

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.

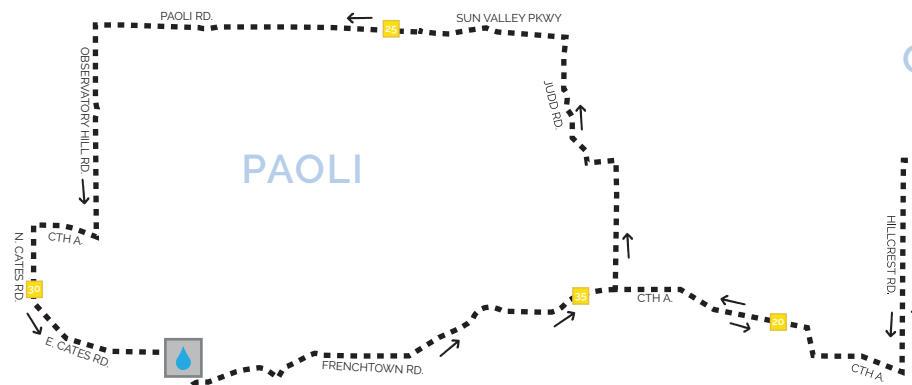
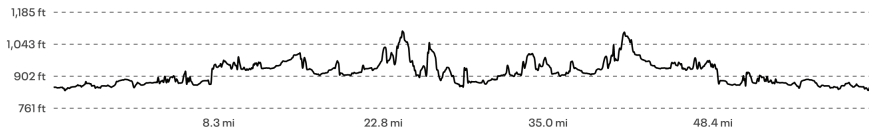
BIKE COURSE

» 56 Miles

- Start: Transition at Olin Park
- Left onto Olin Turville Ct
- Left into furthest left lane of John Nolen Rd
- Jump onto Capital City Trail at Rimrock Rd and John Nolen Rd
- Continue on Capital City Bike Trail
- Right on Capital City Bike Trail
- Cross South Towne Dr. and continue to Right on Capital City Bike Trail
- Left on Lake Farm Rd (Turns to Badger Rd)
- Right on Meadowview 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 (becomes W Netherwood Rd)
- Left on N Bur Oak Ave
- Continue straight onto S Bur Oak Ave
- Right on Lincoln Rd
- Left on Hillcrest Ln
- Right on Co Hwy A
- Right on Tipperary Rd
- Left on Co Hwy A
- Right on Co Hwy D
- Left on Judd Rd
- Left on Sun Valley Pkwy (Turns to Paoli Rd)
- Left on Observatory Hill Rd
- Right on Co Hwy A
- Left on E Cates Rd
- Follow to the right, becomes Schafer Rd
- Follow to the left onto Frenchtown Rd
- Left on Frenchtown Rd
- Left on Co Hwy D
- Right on Co Hwy A
- Right on Tipperary Rd
- Right on Co Hwy A
- Left on Hillcrest Ln
- Right on Lincoln Rd
- Left on S Bur Oak Ave
- Continue straight onto N Bur Oak Ave
- Right on W Netherwood Rd (becomes E Netherwood Rd)
- Becomes Rutland Dunn Town Line Rd
- Left on Sand Hill Rd
- Left of Hwy B
- Right on Lalor Rd
- Left on Goodland Park Rd
- Right on Lalor Rd
- Right on Meadowview Rd
- Left on Lake Farm Rd
- Right on Capital City Bike Trail
- Cross South Towne Dr. and continue Left on Capital City Bike Trail
- Left on Capital City Bike Trail
- Jump off trail at Rimrock Rd into furthest right lane of John Nolen Rd
- Right on Olin-Turville Ct
- End: Transition

