

RUN COURSE

» 13.1 Miles

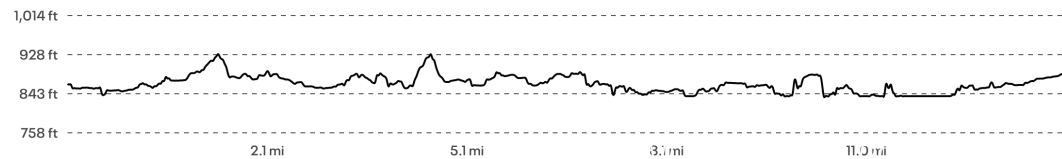
» Madison, Wisconsin

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

- 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



ELEVATION



All courses are PRELIMINARY pending permits and approvals.