

Tennessee Senior Olympics Cycling Routes and Information

5K Cycling

The **5K** competition (a time trial) will be held on Saturday of the Games at 6:30 a.m on Cox Road. 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.

Cyclists will ride back one mile toward Highway 96 where the start line 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 6:30 am.

20K Cycling

The **20K** race (a mass start) will take place on Sunday of the Games at 6:30 a.m. Parking and staging will occur at the College Grove Recreation Center.

The race will be as follows:

- 1) Start at College Grove Recreation Center – **approximately mid-way from the entrance of the Rec Center to the intersection of College Arno Road.**
- 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. **Finish will be at the entrance to the Rec 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

1. Take State Route 840 east (towards Murfreesboro)
2. Take exit 42 (Hwy. 31/41)
3. 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)
4. Turn RIGHT into the College Grove Recreation Center for staging