

LAKE MONONA

EDGEWATER CT.

JOHN NOLEN DR.

OLIN-TURVILLE CT.

SWIM
FINISH

SWIM
START

T

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

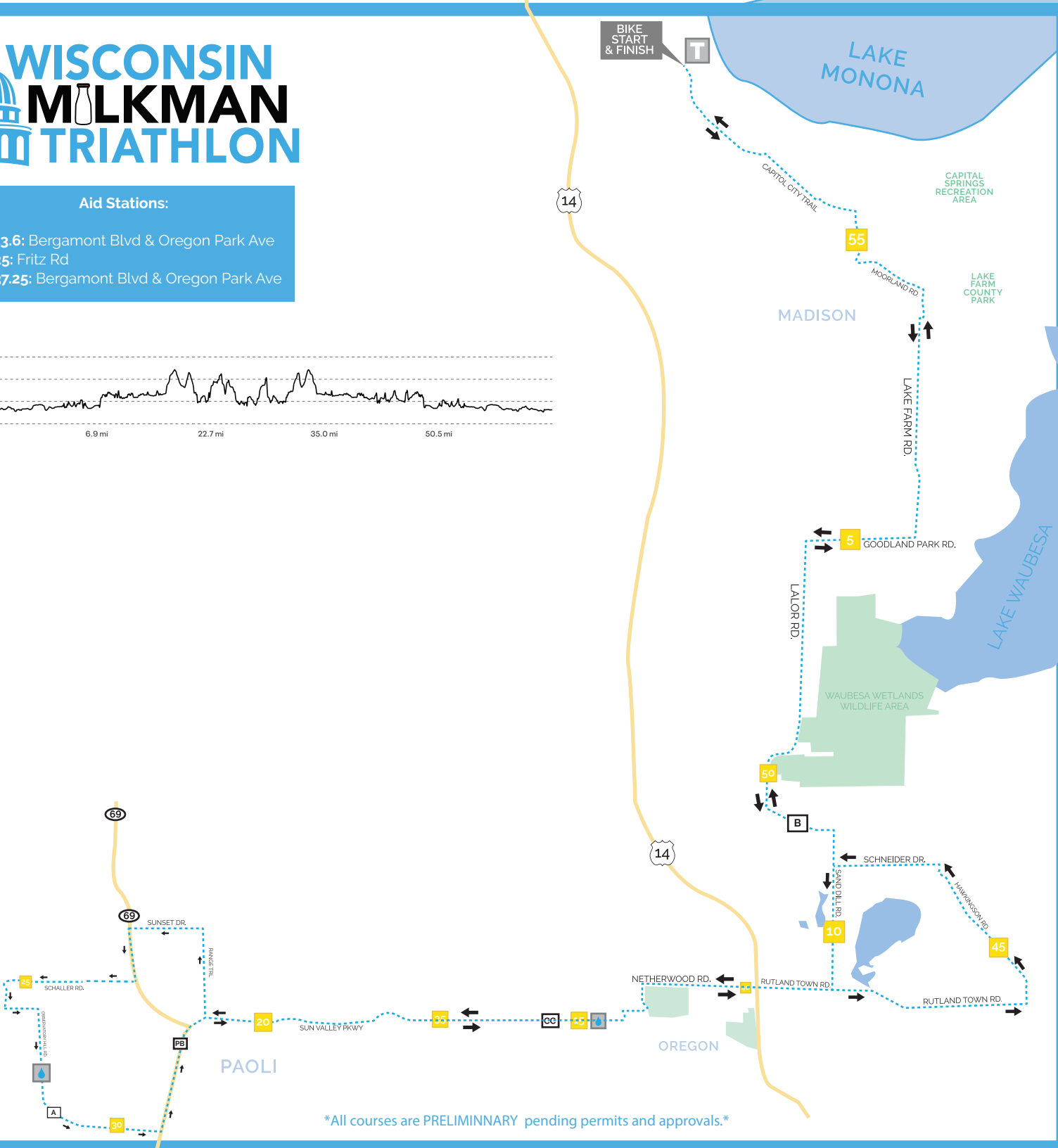
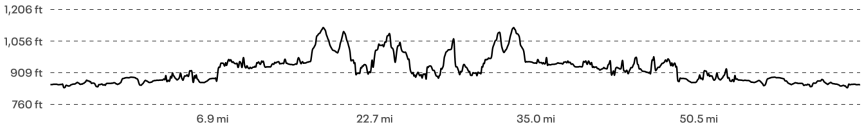
» 56 Miles

