

The following are general descriptions of each leg and are intended to provide you with a preview of the Great Midwest Relay route. Please use the course maps for specific navigation detail.

Leg 1: 5.1 miles: Madison

Leg 1 Begins at the **Coliseum Bar**, heading north on the John Nolan Bike path. Runners will follow the Bike path around Lake Monona. Running by the beautiful **Monona Terrace** before heading east through the Williamson Street neighborhood.

Transfer Area 1: Obrich Park lawn area.



Course Description: Very scenic beginning, all flat bike paths.



Leg 2: 6.3 miles: Madison Olbrich Park to Messiah Luther Church

Leg 2 Continuing south on Monona Dr., this leg leads the runners through the city of Monona to Messiah Luther Church on Cottage Grove Rd. Runners must use caution as there are several busy intersections.

Transfer Area 2: Messiah Lutheran Church will be on the runners left side of Cottage Grove Rd going east.



Course Description: City streets and intersections.

Leg 3: 4.9 miles: Madison to Cottage Grove

Leg 3 Continuing on Bike path this legs heads the runners out of **Madison** via Cottage Grove Road. The road is regularly traveled but the shoulder is wide. After leaving Cottage Grove Road, runners will head south on Vilas Rd into **Cottage Grove**. At Clark Street, runners head left to Fireman's Park.

Transfer Area3: Fireman's Park.



Course Description: Flat city running then road shoulder running to the next Transfer area.

Leg 4: 7.2 miles: Cottage Grove to Deerfield

Leg 4 Leaving Fireman's Park runners head east on Clark St then cross Hwy N to the start of the Glacial Drumlin Trail, this leg continues on to Deerfield.



Transfer Area 4: Located to the left of the trail left of the trail at HWY 73



Course Description: Flat crushed stone bike trail. Course heads east through Midwest farm land. Course is tree covered for most of the trail. Support access to the trail may be done by cross roads off of Hwy BB: Uphoff (Via Ridge), Ridge, Dvorak, and Oak Park.



Leg 5: 3.6 miles: Deerfield to London

Leg 5 leaves **Deerfield** and heads to **London**.

Transfer Area 5: Located at the London Preschool and Hwy 0.



Course Description: Similar to the above. Course is tree covered for most of the trail.

Leg 6: 5.0 miles: London to Lake Mills (SVTA)

Leg 6 leaves **London** continuing on the GD trail heading east into **Lake Mills**. This leg is one of the longest legs without access to road support (3 miles). This is also one of the less shaded sections of the GD trail. Transfer Area 6, is located at the Lake Mills bike trail depot.

Transfer Area 6: Located to the left of the trail before Hwy 89.



Course Description: Similar to the above.

Leg 7: 3.0 miles: Lake Mills to Hwy Q

Leg 7 leaves **Lake Mills** continuing on the bike trail to Hwy Q.

Transfer Area 7: Located to the right of the trail. **Caution Crossing Hwy Q**



Course Description: Similar to the above.

Leg 8: 3.4 miles: Hwy Q to Jefferson

Leg 8 Runners continue on the GD trail to Jefferson Junction bike trail lot. Course is open and scenic, crossing two long wooden bridges on their way. TA 8 is located across Junction Road at the east parking lot of the Mid State Auto Auctions.

Transfer Area 8: Located in the east parking area of Mid State Auto Auction.



Course Description: Similar to the above.

Leg 9: 6.1 miles: Jefferson to Helenville

Leg 9 Runners will enjoy this section into Helenville, there are game farms located to the right just after Coffee and Bakerstown roads. This section is tree covered.

Transfer Area 9: Located to the right of the trail.



Course Description: Similar to the above.

Leg 10 : 5.8 miles: Helenville to Sullivan

Leg 10 leaves Helenville on the GD trail. The next transfer is in Sullivan.

Transfer Area 10: Located at the Bike Depot.



Course Description: Similar to the above

Leg 11 : 5.7 miles: Sullivan to Dousman

Leg 11 Runners continue from Sullivan to Dousman on the GD trail. TA 11 is located on the right hand side of the trail across from the Bicycle Doctor.

Transfer Area 11: Located to the right of the trail.



Course Description: Similar to the above.

