

ET Ironman Course - 74 or 112 Miles

| | | | |
|-----|-----|---|--|
| 0.0 | 0.0 | ▀ | Start of route |
| 0.2 | 0.2 | ↑ | Continue straight through to stay on Wilson |
| 0.4 | 0.1 | ← | L onto S Broom St |
| 0.5 | 0.1 | → | R onto Capital City Trail |
| 1.5 | 1.0 | ← | Exit Trail and bear L onto Lakeside Ct |
| 1.7 | 0.2 | → | R onto Wingra Creek Bike Path |
| 2.0 | 0.3 | → | R to exit path up toward E Olin Ave |
| 2.0 | 0.0 | → | R onto W Olin Ave |
| 2.2 | 0.1 | → | R onto Expo Way |
| 2.6 | 0.4 | ← | L toward Alliant Center Parking Lot |
| 2.7 | 0.1 | → | R onto Coliseum Rd N |
| 2.9 | 0.1 | ← | L into Alliant Energy Center parking lot. Follow back edge of parking lot toward east gates. |

2.9 miles. +37/-73 feet

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| 3.2 | 0.4 | ← | Exit Alliant Energy Center and L onto W Beltline Frontage Rd |
| 3.3 | 0.1 | → | R onto Co Hwy Mm N/Co Rd Mm/Rimrock Rd |
| 3.7 | 0.3 | → | R onto E Badger Rd |
| 4.3 | 0.6 | ↑ | Continue onto Ski Ln |
| 4.8 | 0.5 | ↑ | Continue onto Oregon Rd |
| 5.1 | 0.3 | → | R onto Co Hwy Mm S/Co Rd Mm |
| 5.4 | 0.3 | → | R onto Mc Coy Rd |
| 6.2 | 0.8 | ↑ | Continue straight onto S Syene Rd |
| 8.4 | 2.2 | → | R onto Irish Ln |
| 9.1 | 0.8 | ← | L onto Caine Rd |
| 9.7 | 0.5 | → | R onto Whalen Rd |
| 14.8 | 5.2 | ↑ | LOOP STARTS HERE |
| 15.5 | 0.7 | → | R onto County Hwy M/County Rd M |
| 15.9 | 0.3 | ← | L onto Locust Dr |

13.0 miles. +648/-553 feet

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|------|-----|---|---|
| 16.1 | 0.2 | → | R onto Bruce St |
| 16.6 | 0.5 | ← | L onto Paoli St |
| 17.1 | 0.4 | ↑ | Continue onto WI-69 S |
| 17.2 | 0.1 | → | R onto Valley Rd |
| 18.4 | 1.3 | → | R onto Sugar River Rd |
| 19.3 | 0.9 | ← | L onto Marsh View Rd |
| 19.7 | 0.4 | ← | L onto County Hwy G |
| 22.8 | 3.0 | → | R onto Messerschmidt Rd |
| 24.6 | 1.8 | → | R onto WI-92 Trunk W |
| 29.6 | 5.0 | ↑ | At the traffic circle, 2nd exit onto WI-78 N/WI-78 Trunk N/N 8th St |
| 30.4 | 0.7 | → | R onto Co Hwy S |
| 31.1 | 0.7 | ← | L onto Witte Rd |
| 32.8 | 1.8 | → | R onto Co Hwy J |
| 33.4 | 0.5 | ← | L onto Garfoot Rd |
| 34.4 | 1.0 | ← | L onto Garfoot Rd/W Mineral Point Rd |

18.5 miles. +1328/-1072 feet

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|------|-----|---|--------------------------------|
| 34.5 | 0.1 | → | R onto Garfoot Rd |
| 38.5 | 4.0 | → | R onto County Rd KP |
| 39.6 | 1.0 | → | R onto Bourbon Rd |
| 40.3 | 0.8 | → | R onto Co Hwy P/County Rd P |
| 41.3 | 1.0 | ← | L onto Stagecoach Rd |
| 42.8 | 1.5 | → | R onto N Birch Trail |
| 43.3 | 0.5 | ← | L to stay on N Birch Trail |
| 43.6 | 0.3 | ↑ | Continue onto Old Sauk Pass Rd |
| 44.9 | 1.3 | ↑ | Continue onto Timber Ln |
| 48.9 | 4.0 | ← | L onto Midtown Rd |
| 49.6 | 0.8 | → | R onto Shady Oak Ln |
| 51.3 | 1.6 | ← | L onto County Rd PD |
| 51.5 | 0.2 | → | R onto N Nine Mound Rd |
| 52.3 | 0.8 | ← | L onto Northern Lights Rd |
| 52.3 | 0.0 | ↑ | Continue onto Cross Country Rd |

17.9 miles. +1004/-1159 feet

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|------|-----|---|---|
| 53.5 | 1.2 | → | R onto N Co Hwy M/N Main St |
| 54.3 | 0.8 | ← | L onto E Verona Ave |
| 55.4 | 1.1 | → | R onto Old Co Rd Pb |
| 56.4 | 1.0 | ▀ | R on Whalen to start second loop. On cue sheet, look for "LOOP STARTS HERE". OR: L on Whelan to head back to Madison. |
| 56.4 | 0.0 | ← | L onto Whalen Rd |
| 61.6 | 5.2 | ← | L onto Caine Rd |
| 62.1 | 0.5 | → | R onto Irish Ln |
| 62.9 | 0.8 | ← | L onto S Syene Rd |
| 65.1 | 2.2 | ↑ | Continue onto McCoy Rd |
| 65.9 | 0.8 | ← | L onto Co Hwy Mm N/Co Rd Mm |
| 66.2 | 0.3 | ← | L onto Oregon Rd |
| 66.4 | 0.3 | ↑ | Continue onto Ski Ln |
| 66.9 | 0.5 | ↑ | Continue onto W Beltline Hwy |

14.7 miles. +482/-599 feet

| | | | |
|------|-----|---|---|
| 67.1 | 0.2 | ↑ | Continue onto E Badger Rd |
| 67.6 | 0.5 | ← | L onto Co Hwy Mm S/Co Rd Mm/Rimrock Rd |
| 68.0 | 0.4 | ← | L onto W Beltline Frontage Rd/E Rusk Rd |
| 68.1 | 0.1 | → | R into Alliant Energy Center parking lot. |
| 68.5 | 0.3 | ← | Slight L toward Rusk Ave |
| 68.5 | 0.0 | → | R onto Rusk Ave |
| 68.6 | 0.1 | ↑ | Continue onto Coliseum Rd N |
| 68.6 | 0.0 | ← | L to exit Alliant Energy Center. |
| 68.8 | 0.1 | → | R onto Expo Way |
| 69.2 | 0.4 | ← | L onto E Olin Ave |
| 69.3 | 0.1 | → | Sharp R down to bike path. |
| 69.4 | 0.0 | ← | L onto Wingra Creek Bike Path |
| 69.6 | 0.2 | ← | L onto Olin-Turville Ct |

2.6 miles. +44/-124 feet

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|------|-----|---|---|
| 69.7 | 0.1 | ← | Slight L to stay on Capital City Trail |
| 70.7 | 1.0 | ← | L onto S Broom St |
| 70.8 | 0.1 | → | R onto W Wilson St |
| 70.9 | 0.1 | ← | L onto S Hamilton St |
| 71.0 | 0.1 | → | R onto W Doty St |
| 71.2 | 0.2 | → | R onto S Pinckney St |
| 71.3 | 0.1 | → | R onto E Wilson St to arrive at Hilton Monona Terrace |
| 74.5 | 3.2 | ▀ | End of route |

4.9 miles. +112/-123 feet