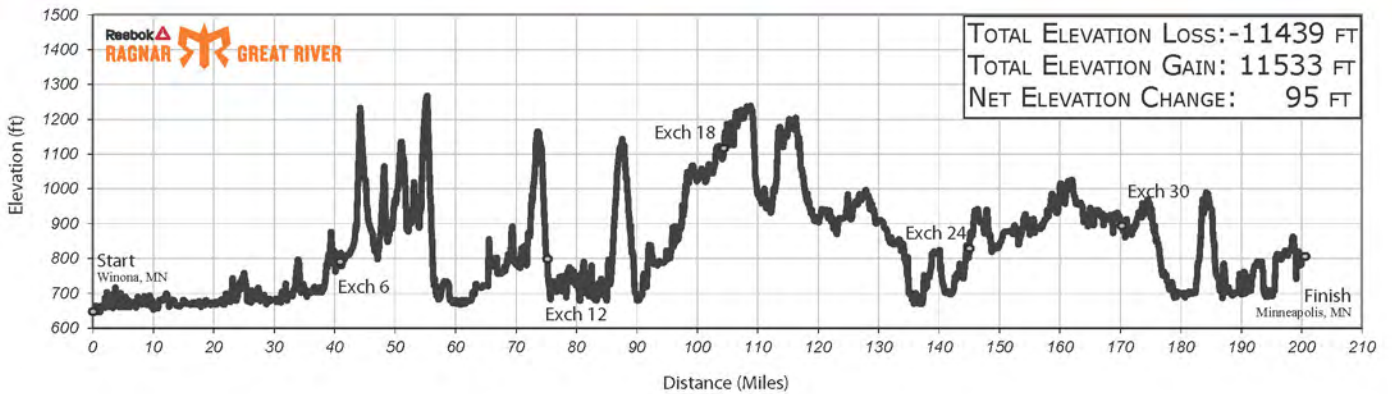
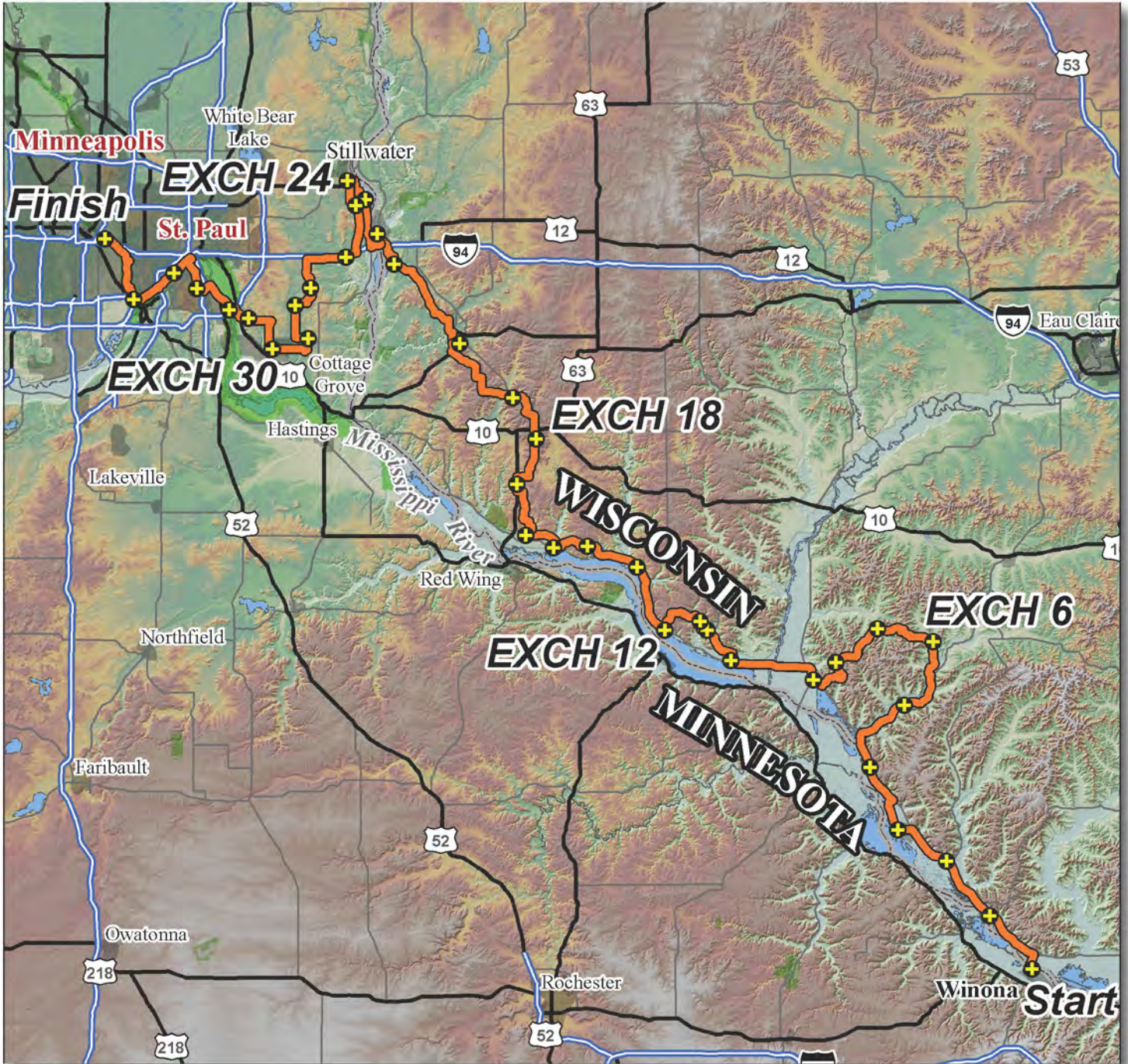