Leg 12 : 6.6 miles: Dousman to Wales

Leg 12 Runners head east to Wales continuing on the GD trail. TA 12 is located at the Trail Bike Depot off of Main Street.

Transfer Area 12: Transfer is at the park located just to the right of the trail.



Course Description: Similar to the above

Leg 13: 4.9 miles: Wales to Hwy TT

Leg 13 Runners head to Waukesha on the last parts of the GD trail. TA 13 is located 500 feet to the right of the trail and Hwy TT, at the Apostolic Life Tabernacle Church parking lot (Hwy TT).

Transfer Area 13: Transfer is located to the right of the trail.

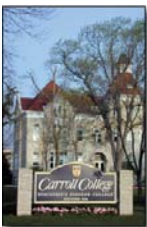


Course Description: Similar to the above

Leg 14: 3.5 miles: Hwy TT to Carroll College in Waukesha

Leg 14 Runners leave the Apostolic Church on the last leg of the Glacial Drumlin trail into Waukesha. Exiting the Trail onto College Ave., runners will head east to Carroll College for the next Transfer area. Transfer is on the south side of the street at Carroll College.

Transfer Area 14: Carroll College



Course Description: Slight Grade to Carroll College.

Leg 15: 6.1 miles: Carroll College to Buena Park in New Berlin

Leg 15 Runners leave Carroll College east on College Ave., at Racine Ave turn right for one block, around the park, then turn left on Greenfield Ave. till Lincoln Ave. Turn right on Lincoln Ave, the beginning of the New Berlin Bike trail begins at the end of the Street. This section is open and unlighted. TA 15 is located on the left in Buena Park. **Caution crossing Hwy 164 and Moreland Rd.**

Transfer Area 15: Buena Park in New Berlin.



Course Description: Flat trail to the Park.

Leg 16: 3.5 miles: Buena Park to Grove 3A Greenfield Park West Allis

Leg 16 Runners continue on the NB trail to Greenfield Park then around to Grove 3A in West Allis. **Caution should be taken when crossing Moreland Road.**

Transfer Area 16: Greenfield Park end of New Berlin trail.



Course Description: One of the shorter legs. The majority of this leg is on the New Berlin bike trail which intersects major streets. The course continues to be flat. Leg ends at Greenfield Park Grove 3A.

Leg 17: 1.8 miles: Greenfield Park to 116th St

Leg 17 begins one of the more scenic sections of the course. This parkway is tree covered and very suited for runners. Runners will wind south through the **Oak Leaf Parkway**, mixing in green space and residential areas. Runners will cross the following streets: **Lincoln, Cleveland, Oklahoma**. Transfer at the end of this leg will take place just before **W. Morgan Ave at 116th St.**

Transfer Area 17: Located just Past Morgan road to the left.



Course Description: Flat, Tree covered and very scenic.

Leg 18: 4.3 miles: Greenfield -Greendale

Leg 18 Runners leave east on W. Morgan to Hwy 100 (108th St.) turn right and head south. At Layton Ave turn left, head east till Root River Parkway. Turn right on the Root River Parkway cross Hwy 24 on your way to transfer area 19 at W Grange Ave. NOTE: Layton to Grange is a unlit section of street.

Transfer Area 1: Just Past Grange Ave.



Course Description: Flat, Tree covered and very scenic with mix of urban cross traffic.

Leg 19: 5.7 miles: Greendale-Franklin

Leg 19 Runners continue on the Root River Parkway, at Hwy 36 (Loomis) Runners will pick up the 68th St. on the other side of the street to the right. Head south on 68th till Rawson then turn left continue to S. 5th St. then turn right and head south to Drexel Ave. Cross Drexel, Transfer area 19, Franklin High School, is 500 feet on the left hand side.

NOTE: Grange to Loomis is a unlit section of street.

Transfer Area 19: Transfer area is at Franklin High School, across W. Rawson.



Course Description: Flat, Tree covered and urban streets.

Leg 20: 7.5 miles: Franklin High School to South Milwaukee High School

Leg 20: Runners leave Franklin H.S. east on Drexel Ave into South Milwaukee. At 15th turn left go up to Rawson then left to Oak Creek Parkway (about 1 block to the right); follow the road around to South Milwaukee High School on the right.

Transfer Area 20: South Milwaukee High School.



