

Little Wolf Adventure Triathlon Long Course Info and Maps

Course Info and Maps:

The event starts and ends at Manawa Area Veterans Freedom Park. (170 Beach Road Manawa, WI)

The event start will be in a wave format with waves of 10 participants starting every 5 minutes.

Participants need to be at the park and ready to race 30 minutes to their race start time.

Participants will be called to the on-shore staging area 20 minutes before their start time.

At 15 minutes to the start time, Participants will be allowed in the water to warm up.

At 10 minutes to the start time, participants will move to the in-water staging area.

At 5 minutes to the start time, participants will move to the kayak start line.

Participants need to be at each phase of the start at the appropriate time.

Anyone that misses the start time will be moved to the last wave of the day.

No one will be allowed to move to earlier start times.

Kayak Course, 1.6k (1 miles):

Life jackets must be properly worn while in the water.

The kayak course starts just offshore from the Manawa Area Veterans Freedom Park.

Be courteous to other paddlers. No striking other paddlers or boats with your paddle or kayak.

The course heads north to the shoreline and follows the shoreline around the lake to the river channel by the peninsula then follows the river channel back to the Manawa Area Veterans Freedom Park.

Kayakers will at the park.

Participants will paddle to the shoreline, safely exit the kayak, and pull the boat to shore.

Paddles and life vests will be placed in the kayak, NOT in the bike/run transition area.

Volunteers will take the kayak to the kayak pick-up area.

Participants will continue to the transition area and begin the bike segment.



Bike Course, 29.6k (18.5 miles):

Bike Helmets are required to be properly worn while on the bike course.

Observe all traffic laws. Safety is the main concern.

Be courteous to other participants.

Participants must walk the bike while in the transition area.

There will be a bike mount/dismount area to mount and dismount the bike.

As you exit the transition area, you will pass under the timing arch. This will end the paddle time and start the bike time.

Participants will take a right out of the Freedom Park to begin the bike course.

The course follows Bridge Street to Walnut Street to Yohr Rd and then left on Spring Creek Rd.

From Spring Creek Rd, participants will take a right on North Railroad and continue to Rich Lake Road.

There is a nice hill climb on North Railroad and two small hill climbs on Rich Lake Road.

Follow Rich Lake Road across Highway B to Highway K and take a left.

There are a few small rolling hills on Highway K but overall, it is generally flat.

Follow Highway K to Bear Lake Road and take a left then go left on Baldwin Road.

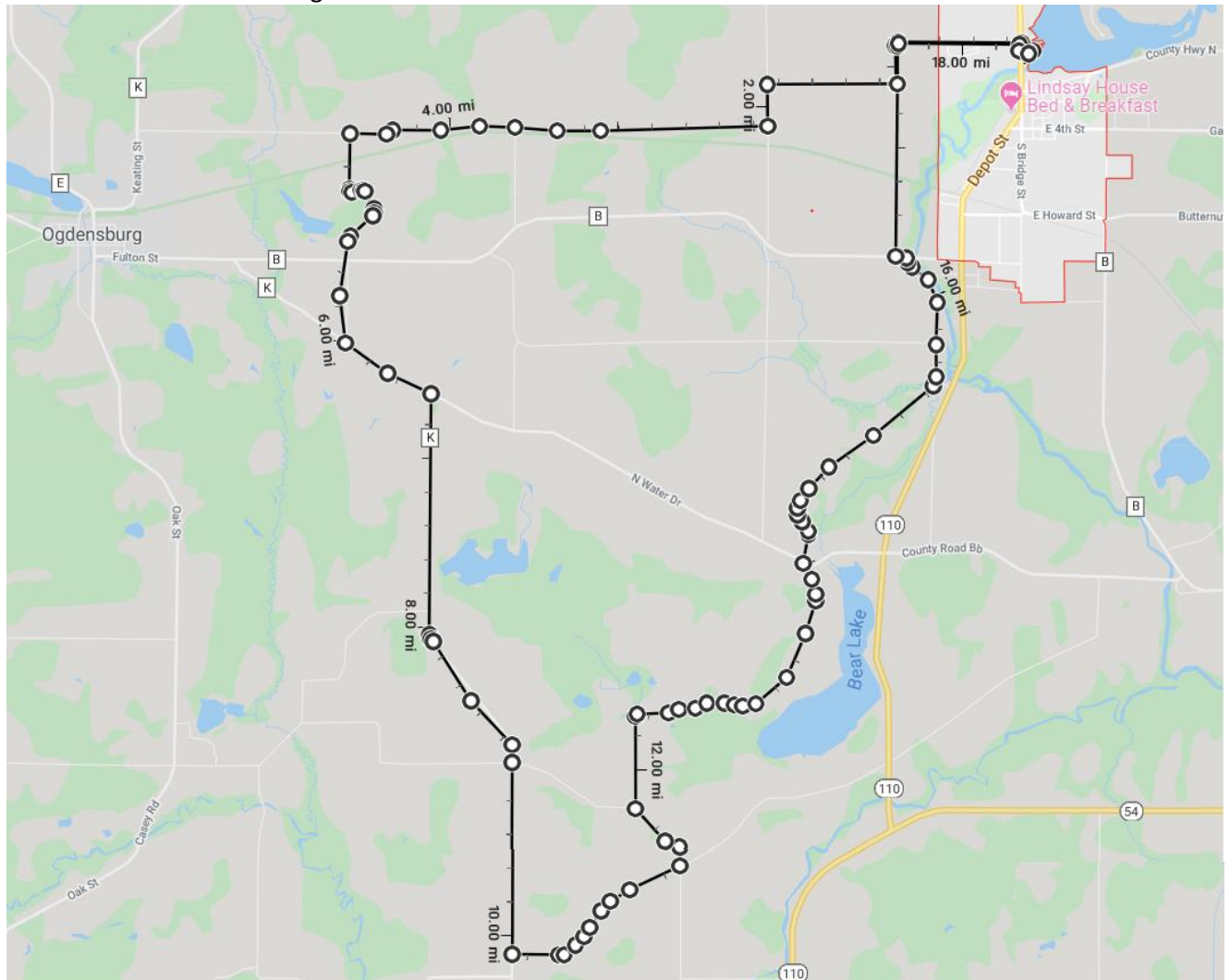
Follow Baldwin Road behind Bear Lake to North Water Road.

There are a few small rolling hills on Baldwin Drive.

Cross North Water Drive onto Cemetery Road. Follow Cemetery Road back to Hwy B.

Turn left on Hwy B and then Right on to Wolf Road. Follow Wolf Road to Walnut St.

Take Walnut St back to Bridge Street and then back to the Freedom Park.



Run Course, 5.6K (3.5 miles):

Observe all traffic laws. Safety is the main concern. Be courteous to other participants.

As you exit the transition area, take a left to go behind the library. Run through the library parking lot and take a left onto Bridge Street. Follow Bridge Street North to the Dewey Carl Trail.

Run the Dewey Carl Trail to Beech St by the Elementary School. Take a right onto Patrick Wade Trail.

Follow the Patrick Wade Trail to Garrity Road. Take a left on Garrity Road to 4th Street.

Follow 4th Street past the High School to Grove Street and take a right.

Take Grove St to Union Street take a left and then follow Union Street back to Bridge St.

Take a right on Bridge Street and cross the bridge then take a right into the Library parking lot.

Run through the parking lot to the Manawa Area Veterans Freedom Park and the finish line!

