

## IRONMAN WISCONSIN MADISON 70.3

55.6 miles

Leg	Dir	Type	Notes	Total
	→	Right	Turn right onto Capital City Trail	0.1
0.8	→	Right	Turn right onto Capital City State Trail	1.0
1.9	←	Left	Turn left onto Lake Farm Road	2.9
0.6	→	Right	Turn right onto Meadowview Road	3.5
1.0	←	Left	Turn left onto Larsen Road	4.5
0.9	↑	Straight	Continue onto Goodland Park Road	5.4
0.3	→	Right	Turn right onto Lalor Road	5.7
1.9	→	Right	Turn right onto Murphy Road	7.6
0.3	←	Left	Turn left onto County Road MM, CTH MM	7.8
1.8	←	Left	Turn left onto Schuster Road	9.6
1.6	→	Right	Turn right onto Rutland Dunn Town Line Road	11.2
0.1	↑	Straight	Continue onto East Netherwood Street	11.3
0.7	↑	Straight	Continue onto West Netherwood Road	12.0
0.5	←	Left	Turn left onto Lerner Conservation Park Path	12.5
0.8	→	Right	Turn right onto Oregon Parks Avenue	13.3
0.4	←	Left	Turn left onto North Bergamont Boulevard	13.7
0.1	→	Right	Turn right onto County Highway CC, CTH CC	13.8
0.0	←	Left	Turn left onto Bergamont Boulevard	13.8
1.2	→	Right	Turn right onto Lincoln Road	15.0
0.4	←	Left	Turn slight left onto Glenway Road	15.4
3.1	→	Right	Turn right onto Bellbrook Road	18.4
1.8	→	Right	Turn right onto Tipperary Road	20.2
1.5	↑	Straight	Continue onto Tipperary Rd	21.8
0.1	↑	Straight	Continue onto County Highway A, CTH A	21.9
0.1	↑	Straight	Continue onto Tipperary Road	22.0
0.1	→	Right	Turn slight right onto County Highway A, CTH A	22.1
1.5	←	Left	Turn slight left onto County Road D, CTH D	23.6
0.2	→	Right	Turn slight right onto Frenchtown Road	23.8
3.3	→	Right	Turn slight right onto Schaefer Road	27.2
0.3	↑	Straight	Continue onto East Cates Road	27.5
1.3	↑	Straight	Continue onto North Cates Road	28.8
0.6	→	Right	Turn right onto County Road A, CTH A	29.4
0.5	←	Left	Turn left onto Observatory Hill Road	29.9
1.6	←	Left	Turn left onto Paoli Road	31.5
0.8	↑	Straight	Continue onto Speedway Road	32.3
0.5	→	Right	Turn right onto Schaller Road	32.8
1.5	→	Right	Turn sharp right onto State Highway 69, WI 69	34.3
0.7	←	Left	Turn slight left onto Paoli Road	35.1
0.3	←	Left	Turn slight left onto County Highway PB, CTH PB	35.4
0.3	↑	Straight	Continue onto Sun Valley Parkway	35.6
3.3	←	Left	Turn sharp left onto Storytown Road	38.9
1.0	←	Left	Turn slight left onto Purcell Road	39.9
1.4	→	Right	Turn right onto Borchert Road	41.4
1.3	→	Right	Turn sharp right onto County Highway M, CTH M	42.6
0.3	←	Left	Turn sharp left onto Fitchburg Road	42.9
1.5	→	Right	Turn right onto Whalen Road	44.4
3.0	←	Left	Turn left onto Caine Road	47.3
0.5	→	Right	Turn right onto Irish Lane	47.9

Leg	Dir	Type	Notes	Total
2.0	←	Left	Turn left onto County Road MM, CTH MM	49.9
2.6	←	Left	Turn left onto Capital City State Trail	52.5
0.1	→	Right	Turn right onto Mc Coy Road	52.6
0.0	←	Left	Turn left onto County Road MM, CTH MM	52.6
0.3	↑	Straight	Continue onto Rimrock Road, CTH MM	52.9
1.1	←	Left	Turn sharp left onto West Beltline Frontage Road	54.0
0.5	→	Right	Turn right onto Rusk Avenue	54.5
0.1	↑	Straight	Continue onto Coliseum Road North	54.6
0.2	↑	Straight	Continue onto West Expo Drive	54.7
0.0	←	Left	Turn left onto Quann-Olin Parkway	54.8
0.0	→	Right	Turn right onto Expo Way	54.8
0.3	←	Left	Turn left onto East Olin Avenue	55.1
0.1	↑	Straight	Continue onto West Olin Avenue	55.2
0.0	→	Right	Turn right into the Wingra Creek Path	55.3
0.3	→	Right	Turn right onto Olin-Turville Court	55.5

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