- Start: Transition at Olin Park
- Left onto Olin Turville Ct
 - Continue on Capital City Bike Trail
 - Right on Capital City Bike Trail
 - Cross South Towne Dr. and continue on Capital City Bike Trail
 - Left on Lake Farm Rd (becomes Badger Rd)
 - Right on Goodland Park Rd
 - Left 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 Alpine Pkwy
 - Right on Oregon Parks Ave
 - Left on Bergamont Blvd
 - Right on Jerfferson St/Co Hwy D
 - Right on Sun Valley Pkwy
 - Continue on Paoli Rd
 - Right on Range Trail
 - Left on Sunset
 - Left on STH 69
 - Right on Schaller Rd
 - Left on Speedway Rd
 - Left on Paoli Rd
 - Right on Observatory Hill Rd
 - Left on A
 - Left on PB
 - Straight through roundabout at STH 69
 - Right on Paoli Rd
 - Continue on Sun Valley Pkwy
 - Left on Jerfferson St/Co Hwy D
 - Left on Bergamont Blvd
 - Right on Oregon Parks Ave
 - Left on Alpine Pkwy
 - Right on Netherwoods St
 - Continue on Rutland Dunn Town Line Rd
 - Left on Hawkingson Rd
 - Left on Schneider Dr
 - Right on Sand Hill Rd
 - Left on Co Hwy B
 - Right on Lalor Rd
 - Right on Goodland Park Rd
 - Left on Badger Rd (becomes Lake Farm Rd)
 - Right on Capital City Bike Trail
 - Cross South Towne Dr. and continue on Capital City Bike Trail
 - Left on Capital City Bike Trail
 - Left on Olin-Turville Ct
- End: Transition



