

Tennessee Senior Olympics Cycling 2009

5K Cycling

The **5K** competition (a time trial) will be held on Saturday, July 18th at **7:30 a.m** on Cox Road. **Please note the earlier time from years past.** Parking and staging will occur at Christ Church, 6450 Christ Church Lane, in Arrington.

Directions:

From I-65, take exit 65 (Highway 96) east for approximately 7.5 miles. Turn right on Cox Road and travel approximately 1 mile to Christ Church Lane (on the left) where parking is available. We are **not** allowed to park at Nellie Jane's Antiques so PLEASE do not park there.

Cyclists will ride back one mile toward Highway 96 where the start line just past Nellie Jane's Antiques will be set. The entire race will be conducted on Cox Road (3.1 miles) with the finish line just beyond the Bridle Way Farms neighborhood. Athletes will go off in one minute intervals starting at 7:30 am.

Restrooms are not available at the church. There is a convenience store located right before Cox Rd if needed.

20K Cycling

The **20K** race (a mass start) will take place on Sunday, July 19th at 7:30 a.m. Parking and staging will occur at the College Grove Recreation Center. This is the same course that was used the past three years.

The race will be as follows:

- 1) Start at College Grove Recreation Center
- 2) Travel 2.3 miles on 31A to Cox Road.
- 3) Turn left on Cox Road for 3.9 miles and turn around on Christ Church Lane
- 4) Return to College Grove Recreation Center.

Directions:

I-65 to College Grove Recreation Center

Follow directions to Christ Church Arrington but STAY on Cox Rd past Christ Church Lane for approximately 4 miles. Turn right on Hwy 31A for 2 miles to College Grove Rec on right.

OR

Take I-65 to State Route 840 Take State Route 840 east (towards Murfreesboro)

1. Take exit 42 (Hwy. 31/41)
2. Travel south 4.5 miles on Hwy. 31 to the College Grove Recreation Center (Note: Hwy. 41 will split off to your left; stay on Hwy. 31)
3. Turn RIGHT into the College Grove Recreation Center for staging