COURSE OVERVIEW -- 200.0 MILES



MAP SYMBOL LEGEND



Exchange



Tenth-Mile Marker



Mile Marker



Runner Route



Van Route



Water Station



Trail Entrance and Exit



Trail Entrance

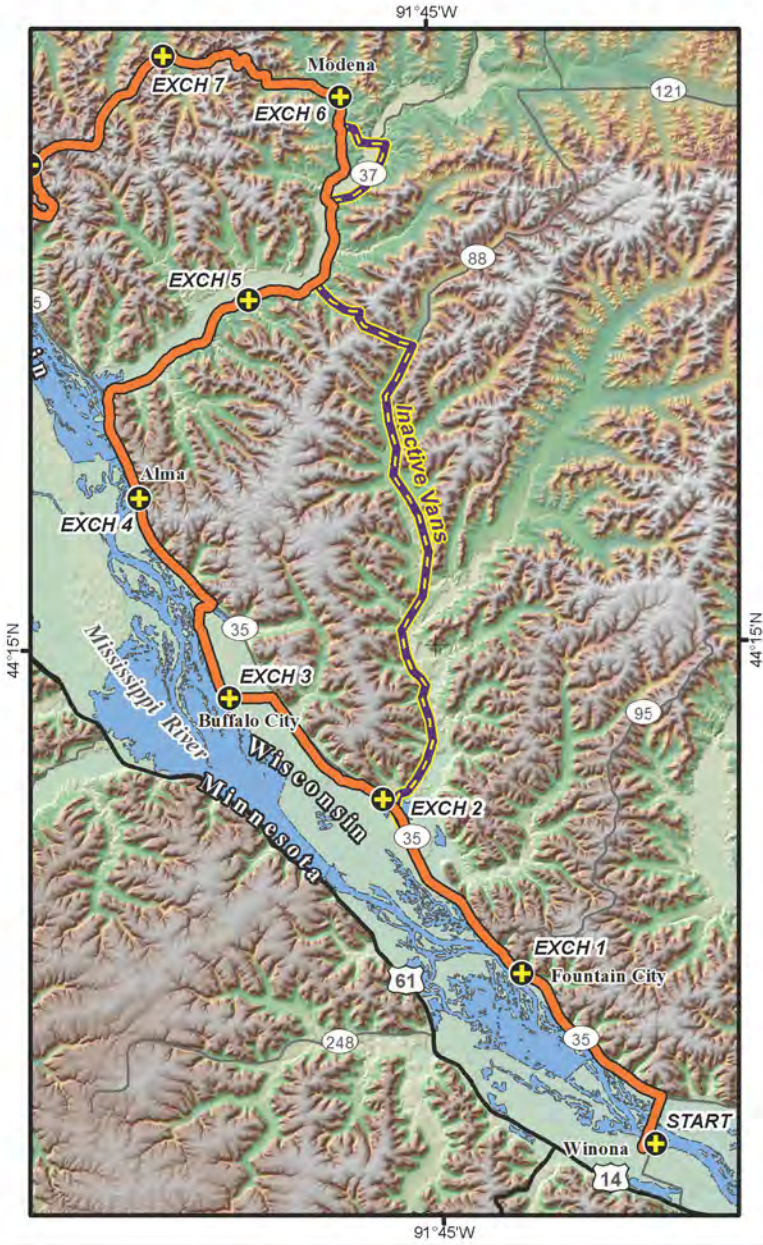


Trail Exit



No Van Support Segment

VAN 1 -- LEGS 1-6 -- 40.7 MILES



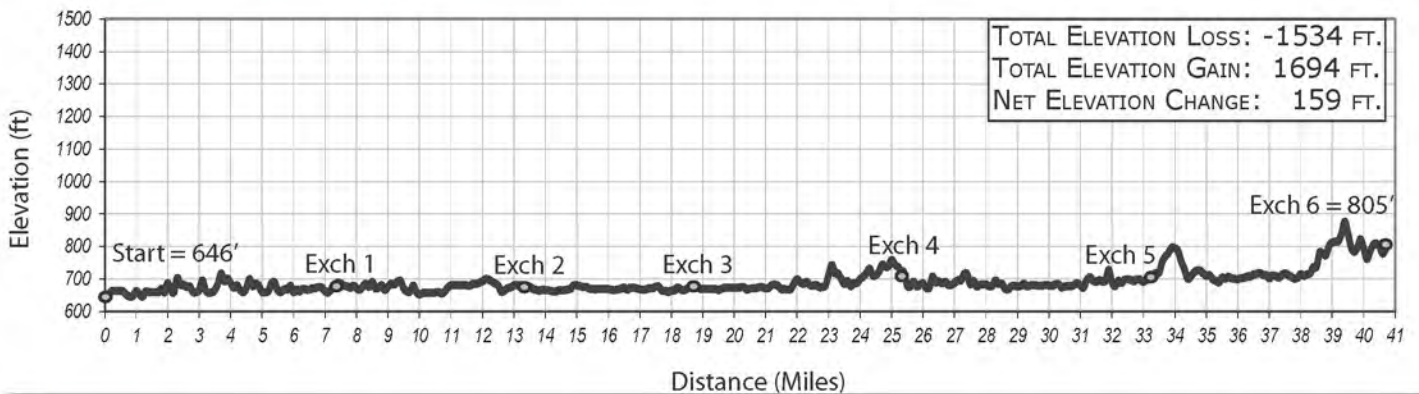
Start Line Address
 Levee Park
 1 Main Street
 Winona, MN 55987

Start Line Notes:
 Parking is located on the west and east side of the park. Please access parking lots using Johnson Street and Walnut Street. Start line amenities are located on the east side of the park.

Van 2 Directions to Exchange 6:

- 0.0 Depart Start heading southwest on Main Street
- 0.3 Turn RIGHT onto 4th Street
- 0.4 Turn RIGHT onto MN-43/Winona Street
- 2.0 Turn LEFT onto WI-35/Great River Road
- 12.6 Turn RIGHT onto WI-88 N
- 26.3 Turn LEFT onto County Road T
- 28.0 Turn RIGHT onto County Road N
- 29.6 Turn RIGHT onto WI-37 N
- 35.0 Turn LEFT onto County Road J
- 36.6 Arrive at Exchange 6

Exchange 6 Address
 Modena Convenience Store
 S927 Co Rd J
 Mondovi, WI 54755
 GPS: 44.463204, -91.797325



LEG I -- 7.2 MILES -- HARD -- NO VAN SUPPORT

LEG NOTES:

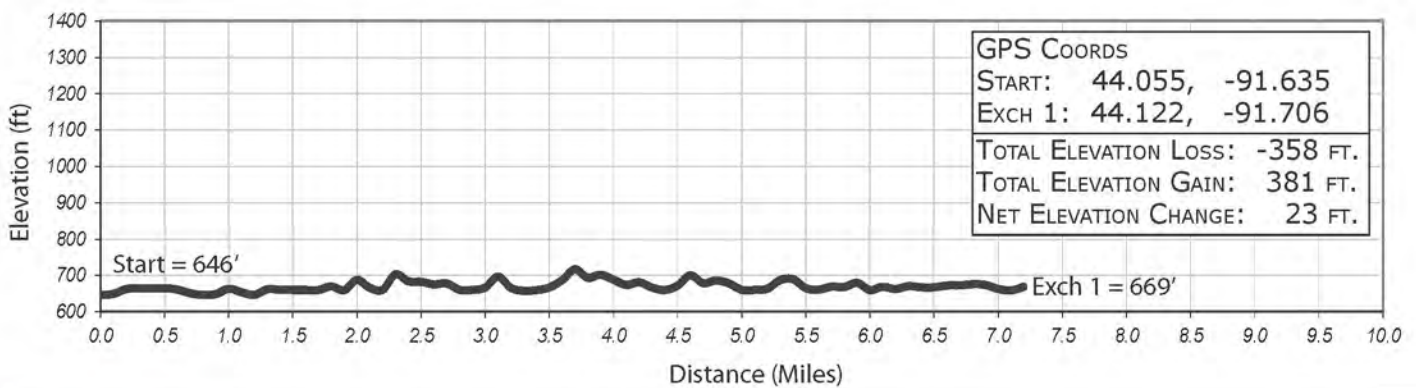
This exchange is located near BJ Liquor. Vans should access parking by turning left onto Mill Street.

