

S. Hancock St.

N. Webster St.

Wisconsin State  
Capitol Square

Martin Luther  
King Jr. Blvd

W. Dayton St.  
W. Johnson St.

S. Fairchild St.

E. Doty St.  
W. Wilson St.  
S. Broom St.

Capitol City Trail  
Jenn Nolen Dr.

151

**SWIM  
FINISH**

**SWIM  
START**

Turn #4

Turn #3

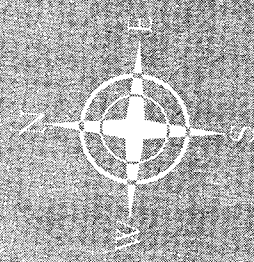
**IRONMAN**  
Wisconsin madison

**RÖKA**  
SWIM COURSE

2.4 MILES ONE WAY  
LAKE MONOMA / MADISON, WI

The one loop swim starts in the water and ends at the swim cafe, Monoma in downtown Madison. Swimmers will have a handout at the end of the swim from the Monoma Terrace, sponsored by Franklins. Weight signs along the lake shore. The swim course is water only.

SWIM OUT TO BIKE TRANSITION AREA



Turn #1

Turn #2

LAKE MONOMA