

## IRONMAN Wisconsin Madison (NEW), BY TriWisconsin

108.6 miles

Leg	Dir	Type	Notes	Total	
	→	Right	Turn right onto Capital City Trail	0.2	
0.4	→	Right	Turn right onto Rimrock Rd	0.6	
0.4	←	Left	Slight left to stay on Rimrock Rd	1.0	
0.2	→	Right	Turn right onto E Badger Rd	1.2	
0.5	↑	Straight	Continue onto W Beltline Hwy	1.7	
0.2	↑	Straight	Continue onto Ski Ln	1.9	
0.5	↑	Straight	Continue onto Oregon Rd	2.4	
0.3	→	Right	Turn right onto Co Hwy MM S/Co Rd MM	2.7	
0.3	→	Right	Turn right onto Mc Coy Rd	2.9	
0.2	→	Right	Turn right onto Capital City Trail	3.1	
1.1	←	Left	Turn left at Coneflower Dr	4.3	
0.9	←	Left	Turn left onto Lacy Rd	5.2	
0.0	→	Right	Turn right onto S Syene Rd	5.2	
1.0	→	Right	Turn right onto Irish Ln	6.2	
1.6	←	Left	Turn left onto S Fish Hatchery Rd	7.8	
0.5	→	Right	Turn right onto Whalen Rd	8.3	
5.1	→	Right	Turn right toward Bruce St	13.4	
0.3	↑	Straight	Continue onto Bruce St	13.7	
0.5	←	Left	Turn left onto Paoli St	14.2	
0.4	↑	Straight	Continue onto WI-69 S	14.6	
0.1	→	Right	Turn right onto Valley Rd	14.7	
1.3	→	Right	Turn right onto Sugar River Rd	16.0	
0.9	←	Left	Turn left onto Marsh View Rd	16.8	
0.4	←	Left	Turn left onto County Hwy G	17.3	
4.6	→	Right	Turn right onto WI-92 Trunk W	21.9	
6.1	↑	Straight	Continue onto N 8th St/County Highway Jg	MOUNT HOREB AID STATION	28.0
0.1	↑	Straight	At the traffic circle, continue straight onto N 8th St	28.1	
0.7	→	Right	Turn right onto Co Hwy S	28.9	
0.7	←	Left	Turn left onto Witte Rd	29.6	
1.8	→	Right	Turn right onto Co Hwy J	31.4	
0.5	←	Left	Turn left onto Garfoot Rd	31.9	
1.0	←	Left	Turn left onto Garfoot Rd/W Mineral Point Rd	32.9	
0.1	→	Right	Turn right onto Garfoot Rd	33.1	
2.8	→	Right	Turn right onto Observatory Rd	35.8	
0.4	→	Right	Slight right onto Barlow Rd	36.3	
2.0	←	Left	Turn left onto W Mineral Point Rd	38.2	
2.9	→	Right	Turn right onto Old Military Rd	41.1	
0.8	↑	Straight	Continue straight onto Co Hwy J	41.9	
0.8	←	Left	Turn left onto Valley Spring Rd	42.7	
1.0	→	Right	Slight right to stay on Valley Spring Rd	43.8	
0.3	↑	Straight	Continue straight onto Klevenville-Riley Rd	44.1	
1.1	↑	Straight	Continue straight onto N Station St	45.2	
0.0	←	Left	Turn left onto County Hwy J/County Rd J	45.2	
1.5	→	Right	Turn right onto Maurer Rd	46.7	
0.8	→	Right	Turn right onto Timber Ln	47.4	
1.2	←	Left	Turn left onto Mid Town Rd	48.6	
0.8	→	Right	Turn right onto Shady Oak Ln	49.4	
1.6	←	Left	Turn left onto County Rd PD	51.0	
0.2	→	Right	Turn right onto Northern Lights Rd	51.2	
0.7	←	Left	Turn left to stay on Northern Lights Rd	51.9	
0.1	←	Left	Slight left onto Cross Country Rd	52.0	