This is a NO VAN SUPPORT leg. Ragnar will provide 3 water stations on this leg. As part of our sustainability efforts, these water stations will not have cups. Please plan accordingly and carry a water bottle.

LEG LEGEND:

- 0.0 Depart the start line running northwest along the river
- 0.1 Turn left onto Johnson Street
- 0.2 Turn right onto W 2nd Street
- 0.4 Turn left onto bike path
- 0.5 Turn left to continue running on bike path across the bridge
- 2.0 Turn left onto Great River Road running against traffic
- 7.0 Arrive at Exchange 1

Exchange 1 Address
 Fountain City Park
 703 S Main Street
 Fountain City, WI 54629
 GPS: 44.12234, -91.70647



LEG 2 -- 6.1 MILES -- HARD -- NO VAN SUPPORT



Leg Notes:

Only Runner 3 will be allowed to cross the road from the parking lot to the exchange chute. Please use extreme caution when crossing.

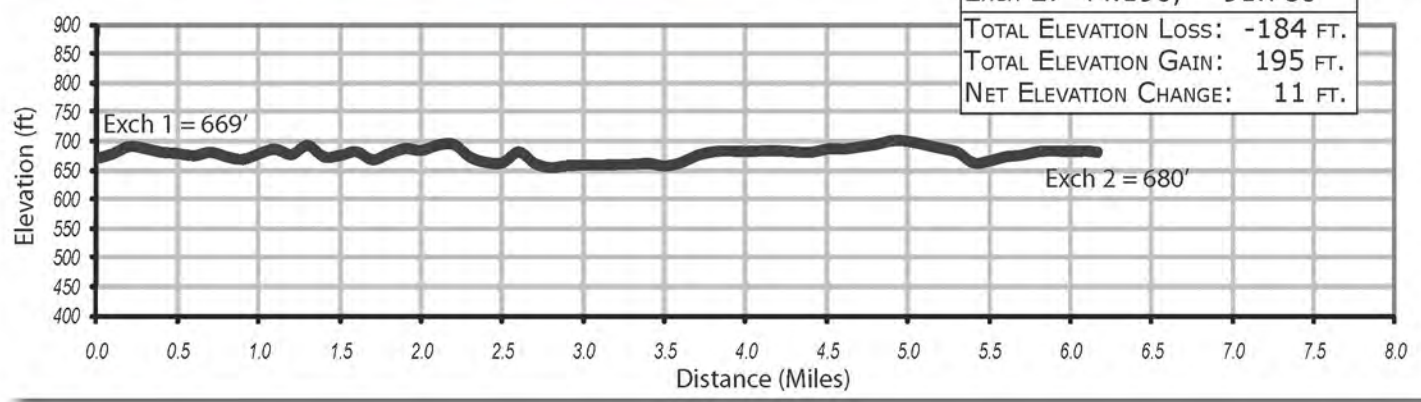
This is a NO VAN SUPPORT leg. Ragnar will provide one water station on this leg. As part of our sustainability efforts, these water stations will not have cups. Please plan accordingly and carry a water bottle.

Leg Legend:

- 0.0 Depart exchange heading west on WI-35 running AGAINST traffic
- 6.1 Arrive at Exchange 2

Exchange 2 Address
 Cochrane Fountain City High School
 S2770 WI-35
 Fountain City, WI 54629
 GPS: 44.19036, -91.77969

GPS COORDS	
EXCH 1:	44.122, -91.706
EXCH 2:	44.190, -91.780
TOTAL ELEVATION LOSS: -184 FT.	
TOTAL ELEVATION GAIN: 195 FT.	
NET ELEVATION CHANGE: 11 FT.	



LEG 3 -- 5.4 MILES -- MODERATE -- FULL VAN SUPPORT



Leg Notes:

Parking in the lot will be limited.
Please respect residents when parking on Humbolt Street.

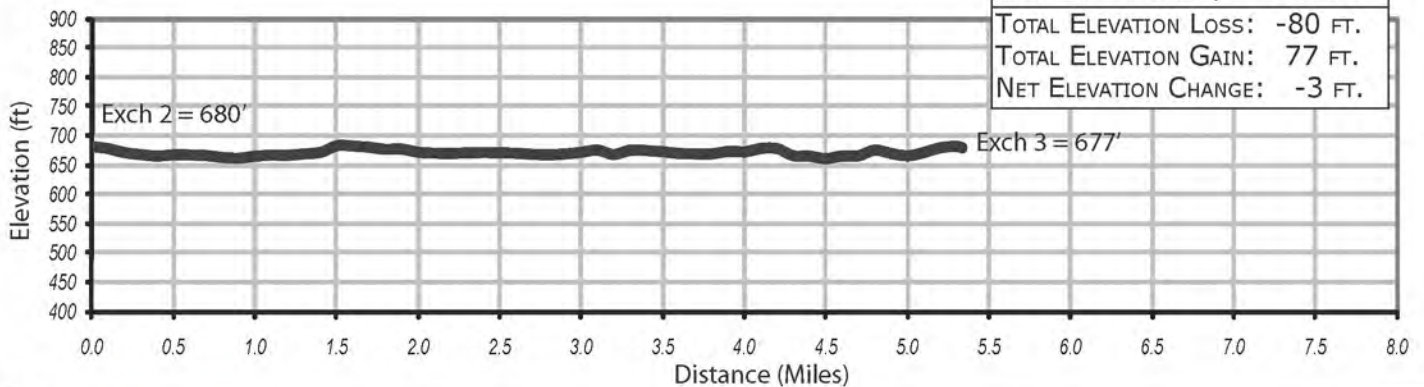
Leg Legend:

- 0.0 Depart Exchange 2 on WI-35 running AGAINST traffic
- 0.7 Turn LEFT (W) onto Prairie

