

## Little Wolf Duathlon Course Info and Maps

### Course Info and Maps:

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

The event start will be a land rush start with all participants starting together at 8am.

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

Participants will be called to the start line 15 minutes before the start time.

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.

### Run Course 1, 2.4K (1.5 miles):

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

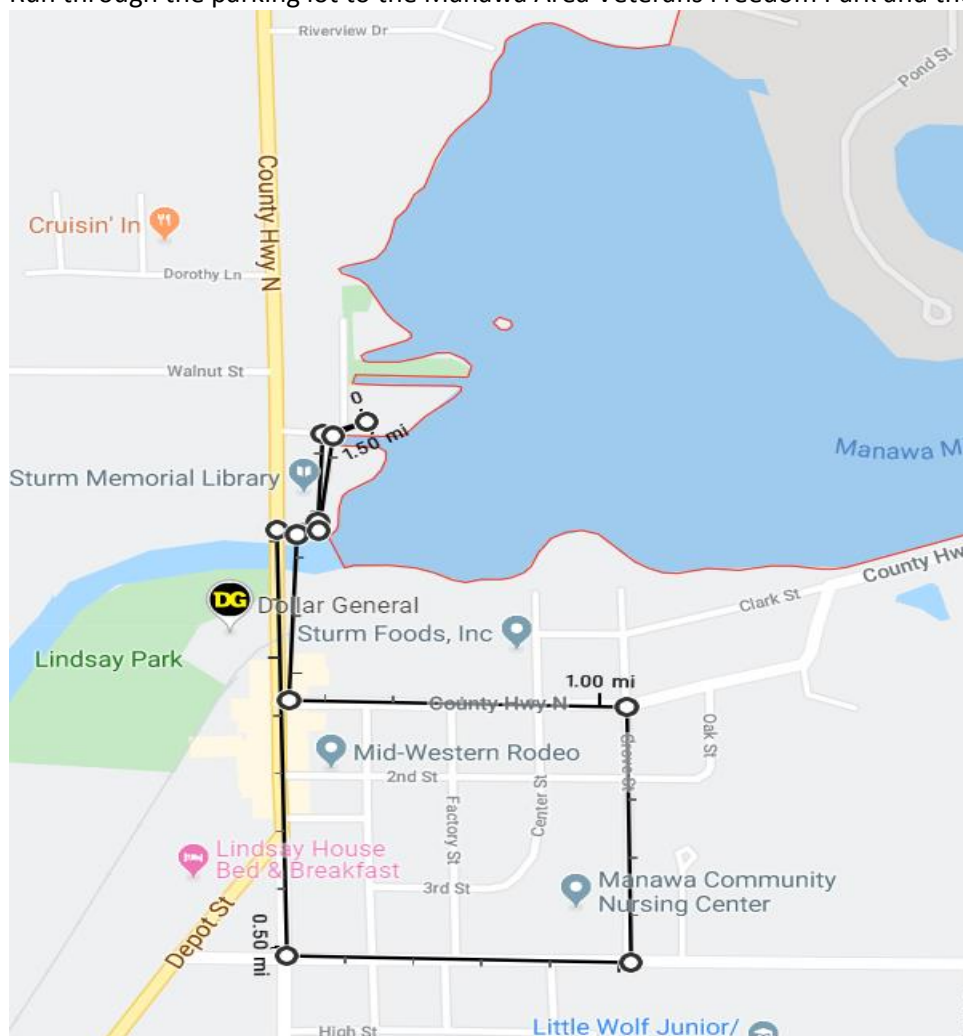
As you exit the transition area, take a left to go behind the library. Run through the library parking lot and take a left onto Bridge Street. Follow Bridge Street North to 4<sup>th</sup> Street.

Follow 4<sup>th</sup> Street to Grove Street and take a left.

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 transition area.



**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 first 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 another small hill climb 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.

