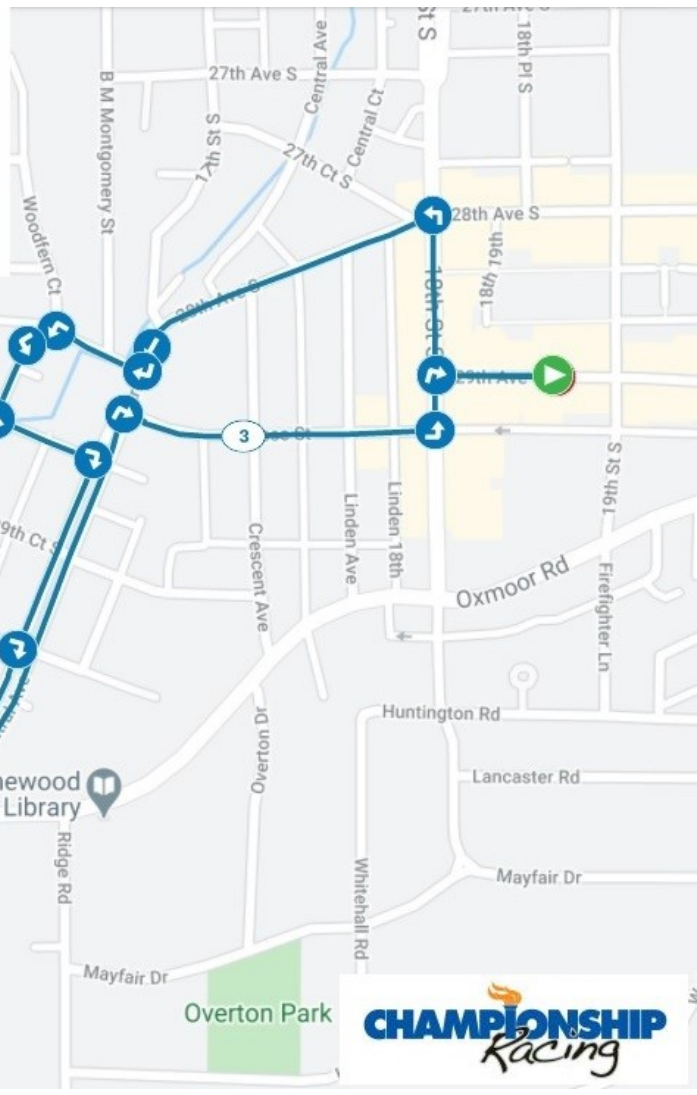


# RUMPSHAKER

## 5K

Established 2009 | Birmingham, Ala





### **Rumpshaker 5K Course Directions (turn by turn)**

**Start Line:** 29<sup>th</sup> Ave. S. by Zoe's Kitchen, heading West.

Turn Right onto 18<sup>th</sup> St. S, from 29<sup>th</sup> Ave. S.

Turn Left onto 28<sup>th</sup> Ave. S. from 18<sup>th</sup> St. S.

Stay Straight onto Central Ave. from 28<sup>th</sup> Ave. S.

Turn Right onto 28<sup>th</sup> Ave. S. from Central Ave.

Turn Left onto Montessori Way from 28<sup>th</sup> Ave. S.

Turn Left onto 28<sup>th</sup> Court S. from Montessori Way

Turn Right onto Central Ave. from 28<sup>th</sup> Court S.

Turn Right onto Parkridge Dr. from Central Ave.

Turn Left onto Manhattan St. from Parkridge Dr.

Turn Right onto Dale Ave. from Manhattan Ave.

Turn Left onto Irving Rd. from Dale Ave.

Turn Left onto St. Charles from Irving Rd.

Turn Left onto Stuart St. from St. Charles

Turn Left onto Evergreen Ave. from Stuart St.

Turn Right onto Highland Rd. from Evergreen Ave.

Stay Straight onto Manhattan St. From Highland Rd.

Turn Right onto Parkridge Dr. from Manhattan St.

Turn Right onto Central Ave. from Parkridge Dr.