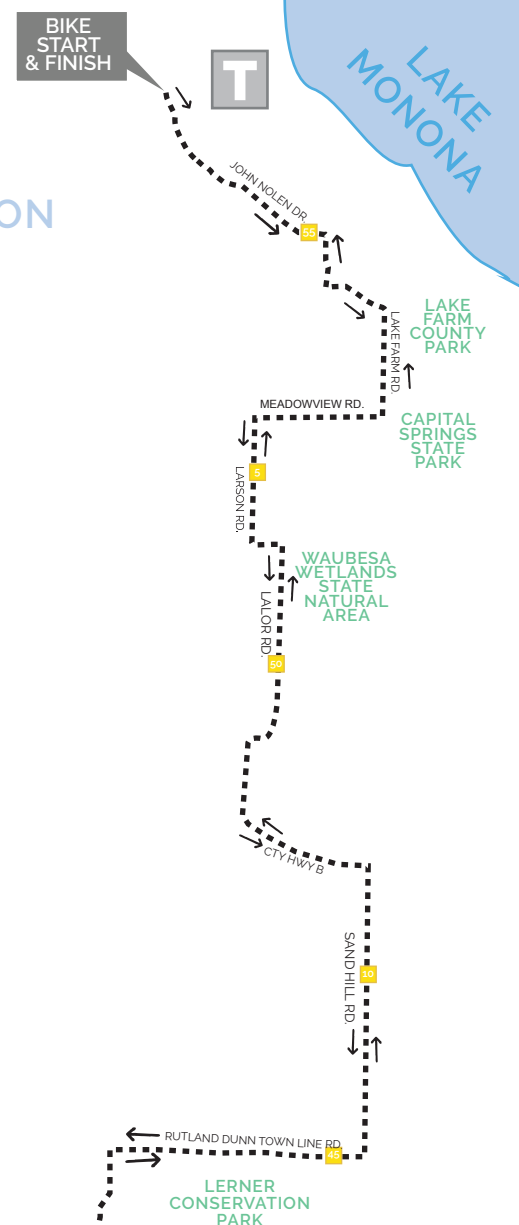
Aid Stations:
Mile 14.5: Rome Corners School
Mile ~30: TBD
Mile 40.0: Rome Corners School

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



MADISON


OREGON



RUN COURSE

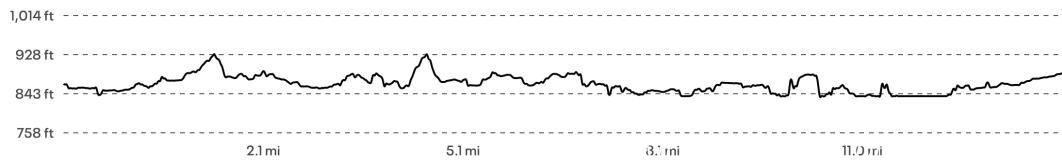
» 13.1 Miles
 » Madison, Wisconsin

- Leave transition onto Olin-Turville Ct.
- Left onto Capital City Trail Bike Path
- Left onto sidewalk in front of Holiday Inn Express
- Right onto John Nolen Drive Service Rd
- Cross grass/ramp back onto the Capital City Trail Bike Path
- Follow onto Waunona Way
- Left onto path along Bridge Rd
- Left on Winnequah Rd
- Left on Winnequah Trail
- Right on Tonyawatha Trail
- Left on Winnequah Rd
- Left on Progressive Ln
- Right on Tonyawatha Trail
- Left on Winnequah Rd
- Left on Monona Dr (becomes Atwood Ave)
- Jump on trail along Atwood, just after the East Side Club
- Follow trail to the left into Olbrich Park
- Left onto Lakeland Ave
- Left on Lakeland Ave at Hudson Ave
- Right on Division St
- Left onto Capital City Trail
- Left on S Thornton Ave
- Right on Morrison St
- Left on Rutledge St
- Right/diagonal through Orton Park on trail
- Left on Spaight St
- Left on Jenifer St
- Left on Capital City Trail
- Left on E Lakeside St
- Left on Edgewater Ct
- Turnaround at end of Edgewater Ct
- Left on E Lakeside St
- Left on E Lakeside St
- Cross Pedestrian Bridge
- Left in Olin Park boat launch parking lot
- Right onto trail
- Left onto park rd near shelter
- FINISH

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



ELEVATION



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