

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

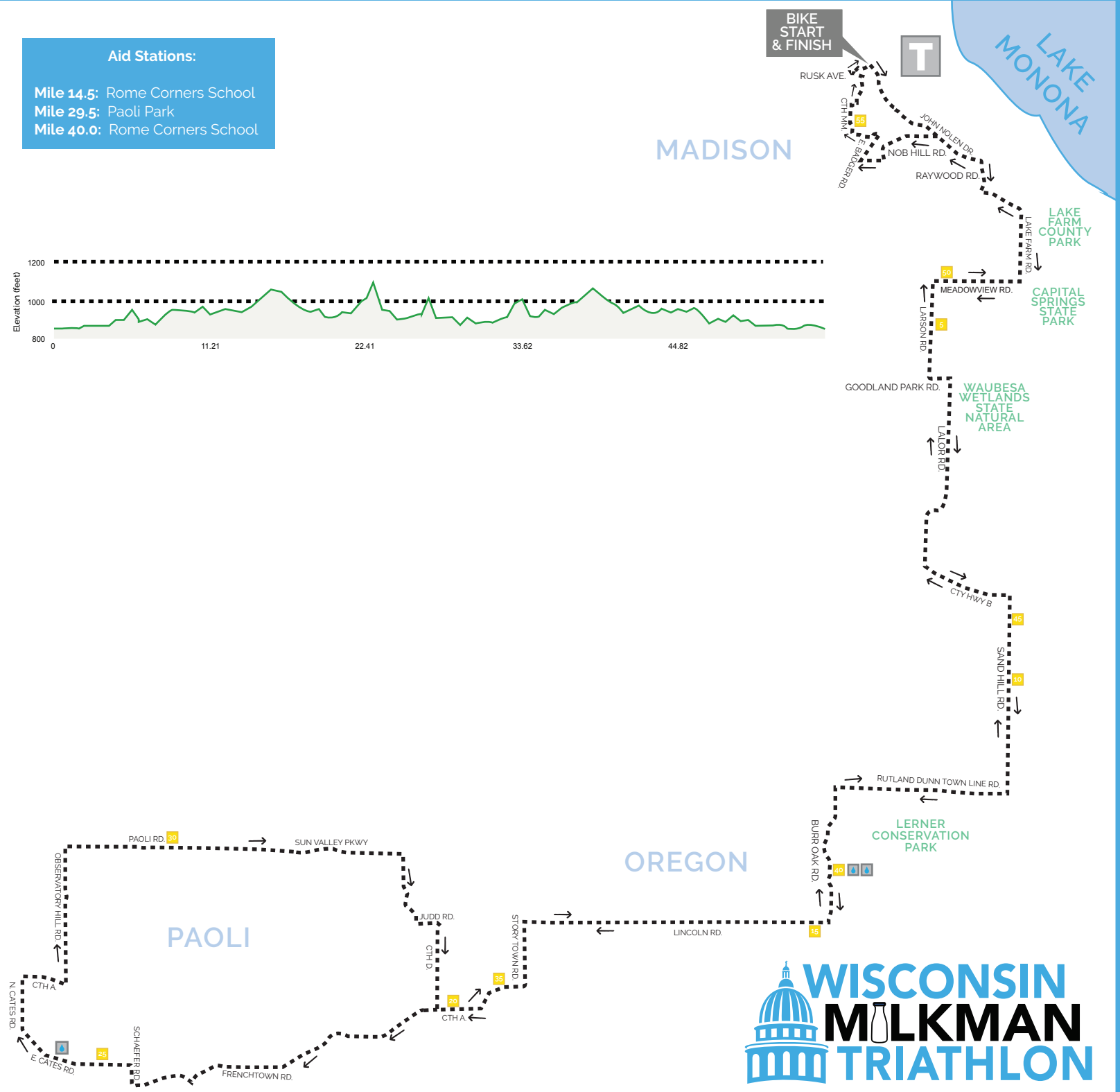
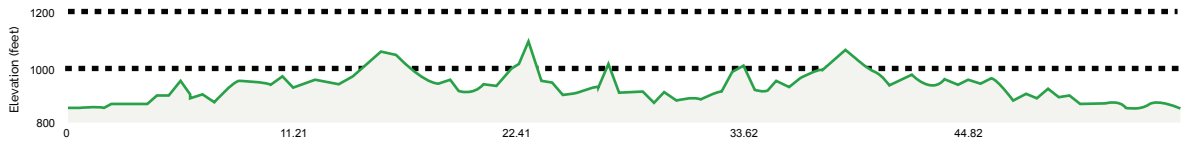
All courses are PRELIMINARY pending permits and approvals.

BIKE COURSE

» 56 Miles

- Left on Olin Turville Ct
- Continue on Capital City Bike Trail
- Right on Capital City Bike Trail
- Right on South Towne Dr.
- Left on Mooreland Rd
- Right on Lake Farm Rd
- Right on Meadowview Rd
- Left on Larson Rd
- Left on Goodland Park Rd
- Right on Lalor Rd
- Left of Hwy B
- Right on Sand Hill Rd
- Right on Rutland Dunn Town Line Rd
- Continue on E. Netherwood St
- Left on N. Burr Oak Ave
- Right on Lincoln Rd
- Left on Storytown Rd
- Right on Hwy A
- Continue on Frenchtown Rd
- Right on Frenchtown Rd
- Right on Schaefer Rd
- Left on E. Cates Rd
- Right on Hwy A
- Left on Observatory Rd
- Right on Paoli Rd
- Continue on Sun Valley Parkway
- Right on Judd Rd
- Right on Hwy D
- Left on Hwy A
- Left on Storytown Rd
- Right on Lincoln Rd
- Left on S. Burr Oak Ave
- Right on W. Netherwood St.
- Continue on Rutland Dunn Town Line Rd
- Left on Sand Hill Rd
- Left on Hwy B
- Right on Lalor Rd
- Left on Goodland Park Rd
- Right on Larson Rd
- Right on Meadowview Rd
- Left on Lake Farm Rd
- Left on Mooreland Rd
- Right on South Towne Dr
- Left on Capital City Trail
- Left on Nob Hill Rd
- Right on E. Badger Rd
- Right on Rimmrock Rd
- Left on Rusk Ave.
- Right Into Alliant Energy Lot
- Continue on Expo Way
- Left on E. Olin Ave
- Left on Wingra Creek Bike Path
- Right on Olin Turville Ct.
- Continue on Capital City Bike Trail

Aid Stations:
Mile 14.5: Rome Corners School
Mile 29.5: Paoli Park
Mile 40.0: Rome Corners School



AID STATION MILE MARKER TRANSITION

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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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