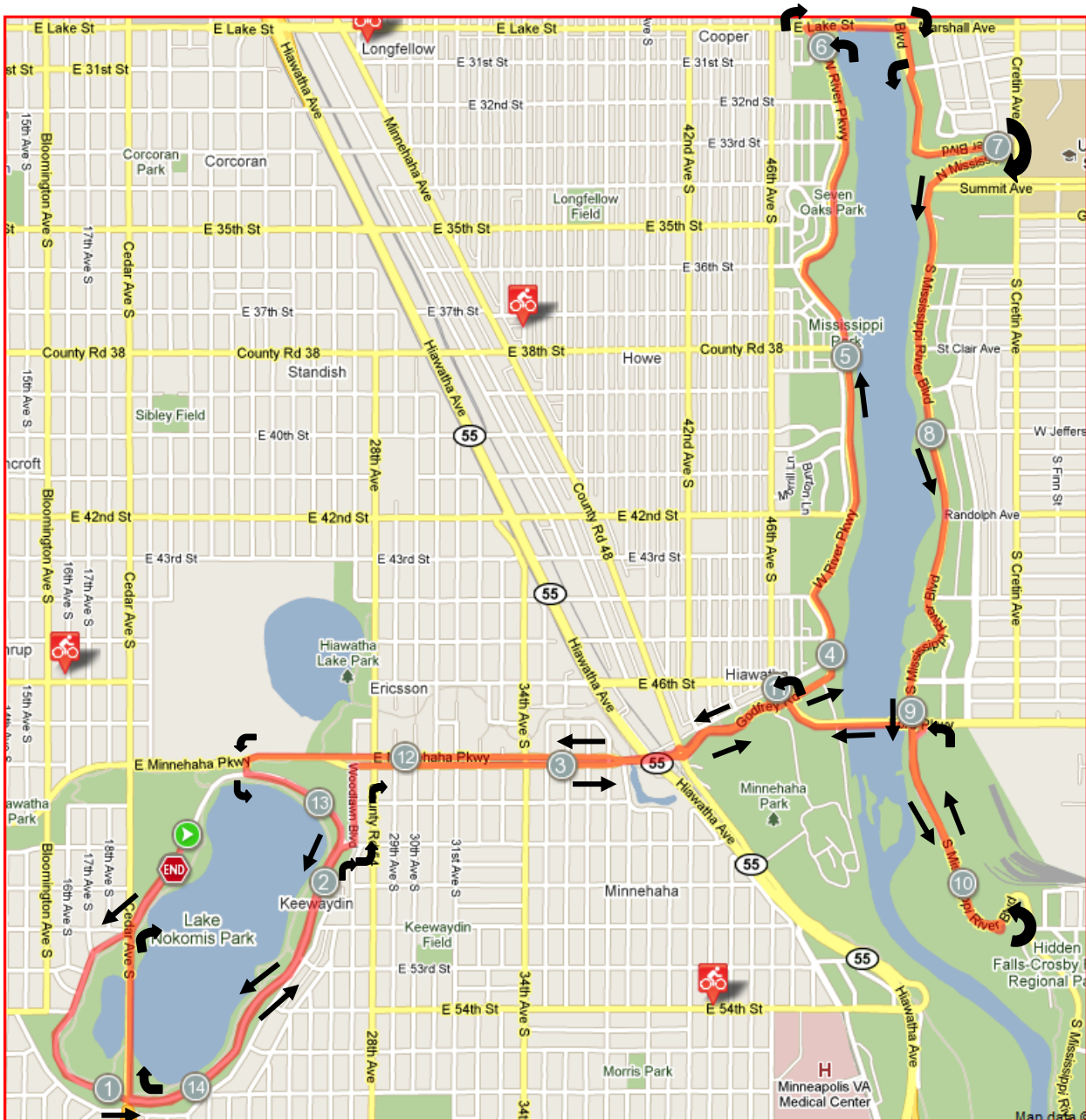




YWCA of Minneapolis Women's Triathlon Lake Nokomis (Minneapolis, MN)

