

Winnebago County Triathlon Run Course

This is a flat and fast course. Runners be aware of construction.
 We would like to thank the Winneconne Chamber, Winneconne Kiwanis and Winneconne Co op for their volunteer contributions.



Both Run Courses are out and back.
 The run leaves the transition area at Lake Winneconne Park going right towards the bridge. Runners stay on sidewalk on the north side of the bridge then make a RIGHT onto 1st St. The SPRINT left turns at 9th and Willow St., left on Spruce St. and goes back. The OLYMPIC goes to Lakeshore Dr.; turn backs before Cty B. Turns right at 9th and Willow St., turns left on Spruce St. and goes back. Water/gatorade/ice at approximately 1.5, 3 and 4.5 miles.
 Also Hammergel, electrolytes and simple carbs at the 3 mile water station.
WS water/gatorade stations