

Ironman Wisconsin Bike Course, by TriWisconsin

109.2 miles

Leg	Dir	Type	Notes	Total
	←	Left	Turn left onto Olin-Turville Court	0.0
0.2	→	Right	Turn right onto Capital City State Trail	0.2
0.4	→	Right	Turn right	0.6
0.0	↑	Straight	Continue onto Rimrock Road, CTH MM	0.6
0.6	→	Right	RIGHT on Badger	1.2
0.5	↑	Straight	LEFT on Ski Ln (becomes Oregon)	1.7
0.9	→	Right	RIGHT on M	2.6
0.3	→	Right	RIGHT on McCoy	2.9
0.8	↑	Straight	Becomes Syene	3.7
2.2	→	Right	RIGHT on Irish	6.0
0.8	←	Left	LEFT on Caine	6.7
0.5	→	Right	RIGHT on Whalen	7.2
5.9	→	Right	RIGHT on M	13.1
0.3	←	Left	LEFT on Locust	13.5
0.2	→	Right	RIGHT on Bruce	13.7
0.5	←	Left	LEFT onto Paoli	14.2
0.5	→	Right	RIGHT on Valley Rd	14.7
1.3	→	Right	RIGHT on Sugar River	16.0
0.9	←	Left	LEFT on Marsh View	16.9
0.4	←	Left	LEFT on G	17.3
3.0	→	Right	RIGHT on Messerschmidt	20.4
1.8	→	Right	RIGHT on Hwy 92	22.2
4.9	↑	Straight	Becomes 8th	27.1
0.1	↑	Straight	STRAIGHT through traffic circle	27.2
0.7	→	Right	RIGHT on S	27.9
0.7	←	Left	LEFT on Witte	28.7
1.8	→	Right	RIGHT on J	30.4
0.5	←	Left	LEFT on Garfoot	30.9
1.0	←	Left	LEFT on Mineral Point	32.0
0.1	→	Right	QUICK RIGHT on Garfoot	32.1
4.0	→	Right	RIGHT on KP	36.1
1.0	→	Right	RIGHT on Bourbon	37.1
0.8	→	Right	RIGHT on P	37.9
1.0	←	Left	LEFT on Stagecoach	38.9
1.5	→	Right	RIGHT on N Birch Trail	40.4
0.8	↑	Straight	STRAIGHT onto Old Sauk Pass	41.2
1.3	↑	Straight	BECOMES Timber Lane	42.5
4.0	←	Left	LEFT on Midtown	46.5
0.8	→	Right	RIGHT on Shady Oak	47.2
1.6	←	Left	LEFT on PD	48.8
0.2	→	Right	RIGHT onto Nine Mound	49.1
0.8	↑	Straight	LEFT on Cross Country	49.9
1.2	→	Right	RIGHT on Main St	51.1
0.8	←	Left	LEFT on Verona	51.8
1.2	→	Right	RIGHT on Old PB	53.0
1.0	→	Right	RIGHT on Whalen	54.1
0.7	→	Right	RIGHT on M	54.8
0.3	←	Left	LEFT on Locust Dr	55.1
0.2	→	Right	RIGHT on Bruce	55.4
0.5	←	Left	LEFT on Paoli	55.9
0.5	→	Right	RIGHT on Valley	56.4

Leg	Dir	Type	Notes	Total
1.3	→	Right	RIGHT on Sugar River	57.7
0.9	←	Left	LEFT on Marsh View	58.6
0.4	←	Left	LEFT on G	59.0
3.0	→	Right	RIGHT on Messerschmidt	62.0
1.8	→	Right	RIGHT on WI-92	63.9
5.0	↑	Straight	STRAIGHT at traffic circle	68.9
0.7	→	Right	RIGHT on S	69.6
0.7	←	Left	LEFT on Witte	70.3
1.8	→	Right	RIGHT on J	72.1
0.5	←	Left	LEFT on Garfoot	72.6
1.0	←	Left	LEFT on Mineral Point	73.6
0.1	→	Right	QUICK RIGHT on Garfoot	73.8
4.0	→	Right	RIGHT on KP	77.8
1.0	→	Right	RIGHT on Bourbon	78.8
0.8	→	Right	RIGHT on P	79.6
1.0	←	Left	LEFT on Stagecoach	80.5
1.5	→	Right	RIGHT on N Birch Trail	82.0
0.8	↑	Straight	Continue onto Old Sauk Pass Rd	82.9
1.3	↑	Straight	BECOMES Timber Lane	84.2
4.0	←	Left	LEFT on Midtown Rd	88.1
0.8	→	Right	RIGHT on Shady Oak Ln	88.9
1.6	←	Left	LEFT on PD	90.5
0.2	→	Right	RIGHT on N Nine Mound	90.8
0.8	↑	Straight	LEFT on Cross Country	91.5
1.2	→	Right	RIGHT on Main St	92.7
0.8	←	Left	LEFT on Verona	93.5
1.1	→	Right	RIGHT on Old PB	94.6
1.0	←	Left	LEFT on Whalen Rd	95.7
5.2	←	Left	LEFT on Caine Rd	100.8
0.5	→	Right	RIGHT on Irish Ln	101.3
0.8	←	Left	LEFT on Syene	102.1
2.2	↑	Straight	BEAR RIGHT on McCoy Rd	104.3
0.8	←	Left	LEFT on MM	105.1
0.3	←	Left	LEFT on Oregon Rd	105.4
0.3	↑	Straight	BECOMES Ski Ln	105.7
0.7	↑	Straight	BECOMES Badger Rd	106.4
0.5	←	Left	Turn left onto Rimrock Road, CTH MM	106.8
0.7	→	Right	Turn slight right	107.5
0.0	←	Left	Turn left onto Capital City State Trail	107.5
0.4	←	Left	Turn left onto Olin-Turville Court	107.9
0.3	→	Right	Turn right onto Capital City State Trail	108.2
0.4	→	Right	Turn right	108.6
0.0	↑	Straight	Continue onto Rimrock Road, CTH MM	108.6
0.5	←	Left	Turn sharp left	109.2
0.0	←	Left	Turn left onto Rimrock Road, CTH MM	109.2