Bike Course Map



Written Bike Course Description and Info

- Start: Bikers mount just outside the northwest end of the parking lot on W Lk Nokomis Pkwy and head southwest. Cross Cedar and remain on W Lk Nokomis Pkwy going counterclockwise around the lake. Note: W Lk Nokomis Pkwy becomes E Lk Nokomis Pkwy after crossing Cedar.
- 2.1 mi: Turn right on E 50th and immediate left on Woodlawn. Turn right on E Minnehaha Pkwy.
- 2.4-6 mi: Follow E Minnehaha Pkwy to W River Pkwy. Use caution crossing the railroad track just past the bridge over Hwy 55 and before the Minnehaha park circular intersection. Note that bike traffic is two-way between 39th Ave S and 46th Ave S. E Minnehaha Pkwy becomes W River Pkwy after 46th Ave S and you pass under the Ford Pkwy Bridge.
- 6 mi: Turn left off W River Pkwy to Lake St and right on Lake St. After crossing the Lake St./Marshall Ave bridge, take the first right. Use caution. This is a very tight turn and *you must slow down* (please heed the volunteers). Turn left onto N Mississippi Blvd.
- 7-10mi: Curve around to S Mississippi Blvd near Cretin. Follow S Mississippi Blvd under the Ford Bridge to the bike turnaround south of the Ford Plant just past mile 10. Note that bike traffic is two-way between the Ford Bridge and the bike turnaround.
- 10.1 mi: Bike turnaround in scenic overview parking lot. Head back north on S Mississippi Blvd. Turn right off N Mississippi Blvd and left on Ford Pkwy. You will cross the bridge on the south side (2 lanes). Please be careful not to go outside the cones as motor vehicles will be using the two lanes on the north side of the bridge.
- 11 mi: Turn left on 46th Ave S. Use caution on 46th Ave S as the brick road is rough and you will be turning right on E Minnehaha Pkwy into two-way bike traffic. Follow E Minnehaha Pkwy back to Lake Nokomis (caution again crossing the railroad tracks just past Minnehaha Park).
- 12.6 mi: Turn left onto Nokomis Pkwy and left again on E Lk Nokomis Pkwy and go clockwise around the lake to Cedar Ave. Be cautious of two-way bike traffic between E 50 and Cedar.
- 14.2 mi to finish: Turn right on Cedar Ave and cross the Cedar Ave Bridge. Turn right again to W Lk Nokomis Pkwy to the bike dismount at the southwest corner of the transition area.

Safety and Support on the Course

- 1) Please note that there are four areas where bike traffic is two-way. Please stay to the right and do not cross the center of the road when passing. See online map and zoom in for more detail.
 - a) On W Lk Nokomis Pkwy at the start and finish
 - b) On E Lk Nokomis Pkwy between Cedar and E 50th
 - c) On Minnehaha Pkwy between 39th Ave S and 46th Ave S
 - d) On S Mississippi River Blvd in St. Paul from Ford Pkwy to the bike turnaround south of the Ford Plant
- 2) There are no water stations on the bike course. Please carry a water bottle.
- 3) If needed, there are bathrooms at Minnehaha Park and a portapottie at the bike turnaround near the Ford Plant.
- 4) There will be two sag wagons on the course to assist with basic mechanical issues or to transport a rider and her bike if she is unable to finish. If needed, find a volunteer to call the sag wagon.
- 5) This course is mostly, but not completely closed to traffic. There will be public motor vehicle traffic when crossing the bridges. Stay inside the coned lanes! There are a couple areas where residential vehicles may be allowed and there may be race vehicles on the course (sag wagons, officials on motorcycles, police/emergency, etc). Please use common sense. Side streets will be barricaded and police will be at key intersections. Volunteers will be on the course to direct racers.

Elevation Map

