

TURN BY TURN DIRECTIONS

- Exit Transition at S. Wyman St. and W. State St. headed south along S. Wyman then left to join the pedestrian path.
 - Veer Left onto the Rockford Trail Bridge across the Rock River.
 - Left Turn (once across the bridge) to head north.
 - Through the lower UW Health Sports Factory Parking Lot.
 - Straight Across Walnut St. into the parking lot.
 - Straight across E. State St. onto N. Water St.
 - Right Turn on First Entrance to Riverview Ice Hogs Parking Lot.
 - Left Turn onto N. Water St.
 - Right Turn onto W. Jefferson St. pedestrian bridge.
 - Follow the path through Beattie Park
 - Right Turn on Indian Terrace
 - Left Turn on Dickerman Dr.
 - Right Turn on Gravel Path behind the Rockford Armory
 - Right Turn on Rockford Riverwalk
 - Right Turn on N. Main St.
 - Right Turn on Whitman St. Rock River Rec Path
 - Veer Right to stay on the Rock River Rec Path (north)
 - Left Turn on Auburn St. (Rock River Rec Path)
 - Left Turn on Harlem Blvd.
 - Left on Douglas St.
 - Right on National Ave.
 - Right on Guard St.
 - Left Turn on Harlem Blvd.
 - Veer Left on N. Main St.
 - Left turn on the Rockford Riverwalk
 - Left turn on gravel path behind the Rockford Armory
 - Left Turn on Dickerman Dr.
 - Right Turn on Indian Terrace
 - Left Turn on N. Main St.
 - Left Turn on Park Ave.
 - Right Turn on River Dr.
 - Right Turn on W. State St.
 - Left on S. Wyman St.
- *First Loop Athletes turn left on S. Wyman St., head south along S. Wyman then left to join the pedestrian path to begin loop two. (Repeat TBT directions above).
 - **Second Loop Athletes turn right on N. Wyman St.
 - Left on Mulberry St.
 - Left on N. Main St.
- Finish on N. Main St (between Elm St. and N. State St.)

Start Elevation: 707 ft ■ Finishing Elevation: 717 ft ■ Gain: 341 ft