Course Description: Well traveled streets. Sidewalk use advised.

Leg 21: 6.2 miles: South Milwaukee H.S. to Franklin-Oakcreek Community Center

Leg 21 Runners leave South Milwaukee H.S. east on Oak Creek Pkwy. At Mill St Turn right go up hill to Milwaukee then turn left. Turn right on to 5th street head south till Puetz Rd. turn right. Stay on Puetz rd. till Austin the TA is located in the Parking lot of Oak Creek Community Center on Howell Ave.

Transfer Area 21: Oak Creek Community Center.



Course Description: Well traveled streets, wide shoulders on the 4 lane to small shoulder on the 2 lane.

Leg 22: 3.0 miles: Oak Creek Community Center to Meadowview School

Leg 22 Runners leave Oak Creek Community Center south on Howell Ave. At Oakwood Rd turn left. Turn right on McGraw Rd. to Transfer Area 22, Meadowview School.

Transfer Area 22: Meadowview School



Course Description: Urban roads with a 3 foot shoulder

Leg 23: 6.3 miles: Meadowview School to Cliffside Park

Leg 23 Runners leave Meadowview School south on McGraw. Turn left on Elm continue east. Turn right on 10th Street. At the county line crosses over to Foley Rd., at 7 Mile road turn left. Continue east past Hwy 32 to the start of the Racine Bike Trail located on the right. Continue south on the trail to Cliff Side park, located on the left side of the trail.

Transfer Area 23: Cliffside Park.



Course Description: Flat, 2 lane country road and bike trail.

Leg 24: 4.0 miles: Cliffside Park to St. Andrews Lutheran Church

Leg 24 Runners leave TA 23 Left on 6 Mile Rd. At Middle Rd. turn right , run south to 4 1/2 mile Rd. Turn left continue east to Charles St. Turn right, head south to 4 Mile Rd. turn left TA 24 in on the right in 500 feet.

Transfer Area 24: St Andrews Lutheran Church.



Course Description: Bike Trail is wide and flat mixed with city streets and sidewalks.

Leg 25: 4.8 miles: St. Andrews Lutheran Church to Lakeview Park.

Leg 25: Runners leave TA 24 east on 4 mile Rd. At Lighthouse Rd. turn right continue on Lighthouse Rd. to 3 Mile Rd. Turn right continue to N. Main at Gould St. turn left to TA 24 Lake View Park.

Transfer Area 25: Lake View Park.



Course Description: Flat, City streets and paths. City running.

Leg 26 : 7.2 miles: Lake View Park to Beatrice Jones Middle School on Chicory Ave.

Leg 26: Runners leave the Park on Michigan St south turn right on Dodge St, cross HWY 32 bridge. Immediately off the Bridge turn left on to the harbor bike path follow the path behind the hotels. Continue along the lakefront path to Pershing park path. At 11th St. turn left continue to Main St. turn left. Take Main St. to 14th turn right. Continue on 14th till Hwy 20; follow 20 till Wright St. Follow Wright St west to West Ave at West turn left. Take west south to The Racine Bike trail. Follow path to Chicory Rd, turn Right to TA 24 Dr. Jones School.

Transfer Area 26: Beatrice Jones Middle School.



Course Description: Flat, City streets and paths. County roads will require some shoulder running.

Leg 27: 6.7 miles: Beatrice Jones School to Pennoyer Park

Leg 27 Runners head east to Beatrice Jones School to the Kenosha Trail then head south into the city of Kenosha, at 35th Street the trail ends, turn left on 35th St. and head east to the lake. Enter Pennoyer Park for TA 27.

Transfer Area 27: Pennoyer Park.



Course Description: Flat, Bike trail and city sidewalks and streets.

Leg 28: 4.1 miles: Kenosha Pennoyer Park to South Port Beach

Leg 28: Runners will Leave Pennoyer Park south on Kennedy Dr. head south out of the park on 50th St. Bridge. Turn left on 6th till 54th this takes you out to the lakefront pier. You come back on 56th at 57 turn left to 3rd. Follow 3rd to TA 28 South Port Beach

Transfer Area 28: South Port Beach.



Course Description: Flat, City streets and road shoulders.

