



**CROSS COUNTRY COACHES NATIONAL YOUTH CHAMPIONSHIPS
PERCY WARNER PARK, NASHVILLE, TENNESSEE
DECEMBER 5, 2009**

Directions to Percy Warner Park Cross Country Course

Mapquest location 2500 Old Hickory Blvd Nashville, Tennessee

From the south (Birmingham). Take I-65 North to Exit 74B (Old Hickory Blvd/TN-254) toward Brentwood (west). Go 6.8 miles. Turn right in to the parking area which will be just past the main entrance to the park.

From north (Louisville). Take I-65 South to Exit 84B on to I-40W toward Memphis. Go 8.5 miles Take TN-51/Old Hickory Blvd Exit 199. Turn left on to Old Hickory Blvd/TN 251. Go 3.8 miles. Turn Left onto TN-100 Go .7 miles. Turn Right onto Old Hickory Blvd/TN-254. Go 1.2 miles to parking entrance Just past the main entrance.

From east(Knoxville)

Take I-40 West Stay left on I-24 via Exit 213A toward I-440W/Memphis/Chattanooga. Go .8 miles, merge onto I-440 W via Exit 53 toward Memphis. Go 2.6 miles, merge onto I-65 S via Exit 5 toward Huntsville. Go 5.9 miles. Merge onto Old Hickory Blvd/Tn-254 W via Exit 74B toward Brentwood.). Go 6.8 miles. Turn right in to the parking area which will be just past the main entrance to the park.

From west(Memphis) Take 9-40 East. Take Exit 196, US-70S toward Bellevue/Newsom Station. Merge onto US-70S E/TN-1 E/Memphis/Bristol HWY toward Bellevue/Belle Meade Plantation. Go 2.0 miles. Turn right on Old Hickory Blvd Go 1.0 mile Turn left on to TN-100. Go .7 miles. Turn right on Old Hickory Blvd/TN-254. Go 1.2 miles to parking entrance to Steeplechase course.

From Nashville International Airport, take Donelson Pike/TN-255 N. Go .5 miles. Merge on to I-40 W via ramp on the left toward Knoxville. Go 3.2 miles. Keep left to take I-24 via Exit 213A toward I-440 W/Memphis/Chattanooga. Go .8 miles. Merge onto I-440 W via Exit 53 toward Memphis. Go 2.6 miles. Merge onto I-65 S via Exit 5 toward Huntsville. Go 5.9 miles. Merge onto Old Hickory Blvd/Tn-254 W via Exit 74B toward Brentwood.). Go 6.8 miles. Turn right in to the parking area which will be just past the main entrance to the park.