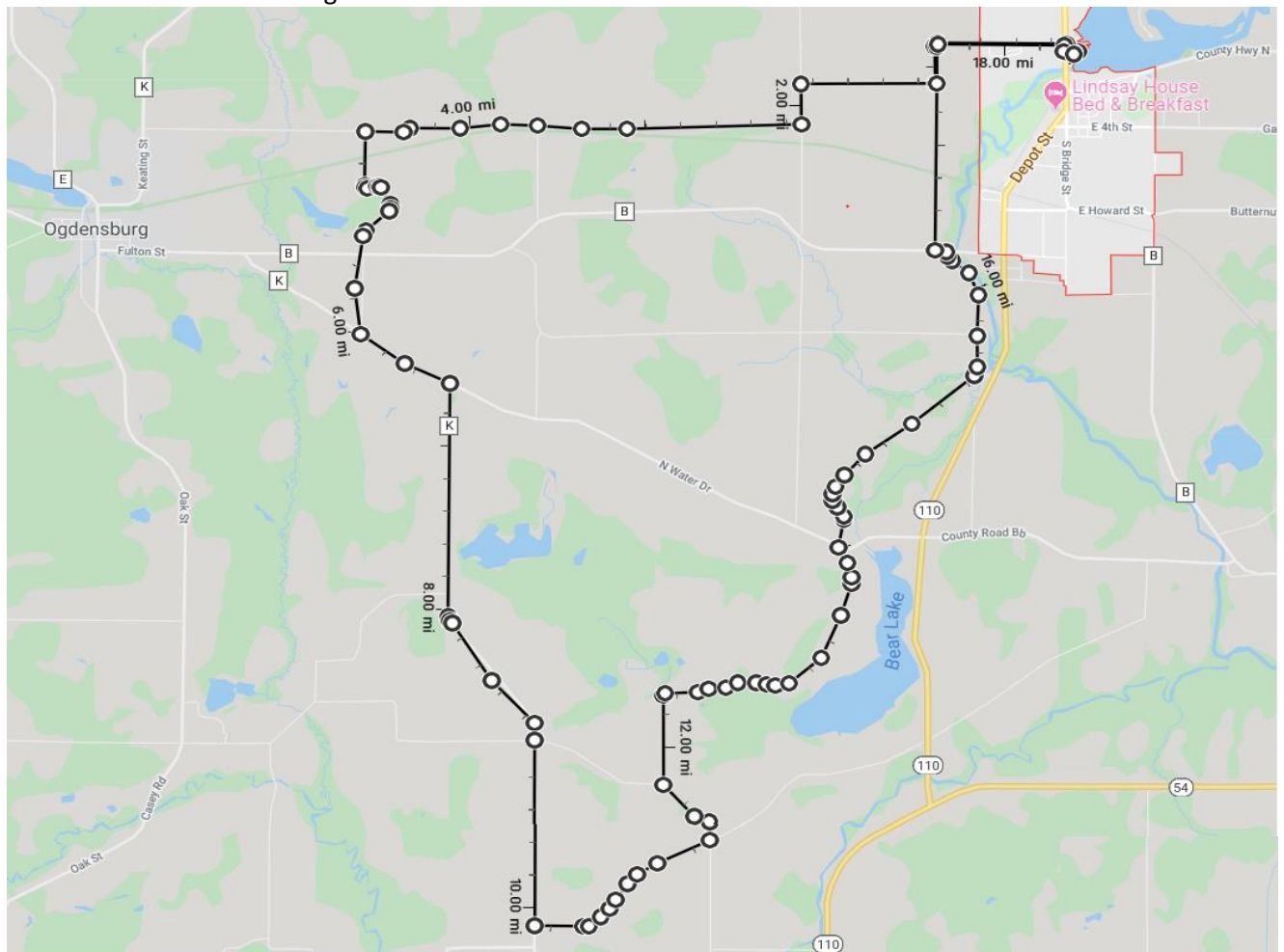
Follow Baldwin Road behind Bear Lake to North Water Road.

There are a few small rolling hills on Baldwin Road.

Cross North Water Road 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 2, 5.6K (3.5 miles):**

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

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

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 4<sup>th</sup> Street.

Follow 4<sup>th</sup> 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!

