

# 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

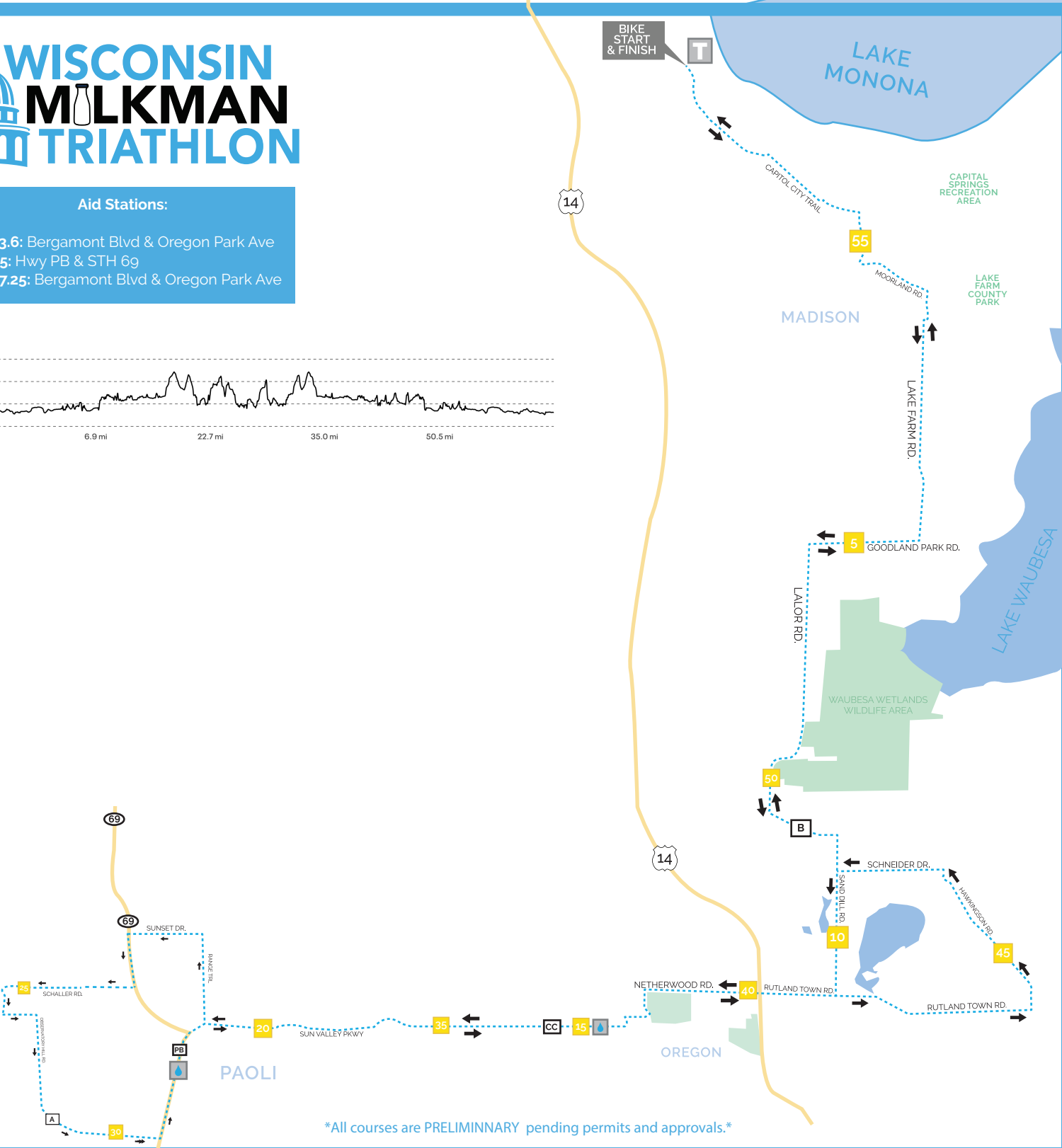
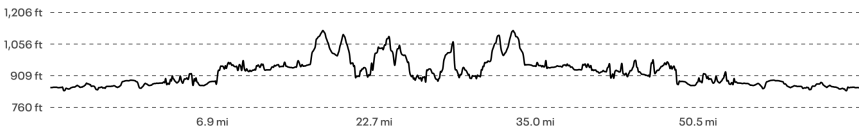
» 56 Miles

