - Turn Left onto 19th Street North From 11th Ave. North.
1.74 mi.	3129ft	P5 - W/ S #1 - United Methodist Church - Corner of 6th Ave. North & 19th Street North.
2.33 mi.	1965ft	P6 - Turn Right onto 1st Ave. South from 19th St. South.
2.7 mi.	1160ft	P7 - Turn Left onto 15th Street South from 1st Ave. South.
2.92 mi.	952ft	P8 - Turn Left onto 4th Ave. South from 15th St. South
3.1 mi.	1mi 2020ft	P9 - W/ S #2 by Ronald McDonald House 17th St. South & 4th Ave. South.
4.48 mi.	780ft	P10 - Turn Left onto 32nd Street South from 4th Ave. South.

Notes		
AT	FOR	NOTES
4.63 mi.	1861ft	P11 - Turn Left onto 2nd Ave. South from 32nd Street South.
4.98 mi.	1999ft	P12 - W/ S #3 by Pepper Place. (Europa Antiques store (2805 2nd Ave. South))
5.36 mi.	1mi 947ft	P13 - Turn Right onto 24th Street South from 2nd Ave. South.
6.54 mi.	2497ft	P3 - Turn Left onto 11th Ave North from 24th Street North
7.01 mi.	2815ft	P4 - Turn Left onto 19th Steet North from 11th Ave. North
7.55 mi.	3063ft	P5 - W/ S #4 - Infront of United Methodist Church 6th Ave North and 19th Steet North
8.13 mi.	1992ft	P6 - Turn Right onto 1st Ave. South from 19th Street South
8.5 mi.	1148ft	P7 - Turn Left onto 15th Street South from 1st Ave. South.

Notes		
AT	FOR	NOTES
8.72 mi.	958ft	P8 - Turn Left onto 4th Ave. South from 15th Street South.
8.9 mi.	1534ft	P9 - W/ S #5 by Ronald McDonald House (17th Street South & 4th Ave. South)
9.19 mi.	4535ft	P14 - Turn Left onto 20th Street South from 4th Ave. South.
10.05 mi.	284ft	P15 - Turn Left onto Park Place from 20th Steet South.
10.11 mi.	412ft	P16 - Turn Right onto (Short) 20th Street by Linn Park.
10.19 mi.	-	P17 - Finish Line on Short 20th by Linn Park & City Hall.