

LAKE MONONA

EDGEWATER CT.

JOHN NOLEN DR.

OLIN-TURVILLE CT.

SWIM FINISH

SWIM START



OLIN PARK



SWIM COURSE

- » 1.2 Mile Swim
- » 1 Lap
- » Lake Monona

 TRANSITION

 SWIM OUT TO TRANSITION

All courses are PRELIMINARY pending permits and approvals.

RUN COURSE

» 13.1 Miles
 » Madison, Wisconsin

- Leave transition and follow Capital City Bike Trail to the South
- Continue on Waunona Way.
- Right on Bike Trail at end of Waunona Way.
- Left on Bridge Rd.
- Left on Winnequah Rd.
- Right on Healy Ln.
- Left on Nichols Rd. (Cheer Zone)
- Left on Winnequah Rd.
- Continue on Winnequah Trl.
- Right on Tonyawatha Trl.
- Left on Winnequah Rd.
- Left on Monona Dr.
- Continue on Atwood Ave.
- Left on Lakeland Ave.
- Left on Dunning St.
- Right on Yahara Pl.
- Right on Walton Pl.
- Left on Rutledge St.
- Left on Thornton Ave.
- Right on Morrison St.
- Right on Baldwin St.
- Left on Rutledge St.
- Continue through Orton Park on the sidewalk
- Left on Spaight Street.
- Left on Jenifer St.
- Left on Williamson St. (Use Sidewalk)
- Continue on Capital City Bike Trail until Finish Line

- T** TRANSITION
- #** MILE MARKER
- 💧** AID STATION

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