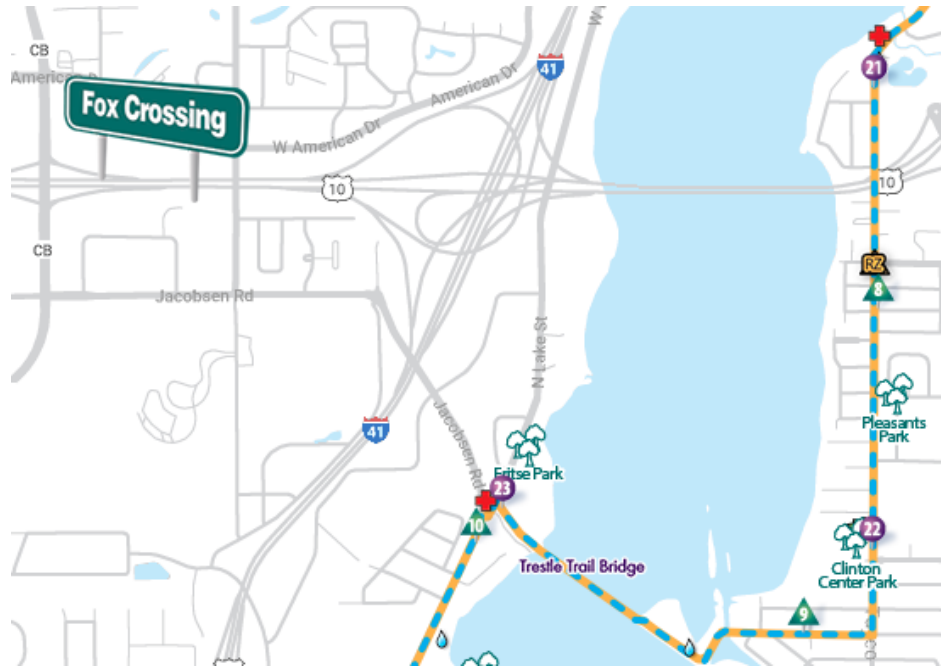


Course Corner: Marathon Miles 21 – 23



The next miles feature Water Stations, Medical Stations, a second GU Energy Gel Station, the final Relay Exchange Zone and a Fruit Station. All of that along with views of the lake, a few rolling hills and otherwise flat terrain, the Trestle Trail Bridge and a couple of parks. Before you know it, these three miles will be past and you'll be in the homestretch of your race!

Miles 21, 22 & 23: Fox Crossing & Menasha

As you continue south on Lakeshore Dr., a few rolling hills will keep the course interesting and challenging. However nothing too steep by any means...I promise! A Water Station and Medical Station await you shortly after the Mile 20/The Wall marker and then another Water Station just before the Trestle Trail Bridge. The final Relay Exchange Zone is also located at the intersection of Tayco St. & 9th St. (and yes, it's ok to mumble under your breath at the fresh relay team runners that might go past you).

When you turn on to Broad St and head west towards the Trestle Trail Bridge, be sure to stop at the Water Station! Enjoy the Trestle and being out in the middle of the lake with water all around you. As you approach the west side of the Trestle and Fritse Park know that you'll have another Medical Station and our only on-course Fruit Station as well. Plus you've got only 3+ miles to the Finish Line – much of which will still be along the lake and on the trails!

Turn-by-Turn Directions

- Continue south on Lakeshore Dr, going under Hwy. 441
- Lakeshore Dr turns into Tayco St as you enter Menasha
- Turn right (west) on Broad St
- Continue west over the lift bridge following the path and over the Trestle Trail Bridge
- After the Trestle Trail Bridge continue west on the path through Fritse Park
- Turn left (south) staying on the path along N Lake St

Course Features & Aid

- Medical Station #4 – Lakeshore Dr/Frances St intersection
- Water Station #15 – Tayco St/Twin Oak Ln intersection
- Relay Exchange Zone #4 – Tayco St/9 St intersection
- GU Energy Gel Station #2 – Clinton Center Park, Tayco St.
- Water Station #16 – west end of Broad St @ lift bridge
- Fruit Station – Fritse Park Pavilion
- Medical Station #5 – Fritse Park

Up Next: Full Marathon Miles 24 – Finish Line