- 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



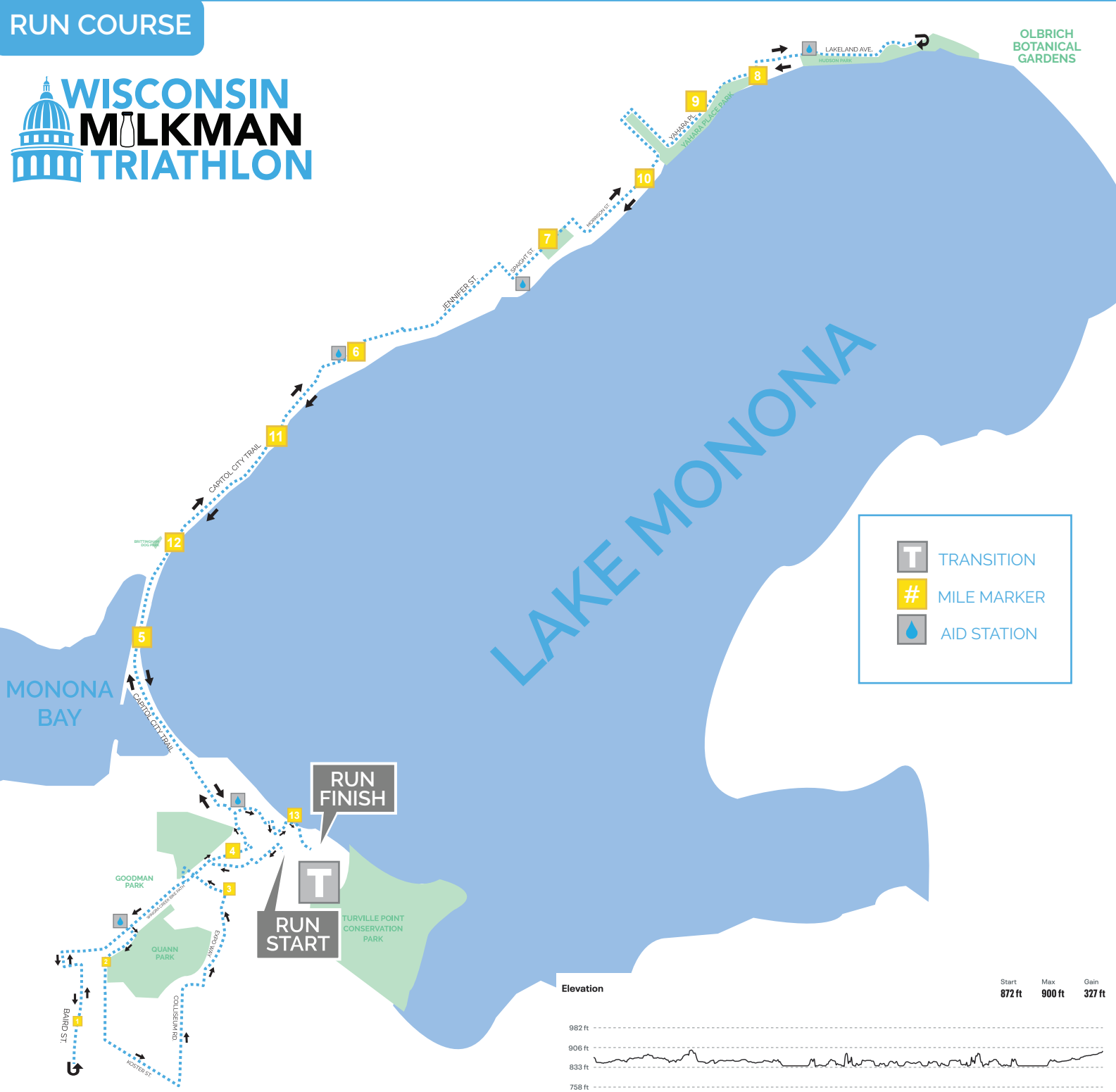
## Aid Stations:

- Mile 13.6:** Bergamont Blvd & Oregon Park Ave  
**Mile 25:** Hwy PB & STH 69  
**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 – runners stay on left until after bridge then switch to right side
- Left on trail over the creek
- Left onto Wingra Dr (becomes Baird St) – out and back runners on left side. Runners staying on right of out and back.
- Turnaround at Center St. – runners staying right and hugging curb
- Right on bridge over creek to Wingra Creek Prky trail – runners staying right
- Right onto trail
- Cross Bram St to Koster (runners in right lane, with traffic)
- Left onto Rusk/Expo Dr – follow left towards W Olin Ave -
- Left on trail downramp
- Follow trail as it takes a left down to Wingra Creek Bike Path
- Left on Wingra Creek Bike Path - runners MUST stay left!!
- Follow left at trail Y
- Left on Olin-Turville Ct./Lakeside St
- Left 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 Yahara 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 Left 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
- Left onto Lakeside St
- Straight across pedestrian bridge
- Left across parking lot
- Right onto path up hill to finish line

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