Leg	Dir	Type	Notes		Total
1.2	→	Right	Turn right onto N Co Hwy M/N Main St	VERONA AID STATION	53.3
0.8	←	Left	Turn left onto E Verona Ave		54.0
1.1	→	Right	Turn right onto Old Co Rd Pb		55.2
1.0	→	Right	Turn right onto Whalen Rd		56.2
1.1	↑	Straight	Continue onto Bruce St		57.3
0.5	←	Left	Turn left onto Paoli St		57.8
0.4	↑	Straight	Continue onto WI-69 S		58.2
0.1	→	Right	Turn right onto Valley Rd		58.3
1.3	→	Right	Turn right onto Sugar River Rd		59.6
0.9	←	Left	Turn left onto Marsh View Rd		60.5
0.4	←	Left	Turn left onto County Hwy G		60.9
4.6	→	Right	Turn right onto WI-92 Trunk W		65.5
6.1	↑	Straight	Continue onto N 8th St/County Highway Jg	MOUNT HOREB AID STATION	71.7
0.1	↑	Straight	At the traffic circle, take the 2nd exit onto WI-78 N/WI-78 Trunk N/N 8th St		71.8
0.7	→	Right	Turn right onto Co Hwy S		72.5
0.7	←	Left	Turn left onto Witte Rd		73.2
1.8	→	Right	Turn right onto Co Hwy J		75.0
0.5	←	Left	Turn left onto Garfoot Rd		75.5
1.0	→	Right	Turn right onto W Mineral Point Rd		76.5
3.7	→	Right	Turn right onto Old Military Rd		80.3
0.8	↑	Straight	Continue straight onto Co Hwy J		81.1
0.8	←	Left	Turn left onto Valley Spring Rd		81.9
1.0	→	Right	Slight right to stay on Valley Spring Rd		82.9
0.3	↑	Straight	Continue straight onto Klevenville-Riley Rd		83.3
1.1	↑	Straight	Continue straight onto N Station St		84.3
0.0	←	Left	Turn left onto County Hwy J/County Rd J		84.3
1.5	→	Right	Turn right onto Maurer Rd		85.8
0.8	→	Right	Turn right onto Timber Ln		86.6
1.2	←	Left	Turn left onto Mid Town Rd		87.8
0.8	→	Right	Turn right onto Shady Oak Ln		88.5
1.6	←	Left	Turn left onto County Rd PD		90.1
0.2	→	Right	Turn right onto Northern Lights Rd		90.4
0.7	←	Left	Turn left to stay on Northern Lights Rd		91.1
0.1	←	Left	Slight left onto Cross Country Rd		91.2
1.2	→	Right	Turn right onto N Co Hwy M/N Main St	VERONA AID STATION	92.4
0.8	←	Left	Turn left onto E Verona Ave		93.2
1.1	→	Right	Turn right onto Old Co Rd Pb		94.3
1.0	←	Left	Turn left onto Whalen Rd		95.4
4.3	←	Left	Turn left onto S Fish Hatchery Rd		99.6
0.5	→	Right	Turn right onto Irish Ln		100.1
1.6	←	Left	Turn left onto S Syene Rd		101.7
1.0	←	Left	Turn left onto Lacy Rd		102.8
0.0	→	Right	Turn right		102.8
0.9	→	Right	Turn right at Coneflower Dr		103.7
0.5	→	Right	Turn right onto Capital City Trail		104.1
0.7	←	Left	Turn left onto McCoy Rd		104.8
0.2	←	Left	Turn left onto Co Hwy MM N/Co Rd MM		105.0
0.3	←	Left	Turn left onto Oregon Rd		105.3
0.3	↑	Straight	Continue onto Ski Ln		105.6
0.5	↑	Straight	Continue onto W Beltline Hwy		106.1
0.2	↑	Straight	Continue onto E Badger Rd		106.2
0.5	←	Left	Turn left onto Rimrock Road, CTH MM		106.7
0.3	←	Left	Turn left onto E Rusk Ave		107.0

Leg	Dir	Type	Notes	Total
0.2	←	Left	Slight left	107.2
0.3	←	Left	Slight left toward Rusk Ave	107.5
0.0	→	Right	Turn right onto Rusk Ave	107.5
0.1	→	Right	Turn right onto Alliant Energy Center Way	107.6
0.1	→	Right	Turn right	107.7
0.1	↑	Straight	Continue onto W Expo Dr	107.8
0.0	←	Left	Turn left onto Quann-Olin Pkwy	107.8
0.0	→	Right	Slight right onto Expo Way	107.9
0.3	←	Left	Turn left toward Wingra Creek Bike Path	108.2
0.1	←	Left	Turn left toward Wingra Creek Bike Path	108.3
0.0	←	Left	Turn left onto Wingra Creek Bike Path	108.3
0.3	→	Right	Turn right onto Olin-Turville Ct	108.6

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