

# BIKE COURSE MAP

eliminating racism  
empowering women  
**ywca**  
Minneapolis



## BIKE SPRINT/AQUABIKE (15.5 MI.) SUPERSPRINT (7 MI.)



Turnaround point for SuperSprint Bike Course is at the roundabout near Minnehaha Falls Park. Merge lanes will be coned. SuperSprinters stay to the left as the turn approaches and merge back in with the regular Sprint and Aquabike bike course. After the cones end, merge to the right when clear. You may be asked to stop before merging if a faster biker is coming through.

Heed volunteers for the safety of all racers.

## Bike Course Description

<b>Start:</b>	Start: Bikers mount outside the northwest end of the parking lot on W Lk Nokomis Pkwy and head southwest. Cross Cedar and remain on W Lk Nokomis Pkwy going counterclockwise around the lake. W Lk Nokomis Pkwy becomes E Lk Nokomis Pkwy after crossing Cedar. <b>Note: Two-way bike traffic until E 50th. Watch for pedestrian crossings around the lake.</b>
<b>2.1 mi:</b>	Turn right on E 50th and an immediate left on Woodlawn. You will be riding on the left half of Woodlawn. Turn right on E Minnehaha Pkwy.
<b>2.4 mi:</b>	Follow E Minnehaha Pkwy to W River Pkwy to the roundabout before Minnehaha Falls Park. Use caution crossing the railroad track just past the bridge over Hwy 55 and before the roundabout.
<b>3.2 mi:</b>	<b>Sprinters/Aquabikers stay to the right at mile 3.2. SuperSprinters stay to the left and turn around using the inside of the roundabout.</b>
<b>SuperSprint: 3.2 - 7 mi (finish)</b>	Proceed back via the same route. Follow directions below from Sprint/Aquabike bike mile 11.5 to finish.
<b>3.2 - 7.6 mi:</b>	E. Minnehaha Pkwy becomes Godfrey Pkwy which becomes W River Pkwy after passing under Ford Pkwy Bridge. Continue to turnaround. <b>Note that bike traffic is two-way, out and back.</b> Ride to the right, pass on the left, and do not cross over center cones even if passing.
<b>7.6 mi:</b>	After passing under Franklin Bridge, take the next left. Stay to the right of the cement dividers. At the top of the hill, take a left and then another left to return back to W River Parkway. Stay to the right of the dividers and cones.
<b>11.5 mi:</b>	Roundabout: Use caution as SuperSprinters may be merging from the left after the roundabout. Volunteers will be helping them merge and may ask them to yield right of way to Sprinters/Aquabikers. Follow E Minnehaha Pkwy back to Lake Nokomis (caution again crossing the railroad tracks just west Minnehaha Fall Park) and watch for pedestrians and bikers on the north side of Lake Nokomis.
<b>12.6 mi to finish:</b>	Turn left onto 22nd and left again on E Lk Nokomis Pkwy and go clockwise around the lake crossing over Cedar Ave going west, around the lagoon, and then crossing Cedar again going east on W Lk Nokomis Pkwy to the bike dismount at the southwest corner of the transition area. Be cautious of two-way bike traffic between E 50 and through to the finish. Watch for pedestrian crossings as you near Lake Nokomis and ride around the lake.

**SuperSprint  
Turnaround**



**Sprint/Aquabike  
Turnaround**



**Bike  
Finish**

