Turn by Turn Directions

Bike:

- Exit Monona Terrace down ramp on to John Nolen Dr.
- Left on E. Lakeside St.
- Bear right on Olin-Turville Ct.
- Right on Wingra Bike Path under John Nolen Dr.
- Bear left on Olin Ave.
- Right on Expo Way enter Alliant Energy Center parking lot
- Right on Alliant Energy Center Parking Lot Perimeter Rd.
- Bear left across Alliant Energy Center Parking Lot to South Entrance/Exit
- Left on Rusk Ave.
- Right on Rimrock Rd.
- Right on E. Badger Rd.
- Left on Ski Lane (becomes Oregon Rd.)
- Right on McCoy Rd.
- Bear left on S. Syene Rd.
- Right on Irish Ln.
- Left on Caine Rd.
- Right on Whalen Rd.
- Right on County Hwy. M

- Left on Locust Dr.
- Right on Bruce St.
- Left on Paoli St.
- Right on Valley Rd.
- Right on Sugar River Rd.
- Left on Marsh View Rd.
- Left on County Hwy. G
- Right on Messerschimdt Rd.
- Right on Route 92
- Right on N. 8th St.
- Right on County Hwy. S
- Left on Witte Rd.
- Right on County Hwy. J
- Left on Garfoot Rd.
- Left on W. Mineral Point Rd.
- Right on Garfoot Rd.
- Right on County Highway KP
- Right on Bourbon Road
- Right on County Hwy. P
- Left on Stagecoach Rd.
- Right on North Birch Trail
- Left on Old Sauk Pass Rd.
- Right on Timber Ln.
- Left on Midtown Rd.
- Right on Shady Oak Ln.
- Left on County Hwy. PD
- Right on N. 9 Mound Rd.
- Left on Cross Country Rd.
- Right on County Hwy. M
- Left on Verona Ave.
- Right on Old County Hwy. PB
- Right on Whalen Rd.
- Begin second loop
- At the end of second loop, turn left on Whalen Rd.

- Left on Caine Rd.
- Right on Irish Ln.
- Left on S. Syene Rd.
- Bear right on McCoy Rd.
- Left on Oregon Rd. (becomes Ski Ln.)
- Right on E. Badger Rd.
- Left on Rimrock Rd.
- Left on Rusk Ave.
- Right on Alliant Energy Center South Entrance
- Bear right into Alliant Energy Center Parking Lot Perimeter Rd.
- Left out of Alliant Energy Center Northwest Entrance
- Right on Expo Way
- Left on Olin Ave.
- Left on Wingra Bike Path
- Left on E. Lakeside St.
- Right on John Nolen Dr.
- Right on south parking ramp to Monona Terrace

Run:

- Exit parking lot at NW side of Monona Terrace
- Out on to S. Pinckney St.
- Turn left on E. Doty St.
- Turn right on Martin Luther King Jr. Blvd.
- Turn right on E. Main St.
- Turn left on N. Pinckney St.
- Turn left on E. Mifflin St.
- Turn right on State St.
- Turn left on N. Henry St.
- Turn right on W. Dayton St.
- Turn left on N. Murray St. (go through tunnel)
- Turn right on to pedestrian overpass
- Turn left on pedestrian overpass

- Bear right on Spring St.
- Turn right on N. Randall Ave.
- Turn left on Monroe Street to Camp Randall Parking Lot 18
- Turn right on to 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 on N. Breese Terrace
- Turn left on University Ave.
- Turn right on Walnut St.
- Turn right on The Howard Temin Lakeshore Path
- Turn right on Babcock Dr.
- Turn left on Observatory Dr.
- Turn right on N. Park St.
- Turn left on Langdon
- Turn right on Lake St.
- Turn left on State St. to Gilman turnaround then back on State St.
- Turn right on Lake St.
- Turn left on Langdon
- Turn right on Park St.
- Turn left on Howard Temin Lakeshore Path to turnaround at Lake Mendota Dr.
- Take Lakeshore Path back to Marsh Ln.
- Turn right on Marsh Dr.
- Turn left on Walnut St.
- Turn left on University Ave.
- Turn right on N. Breese Terrace to Lot 18
- Turn left onto Lot 18
- Bear right on Monroe St.
- Turn right on N. Randall Ave.
- Turn left on Spring St. to pedestrian path at Charter
- Bear left onto pedestrian path
- Bear right on pedestrian path exit
- Turn left on N. Murray St. (go through tunnel)

- Turn right on W. Dayton St.
- Turn left on N. Henry St.
- Turn right on State St.
- Turn left on E. Mifflin St.
- Turn right on N. Pinckney St.
- Turn right on E. Main St.
- Turn around on Martin Luther King Jr. Blvd.
- Repeat loop
- Finish on Martin Luther King Jr. Blvd. between E. Doty St. and W. Wilson St.