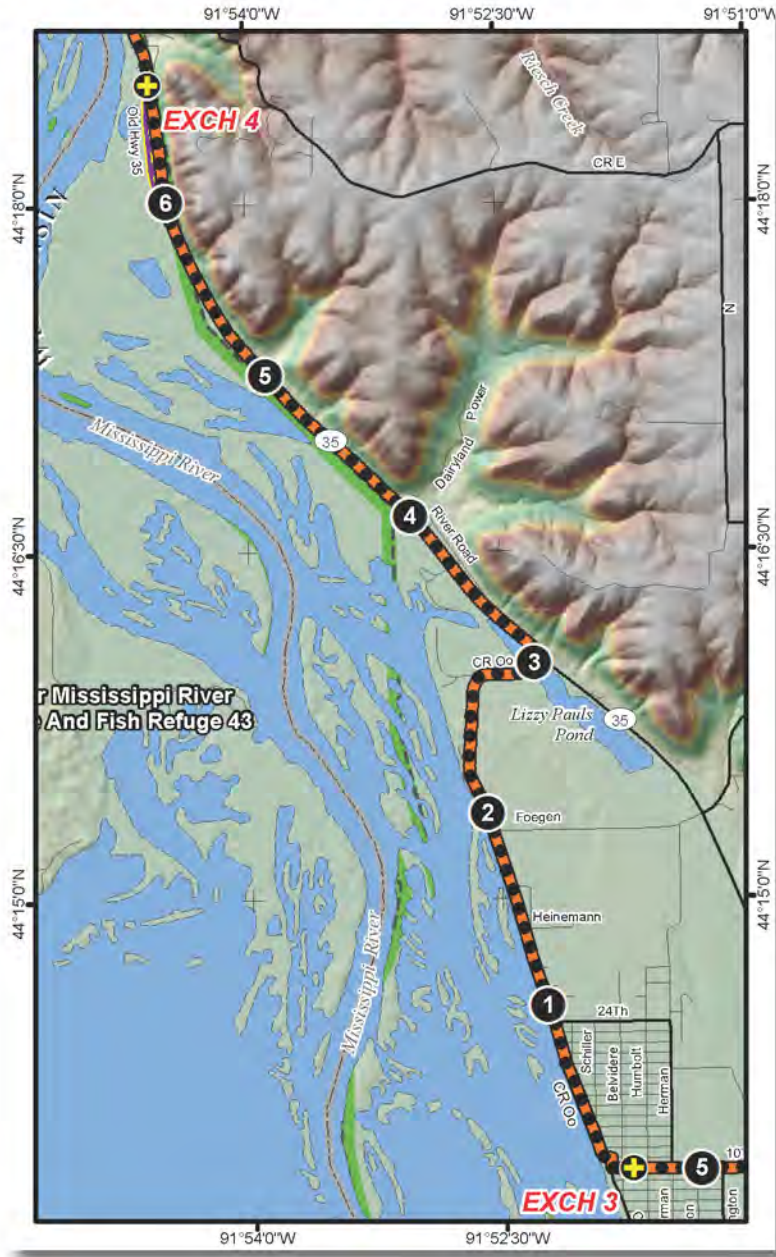
- 1.3 Continue RIGHT on Prairie Moon Road at Kamrowski Road
- 4.2 Turn LEFT (W) onto 10th St/ Buffalo City Rd
- * As you approach the park you will be directed to cross and run WITH traffic by volunteers
- 5.4 Arrive at Exchange 3

Exchange 3 Address
10th and Humbolt Street
Cochrane, WI 54622
GPS: 44.23059, -91.86241

GPS COORDS	
EXCH 2:	44.190, -91.780
EXCH 3:	44.231, -91.862
TOTAL ELEVATION LOSS: -80 FT.	
TOTAL ELEVATION GAIN: 77 FT.	
NET ELEVATION CHANGE: -3 FT.	



LEG 4 -- 6.6 MILES -- HARD -- NO VAN SUPPORT



Leg Notes:

Parking for this exchange is located along Old Highway 35. Vans will turn off WI-35 and continue along the road to park along the right hand side of the road. When turning left onto Old Highway 35 vans should stay to the right and watch for large trucks exiting Old Highway 35 onto WI-35. USE EXTREME CAUTION AND WATCH FOR RUNNERS.

This is a PARTIAL NO VAN SUPPORT leg. Vans cannot support runners once they turn left onto WI-35 at mile 3.0. Runners should plan accordingly and carry water.

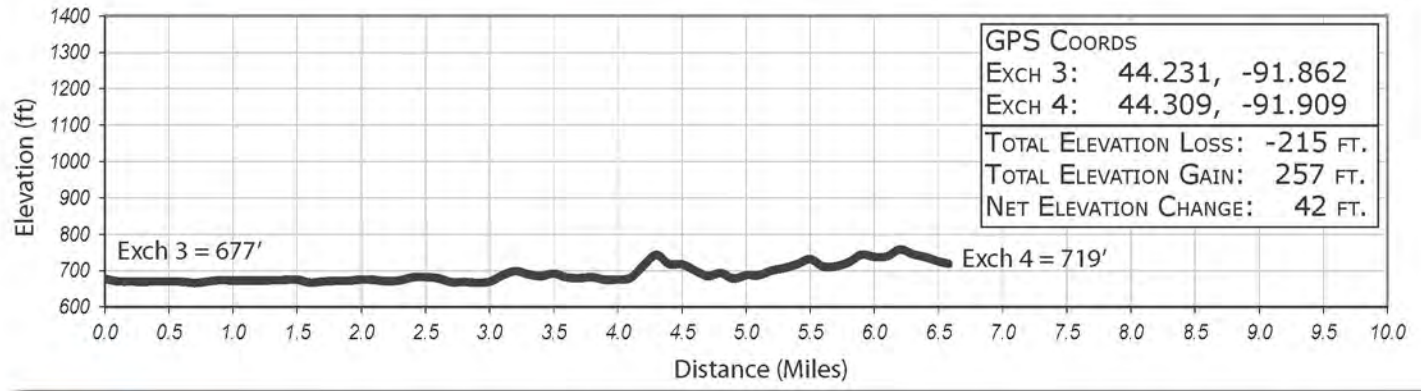
Leg Legend:

- 0.0 Depart Exchange 3 heading west on 10th Street running WITH traffic
- 0.1 Turn RIGHT (N) onto River Street
- 0.1 Turn LEFT (W) onto 11th Street and run AGAINST traffic
- 0.2 Road veers RIGHT (N) and becomes River St/CR-00
- 3.0 Turn LEFT (NW) onto WI-35
- 6.6 Arrive at Exchange 4

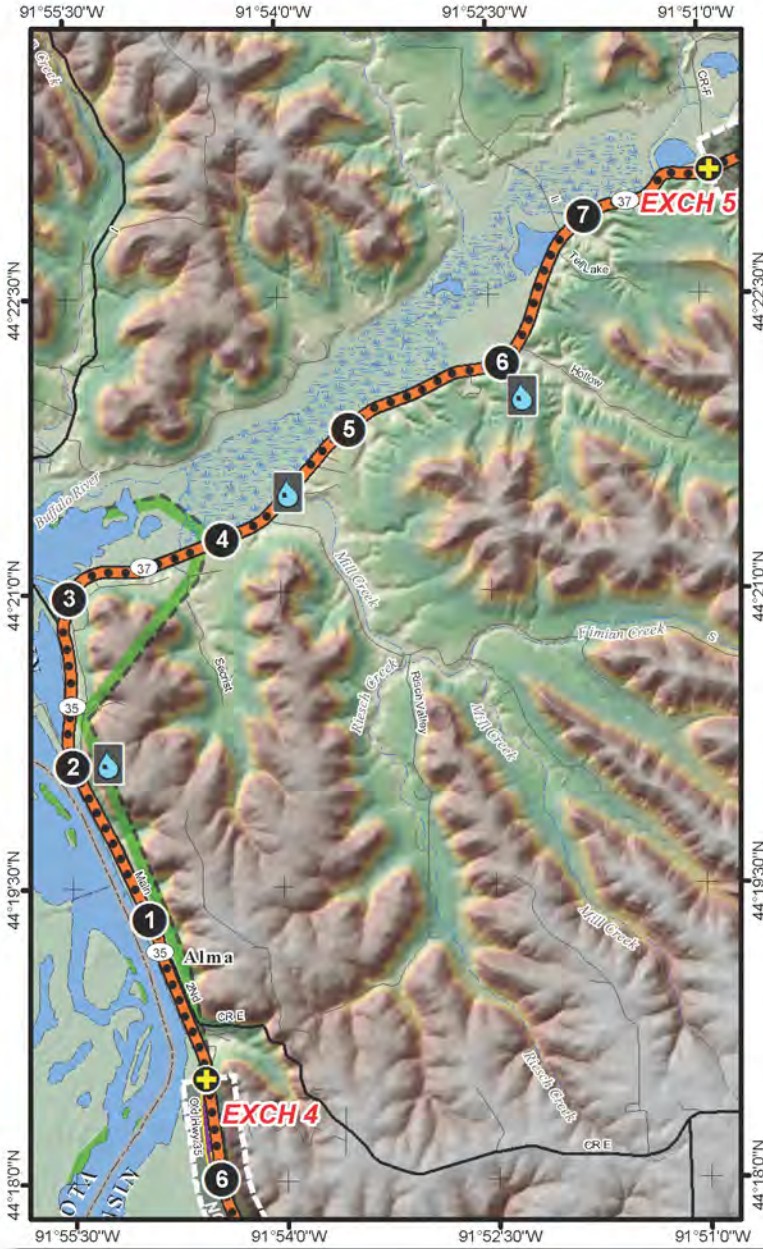
Van Directions:

- 0.0 Depart Exchange 3 heading north on Humbolt Street
- 0.1 Turn left onto W 12th Street
- 0.3 Turn right onto County Road 00
- 3.1 Turn Left onto Great River Road (WI-35)
- 6.0 Turn left onto Old State Highway 35 (LARGE TRUCKS WILL BE EXITING ONTO WI-35 SO STAY TO THE RIGHT WHEN TURNING)
- 6.7 Arrive at Exchange 4

Exchange 4 Address
 Dairyland Power Cooperative
 Old Highway 35
 GPS: 44.30898, -91.90955



LEG 5 -- 7.7 MILES -- VERY HARD -- NO VAN SUPPORT



Leg Notes:

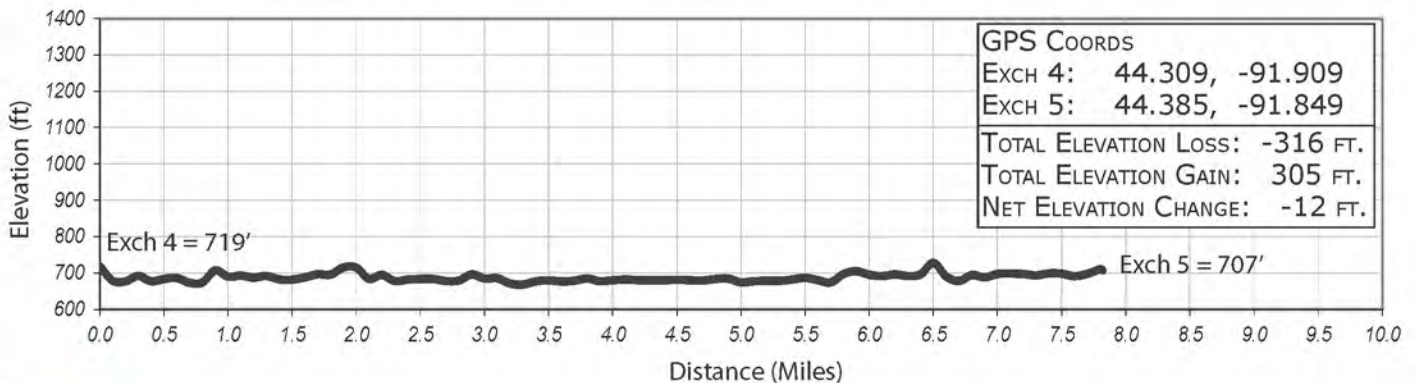
Please use caution when crossing WI-35 onto WI-37. A police officer will be present to assist runners with crossing.

This is a NO VAN SUPPORT LEG. Ragnar will provide three water stations on this leg. As part of our sustainability efforts, these water stations will not have cups. Please plan accordingly and carry a water bottle.

Leg Legend:

- 0.0 Depart Exchange 4 running against traffic on WI-35/Great River Road
- 2.8 Turn right to run against traffic on WI-35/WI-37
- 7.7 Arrive at Exchange 5

Exchange 5 Address
 Town of Alma-Tell School District
 WI-37 and CR-F
 Alma, WI 54610
 GPS: 44.38551, -91.84876



LEG 6 -- 7.6 MILES -- VERY HARD -- NO VAN SUPPORT



Leg Notes:

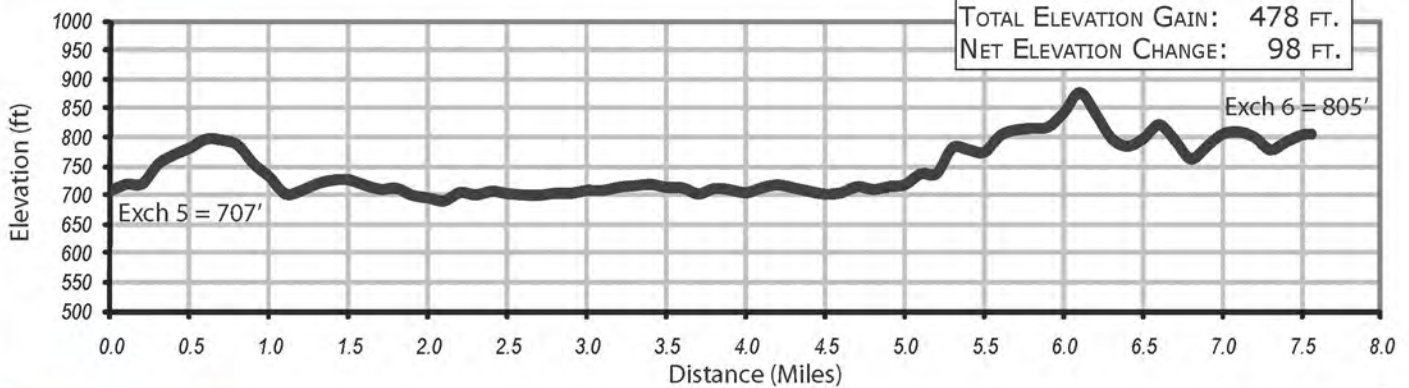
This is a LIMITED VAN SUPPORT leg. Vans cannot support their runners on WI-37. Runners should plan accordingly and carry water. Ragnar will provide one water station on this leg. As part of our sustainability efforts, these water stations will not have cups. Please plan accordingly and carry a water bottle.