Leg 29: 3.1 miles: South Port Beach to Andersen Park

Leg 29: Runners Leave TA 28 South Port Beach on 78th St., turn left on 7th take this out of town. 7th will turn right and become 91st. take this to 17th turn right continue to 88th turn left on 88th. Follow 88th to Anderson Park Transfer area 29 located at the end of the street.

Transfer Area 29: Andersen Park



Course Description: Flat, City streets and road shoulders.

Leg 30 7.4 miles: Kenosha to Zion IL Public Library

Leg 30: Runners leave Anderson Park south to 89th St. heading west. The Kenosha bike path picks up on the left between 29th and 30th Sts. Runners will head south on the path crossing 93rd, HWY ML (Springbrook), 165, 116th. Support has access off of CNTY EZ cross roads, 165, 116th and 122nd. Runners will cross over the state border and begin the Robert McClory Bike trail into Illinois. Runners pass through Winthrop Harbor. At 23rd St. in Zion turn left till Gabriel. Turn right to TA 30 Zion Public Library.

Transfer Area 30: Zion Public Library.



Course Description: Flat, City streets, county roads and bike paths.

Leg 31 : 4.8 miles: Zion to Waukegan

Leg 31 Runners will leave **Zion** onto Waukegan for the next transfer. Support vans have access to the bike path from **HWYS 131 or 137 on cross roads A6, A9, and A15**. At Hwy A19 (Golf Rd and Western Ave.) transfer area is located at the YMCA located at the right.

Transfer Area 31: North Lake YMCA.



Course Description: Flat, Bike paths and City sidewalks.

Leg 32: 7.7 miles: Waukegan YMCA to Lake Bluff Illinois

Runners leave the YMCA on Western Ave. continuing south on the path runners will have to use caution when crossing major streets. This is one of the longer legs through urban areas. Runners will end the path at Broadway. Follow Commonwealth to 24th Ave turn left go under the express way follow the path to the left. The road wraps around up to Sheridan Rd. Turn left on Sheridan Rd and continue south. Just after Great Lakes METRA Station the bike path picks up again following the Metro tracks south. Continue on the path till the Village of Lake Bluff METRA station on the right.

Transfer Area 32: Lake Bluff METRA station.



Course Description: Flat, City streets and paths. City running.

Leg 33: 5.8 miles: Village of Lake Bluff to Highwood METRA station.

Leg 33: Runners leave Lake Bluff on the Path continuing to TA 33 in Highwood. Runners will pass through Lake Forest, through the METRA parking area to pick up the trail. When runners enter Ft. Sheridan the path ends. You will have to cross the street and continue into Highwood using sidewalks. Transfer area 33, Highwood METRA parking lot, is located to the right of Waukegan Ave. on Webster Ave.

Transfer Area 33: Highwood METRA parking lot.



Course Description: Flat, and paved paths and sidewalks.

Leg 34 : 5.7 miles: Highwood to Glencoe

Leg 34 Runners leave Highwood on city streets. The path picks up just south off the main street. There is a slight street detour off the path for several blocks. Follow St. Johns Avenue, first right after the high school, through Highland Park. Back on the path runners continue into Highland Park. Here you will be off the path for 3-4 blocks while passing the METRA station. The path picks back up just past the last train station parking lot. The path continues into Glencoe. Transfer area is at south parking lot of the Glencoe METRA Station.



Transfer Area 34: Transfer area is located at the south METRA Parking lot.



Course Description: Flat, paths and city streets.

Leg 35 : 6.6 miles: Glencoe to Northwestern University in Evanston IL

Runners leave Glencoe south on the last section of the **Green Bay Trail**. Entering **Wilmette**, runners will turn left on Central Ave. This tree line section of the relay makes for a much enjoyed leg. At 5th St runners turn right and head south to Northwestern University Stadium Parking Lot.

Transfer Area 35: Northwestern University Stadium.



Course Description: Flat, city sidewalks.

Leg 36: 9.0 miles: Northwestern University Stadium to Montrose Harbor Chicago IL

The final leg follows Sheridan Road to the Lake Shore Bike Path. The City Skyline comes into view for the finishing miles of the relay.

Finish area: Chicago's Montrose Harbor.



Course Description: Flat, city sidewalks. Spectacular skyline and lakefront scenery.