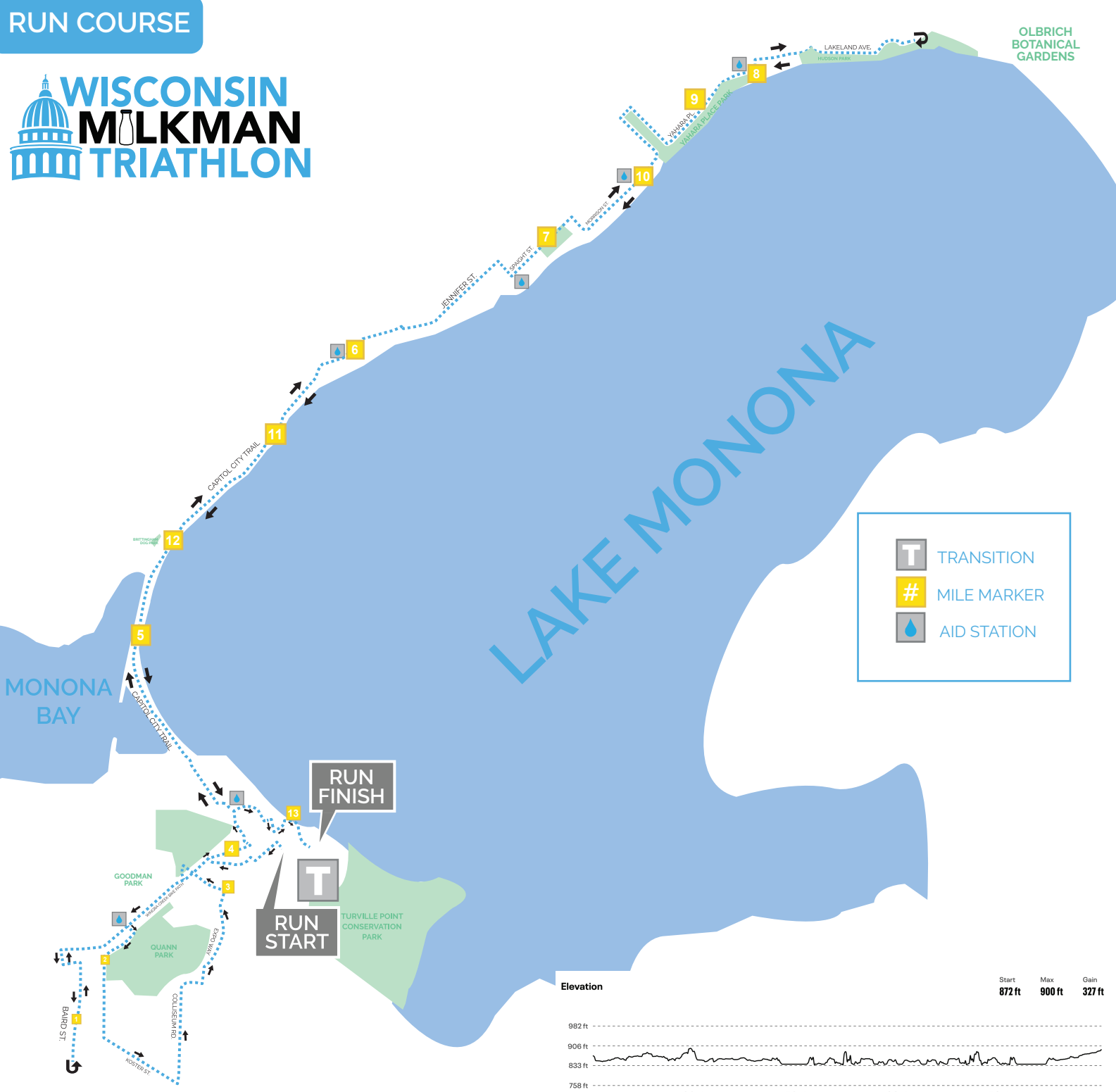
Aid Stations:

- Mile 13.6:** Bergamont Blvd & Oregon Park Ave
- Mile 25:** Fritz Rd
- Mile 37.25:** Bergamont Blvd & Oregon Park Ave



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RUN COURSE



» 13.1 Miles
» Madison, Wisconsin

- Leave transition onto Olin-Turville Ct.
- Left onto Wingra Creek Bike Path
- Follow trail to the left
- Left on trail over the creek
- Left onto Wingra Dr (becomes Baird St)
- Turnaround near Center St.
- Right on bridge over creek to Wingra Creek Prky trail
- Right onto trail
- Cross Bram St to Koster
- Left onto Rusk/Expo Dr – follow left towards W Olin Ave
- Left on trail
- Follow trail as it takes a left down to Wingra Creek Bike Path
- Left on Wingra Creek Bike Path
- Follow left at trail Y
- Left on Olin-Turville Ct./Lakeside St
- Right onto Capital City Bike Trail
- Right onto Jenifer St
- Right onto Spaight St
- Right onto Ingersoll St
- Left onto Rutledge St
- Right onto Baldwin St
- Left onto Morrison St
- Left onto Thornton Ave
- Right across pedestrian bridge
- Right onto Riverside Dr
- Left onto Yahata Pl
- Left onto Dunning St
- Right onto Lakeland Ave
- Follow Right onto Lakeland Ave at Hudson Ave
- Turnaround at Lakeland Ave and Welch Ave
- Continue on Lakeland Ave
- Left onto Dunning St
- Right onto Yahara Pl
- Right onto Riverside Dr
- Left across pedestrian bridge
- Left onto Thornton Ave
- Right onto Morrison St
- Right onto Baldwin St
- Left onto Rutledge St
- Right onto Ingersoll St
- Left onto Spaight St
- Left onto Jenifer St
- Left onto Capital City Bike Path
- Left onto Olin-Turville Ct./Lakeside St
- Left onto Lakeside St
- Straight across pedestrian bridge
- Left across parking lot
- Right onto path up hill to finish line

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