Leg Legend:

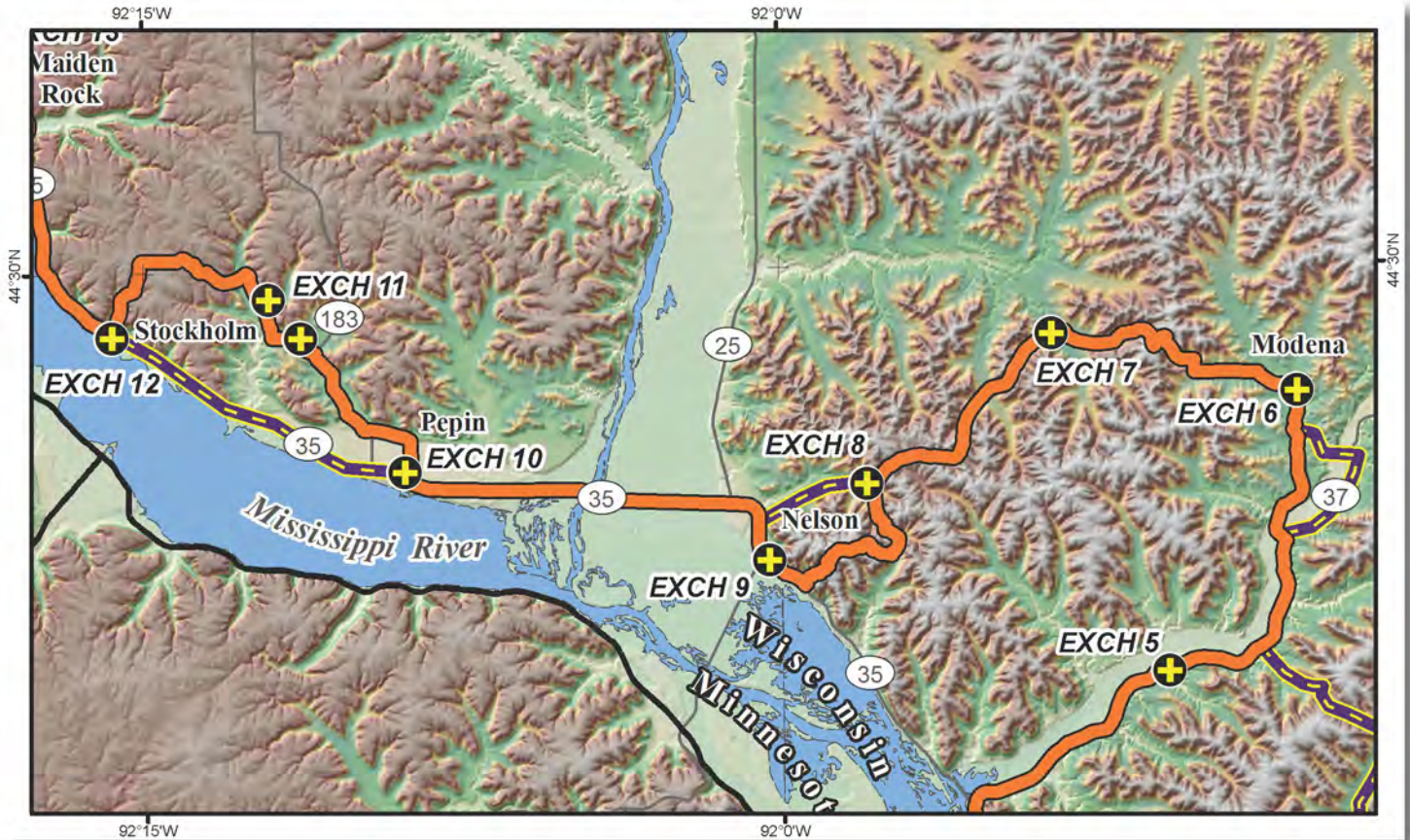
- 0.0 Depart Exchange 5 running against traffic on WI-37
- 4.2 Turn left onto CR-KK
- 6.9 Turn left to run against traffic on CR-J
- 7.6 Arrive at Exchange 6

Exchange 6 Address
 Modena Convenience Store
 S905 County Road J
 Mondovi, WI 54755
 GPS: 44.46487, -91.79737

GPS COORDS	
EXCH 5:	44.385, -91.849
EXCH 6:	44.464, -91.797
TOTAL ELEVATION LOSS: -380 FT.	
TOTAL ELEVATION GAIN: 478 FT.	
NET ELEVATION CHANGE: 98 FT.	



VAN 2 -- LEGS 7-12 -- 34.6 MILES

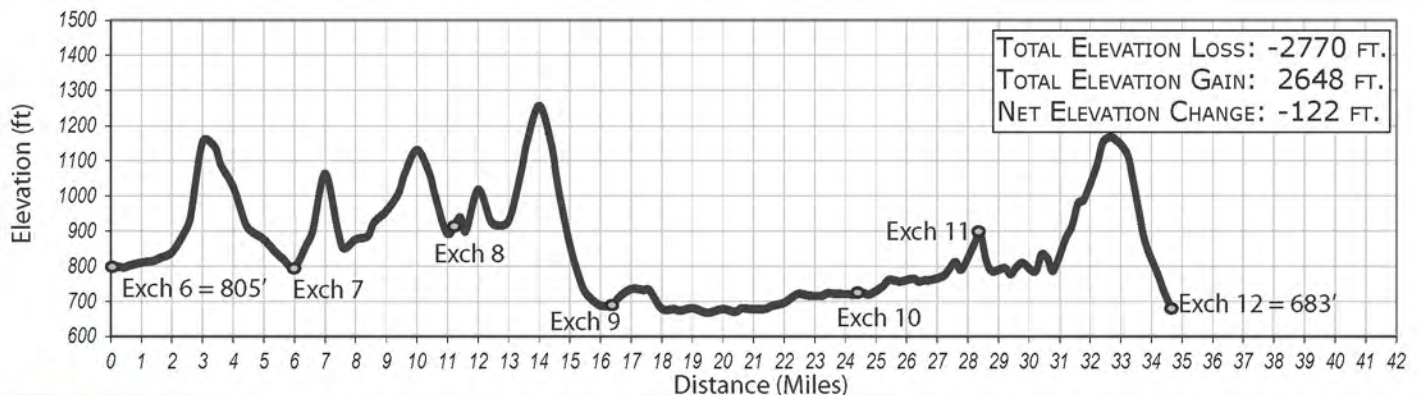


Van 1 Directions to Exchange 12:

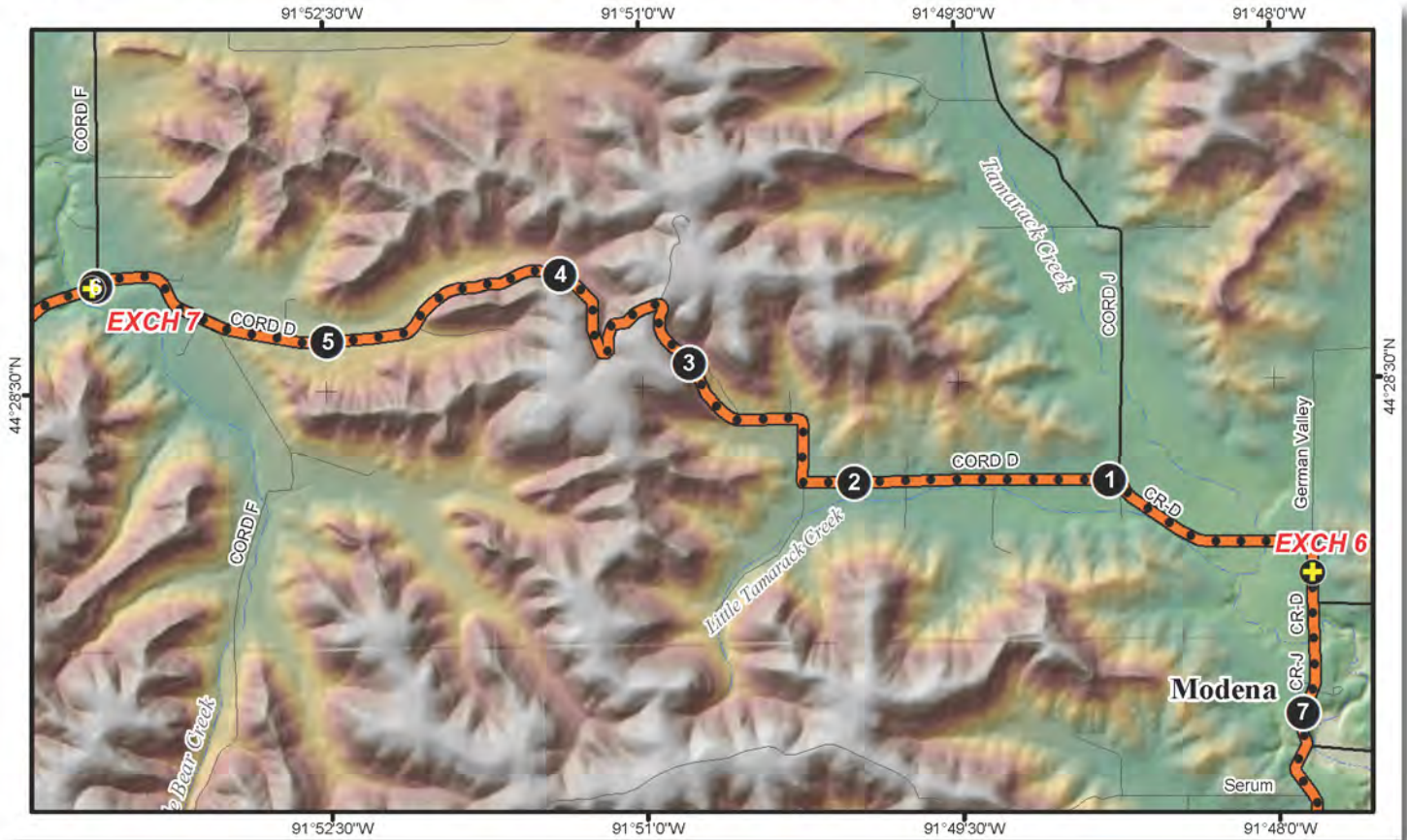
- 0.0 Depart Exchange 6 heading north on CR-J
- 0.1 Turn LEFT (W) onto CR-D
- 13.2 Turn RIGHT (W) onto WI-25/
WI-35 N/Great River Road
- 26.9 Turn LEFT (S) onto Spring Street
- 27.0 Arrive at Exchange 12

Exchange 12 Address

Stockholm Village Park
End of Spring Street
Stockholm, WI
GPS: 44.48131, -92.26311



LEG 7 -- 5.9 MILES -- HARD -- FULL VAN SUPPORT



Leg Notes:

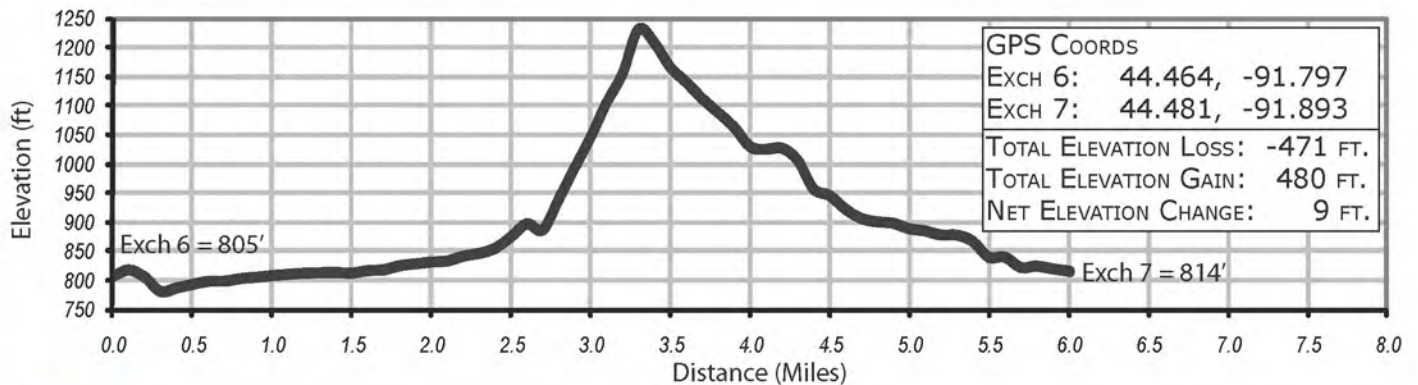
- 0.9 Turn left onto CR-D
- 2.1 Turn right to stay on CR-D
- 5.9 Arrive at Exchange 7

Parking for this exchange is along CR-F. Please use caution when crossing to the exchange and respect church grounds.

