



## TURN BY TURN DIRECTIONS

- Exit Transition headed south along 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.
  - Right on Walnut St.
  - Left on Alley parallel to S. Madison St.
  - Left on E. State St.
  - Right on 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 Beatie 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 N. Wyman St.
- \*First Loop Athletes turn left on S. Wyman St., cross Chestnut St. and enter Davis Festival Park 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

