

Ironman Wisconsin Run Course

- Start: Parking Lot Exit at NW side of Monona Terrace
- Out on to Pinckney St. to Doty St.
- Turn LEFT onto Doty St (eastbound lanes)
- Turn RIGHT onto Martin Luther King
- Turn RIGHT onto Main St
- Turn LEFT onto Pinckney St. (Capitol side lane between Main & Mifflin)
- Turn LEFT onto Mifflin St
- Turn RIGHT onto State Street
- Turn LEFT onto Henry St (no interference with Johnson)
- Turn RIGHT onto Dayton St (eastbound lane)
- Turn LEFT onto Murray St., go through tunnel
- Turn LEFT onto Pedestrian overpass ramp
- Turn LEFT on Pedestrian overpass
- Bear LEFT onto Spring St.
- Turn RIGHT onto Randall St.
- Turn RIGHT into Parking Lot 18
- Enter Camp Randall Stadium through Gate 10
- Complete lap of the football field
- Exit Camp Randall Stadium through Gate 10
- Turn RIGHT onto Breese Terrace to University Ave (westbound lane)
- Turn LEFT onto University Ave to Walnut St (northbound lane)
- Turn RIGHT onto Walnut St to Lakeshore Path (eastbound lane)
- Turn Right onto Lakeshore path to Babcock (southbound lane)
- Turn RIGHT onto Babcock to Observatory
- Turn LEFT onto Observatory to Park St.
- Turn RIGHT onto Park St to State Street Mall
- Turn LEFT onto State Street to turnaround just before Gilman
- State Street Mall to Park St (northbound lane)
- Turn RIGHT onto Park St to Lakeshore Path
- Turn LEFT onto Lakeshore Path to a turnaround at Lake Mendota Drive
- Take Lakeshore Path back to Marsh Lane
- Turn RIGHT onto Marsh Lane to Walnut St (northbound lane)
- Turn LEFT onto Walnut St to University Ave (westbound lane)
- Turn LEFT onto University Ave to Breese Terrace (northbound lane)
- Turn RIGHT onto Breese Terrace to Lot 18
- Turn LEFT into Lot 18
- Bear RIGHT onto Monroe St to Randall St (northbound lane)
- Turn RIGHT onto Randall St to Spring St.
- Turn LEFT onto Spring St. to pedestrian path at Charter
- Bear LEFT onto Pedestrian path
- Bear RIGHT at on Pedestrian path exit
- Turn LEFT on Murray St. - go through tunnel
- Turn RIGHT onto Dayton St (eastbound lane) to Henry St
- Turn LEFT onto Henry St to State Street
- Turn LEFT onto Mifflin Street to Pinckney St (Capitol side lane between Mifflin & State)
- Turn RIGHT onto Pinckney St to Main St
- Turn RIGHT onto Main to Martin Luther King
- Turnaround: On MLK in center of block

