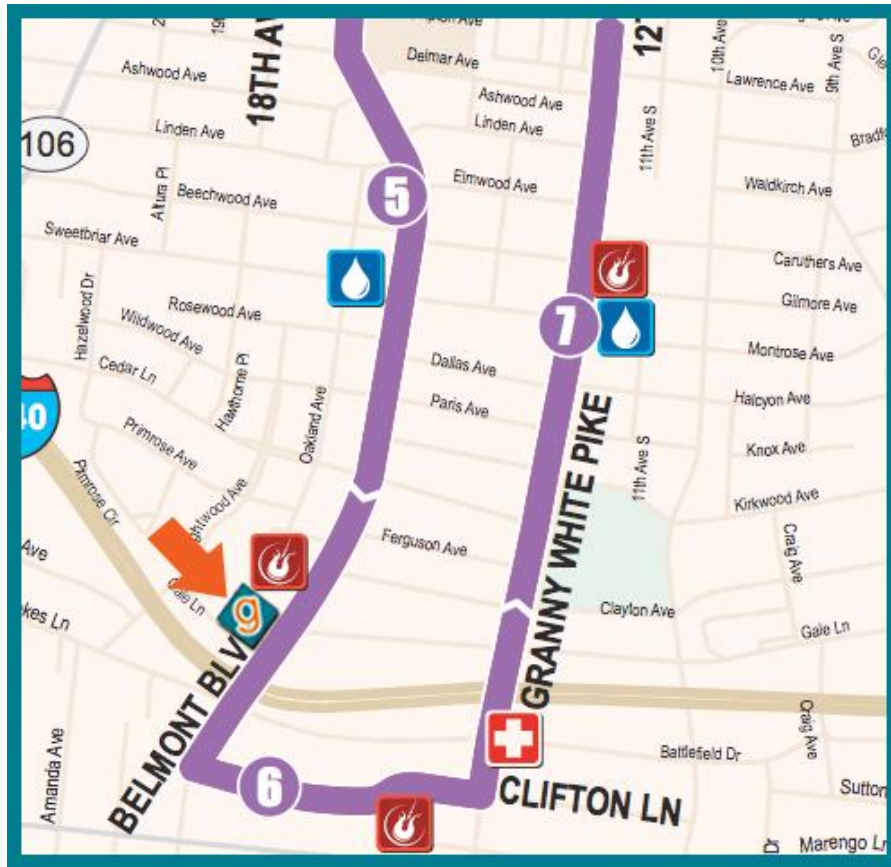


Vistor's Guide to Nashville: *Country Music Marathon Edition*

Are you coming in town for the Country Music Marathon and Half Marathon? Not sure what to do while you're visiting one of the most popular cities in the U.S. right now? We've got you covered! In this **Visitors Guide to Nashville: Country Music Marathon Edition**, we've laid out some helpful hints, carb-loading hot spots, best places to eat, and a list of five things you can't leave town without doing!

Also, Nashville Guru is hosting a Country Music Marathon Cheer Station. We will be located **after mile five** near the Belmont Blvd and Primrose intersection (see on the map below)! We'll be cheering you on - wave to us if you see us!



Most people will probably arrive in Nashville on Friday and want to stay healthy and low-key until after the race. If you want some healthy snacks and water for your hotel room, head to **The Produce Place** or the **Turnip Truck**. Both places have organic options and are locally owned. Also, if you forgot anything for the big run, there are a few local, athletic shops including **The Athlete's House**, **Nashville Running Company** and **Team Nashville**.

Like before any big race, a carb-filled meal is important. Below we have listed some carbacious restaurants all within a few miles of Downtown Nashville, as well as some great areas for you to explore on Friday if you get in early enough!

Carb-Loading Spots in Nashville

- **Demos' Restaurant** - Downtown Nashville
- **Music City Flats** - Gulch
- **Bella Napoli** - Edgehill Village
- **MAFIAoZA's Pizzeria** - 12 South
- **Sardinia Enoteca Ristorante** - Elliston Place

Great Areas to Explore

- **Downtown Nashville** (especially, Broadway)
- **Gulch**
- **12 South**
- **East Nashville**
- **Hillsboro Village**

All of the areas listed above are fun to explore, but you have to make your way down to Broadway at some point. Broadway is located in Downtown Nashville, and the really fun stuff is located between 1st and 5th avenues and side streets off Broadway. **You will be running on Broadway first thing on Saturday, but you should also try to see it when you aren't racing down it.** Broadway is known for the honky tonks, which are bars with live country music blaring out of them. Broadway is also full of souvenir shops, photo ops with a big boot or Elvis statue, and the beautiful riverfront at Broadway and 1st Avenue. It will be hopping on Saturday night with all the runners in town! Check it out on Friday while you're staying low-key or grab a beer or two after the race on Saturday!

Once you get the race over with, you will be starving! We recommend going to one of the well-known Nashville staples for a big meal. **Loveless Café** is worth the drive and **Pancake Pantry** is worth the wait. Below we've listed some of our guides to eating your way through Nashville. Be sure to check them out for more ideas!

Best Places to Eat in Nashville

- **Guru Guide: Must-Try Local Eateries** (PDF - Download + Print!)
- **Guru Guide: Best Brunch Spots**
- **Guru Guide: Delicious Dinner Spots**
- **Guru Guide: Best Pizza Places**

After your taste buds are happy, just enjoy the city! With so many people in town for the Country Music Marathon, some places might be busier than normal.

Don't Leave Town Without:

1. Seeing Broadway
2. Hearing Live Music
3. Eating Southern Style! (**Loveless Cafe**, **Pancake Pantry**, **Arnold's** or **Rotier's**)
4. Drinking a Locally-Brewed Beer (**Yazoo**, **Jackalope**, **Fat Bottom**)
5. Telling us what you love about Nashville on **social media** or in the comments section of this post!