Turn Around at Central Ave. (by Hero Doughnut)

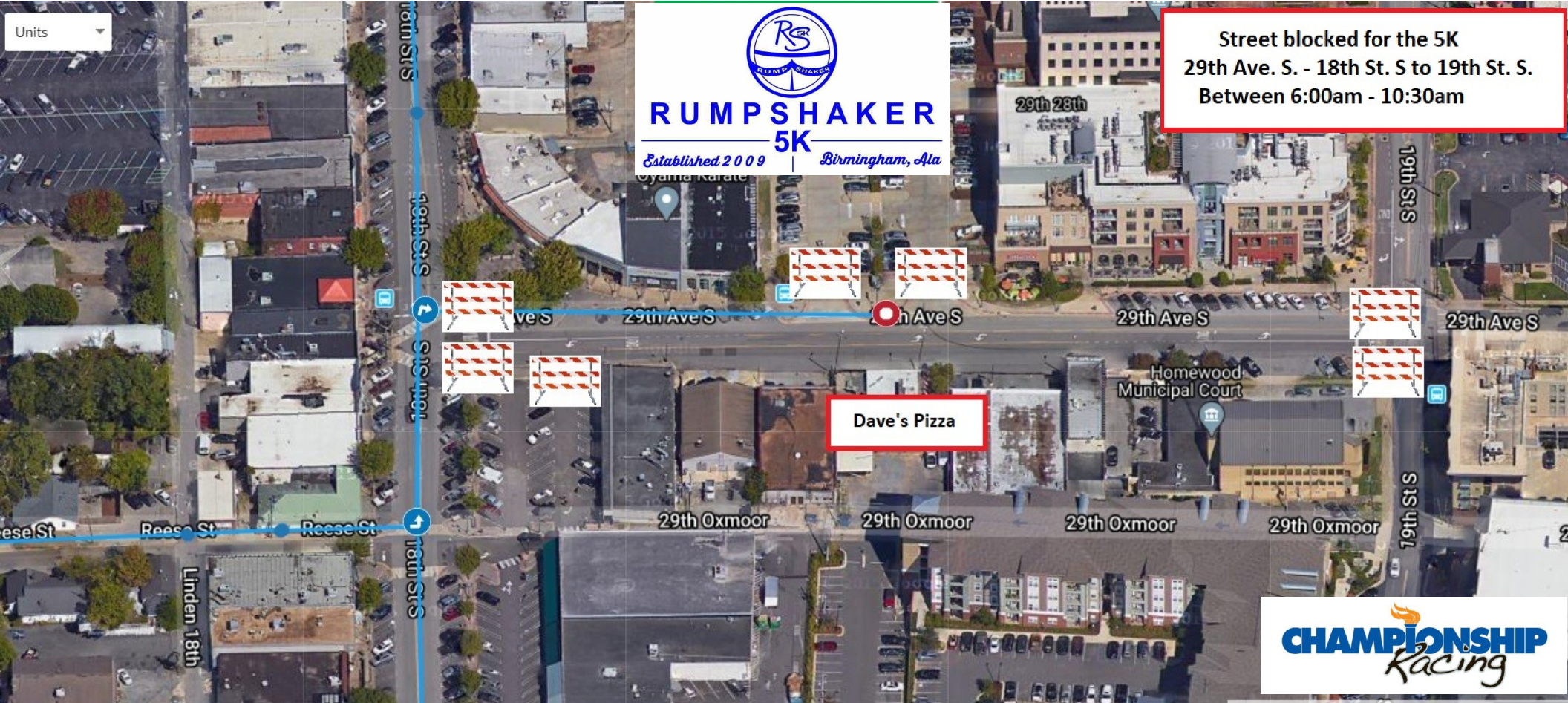
Turn Right onto Reese St. from Central Ave.

Turn Left onto 18<sup>th</sup> St. S. from Reese St.

Turn Right onto 29<sup>th</sup> Ave. S. from 18<sup>th</sup> St. S.

**Finish Line:** 29<sup>th</sup> Ave. S (close to Zoe's Kitchen)





Street blocked for the 5K  
29th Ave. S. - 18th St. S to 19th St. S.  
Between 6:00am - 10:30am

  
**RUMPSHAKER**  
5K  
Established 2009 | Birmingham, Ala

Dave's Pizza

**CHAMPIONSHIP**  
Racing