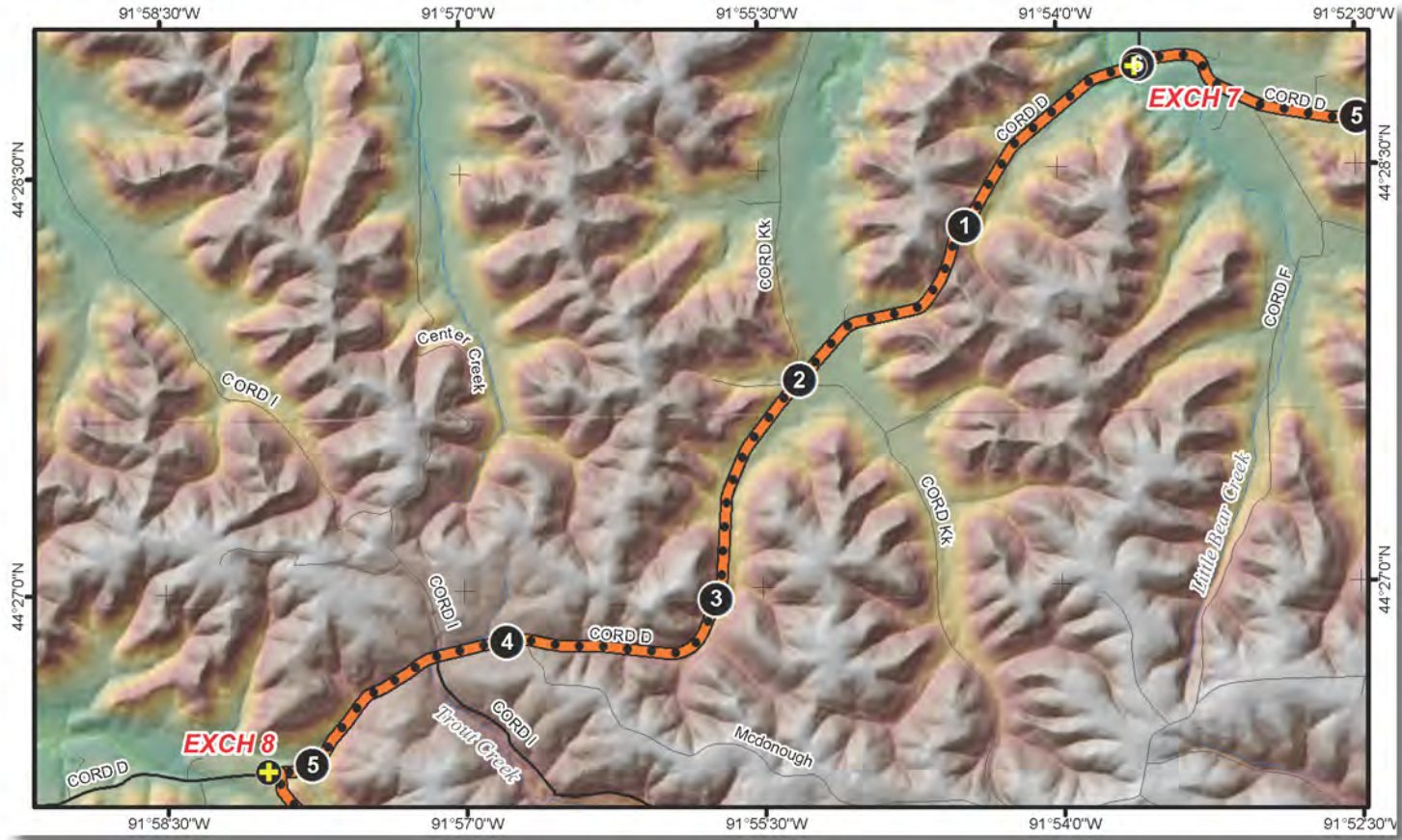
Exchange 7 Address
 Lyster Parish Hall
 GPS: 44.48101, -91.89321

Leg Legend:

- 0.0 Depart Exchange 6 running against traffic on CR-J



LEG 8 -- 5.2 MILES -- MODERATE -- FULL VAN SUPPORT



Leg Notes:

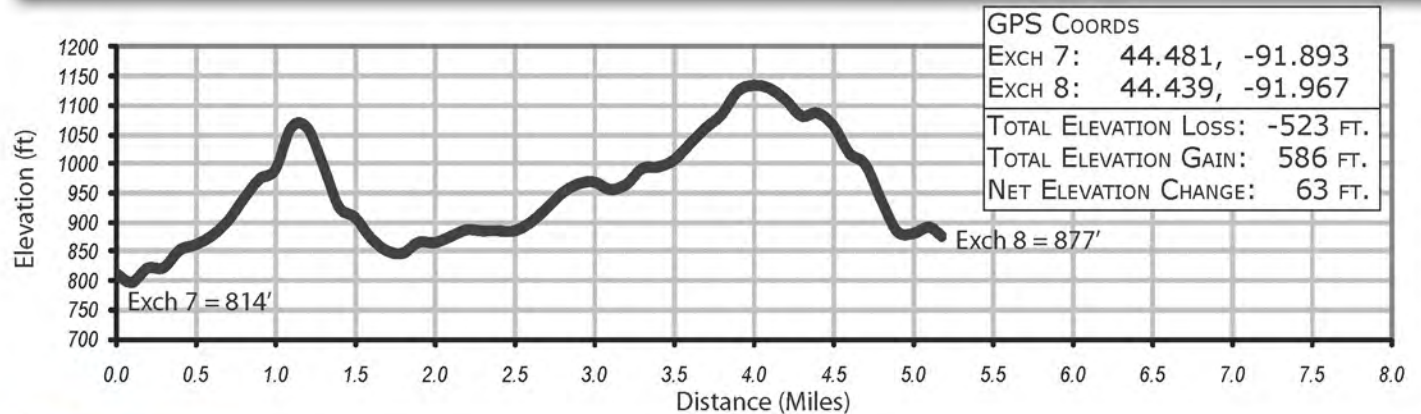
The exchange chute and parking lot are on opposite sides of the road. Please do not park vehicles on the street. Only the next runner will be allowed to cross the road to access the exchange.

Leg Legend:

- 0.0 Depart Exchange 7 heading southwest on CR-D running AGAINST traffic
- 5.2 Arrive at Exchange 8

Exchange 8

Nelson Town Hall
Deer Street and County Road D
Nelson, WI
GPS: 44.43927, -91.96676



LEG 9 -- 5.0 MILES -- VERY HARD -- PARTIAL NO VAN SUPPORT



Leg Notes:

This is a PARTIAL NO VAN SUPPORT LEG. Vans cannot support their runners once they turn right onto WI-35 and should proceed directly to the exchange point. Runners should plan accordingly and carry water.

Parking at the exchange is on the gravel only. Parking on the asphalt near the creamery must be left open

for local customers.

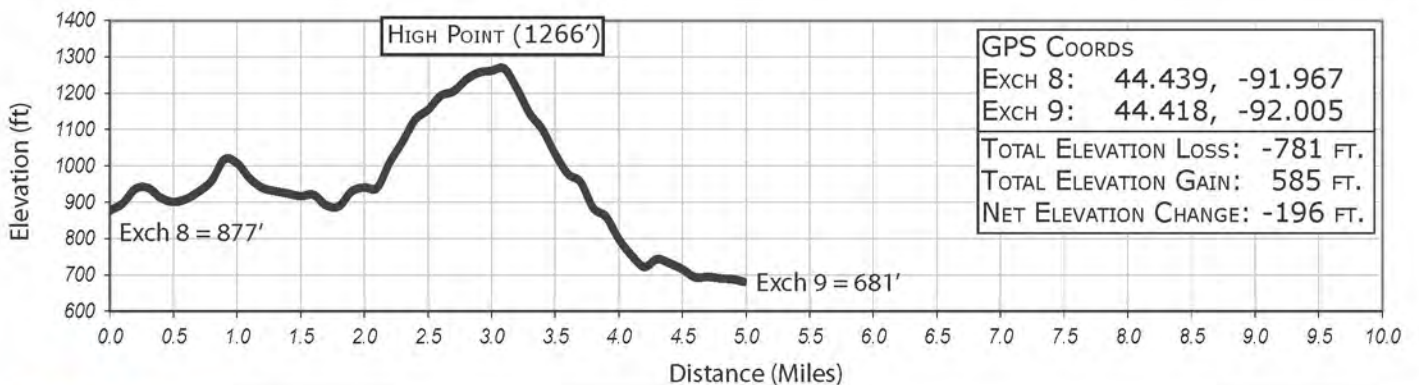
Leg Legend:

- 0.0 Depart Exchange 8 heading northeast on CR-D running WITH traffic
- 0.1 Turn RIGHT (S) onto Deer Creek Road to run AGAINST traffic
- 1.8 Turn a sharp RIGHT (W) onto Marke Bluff Road

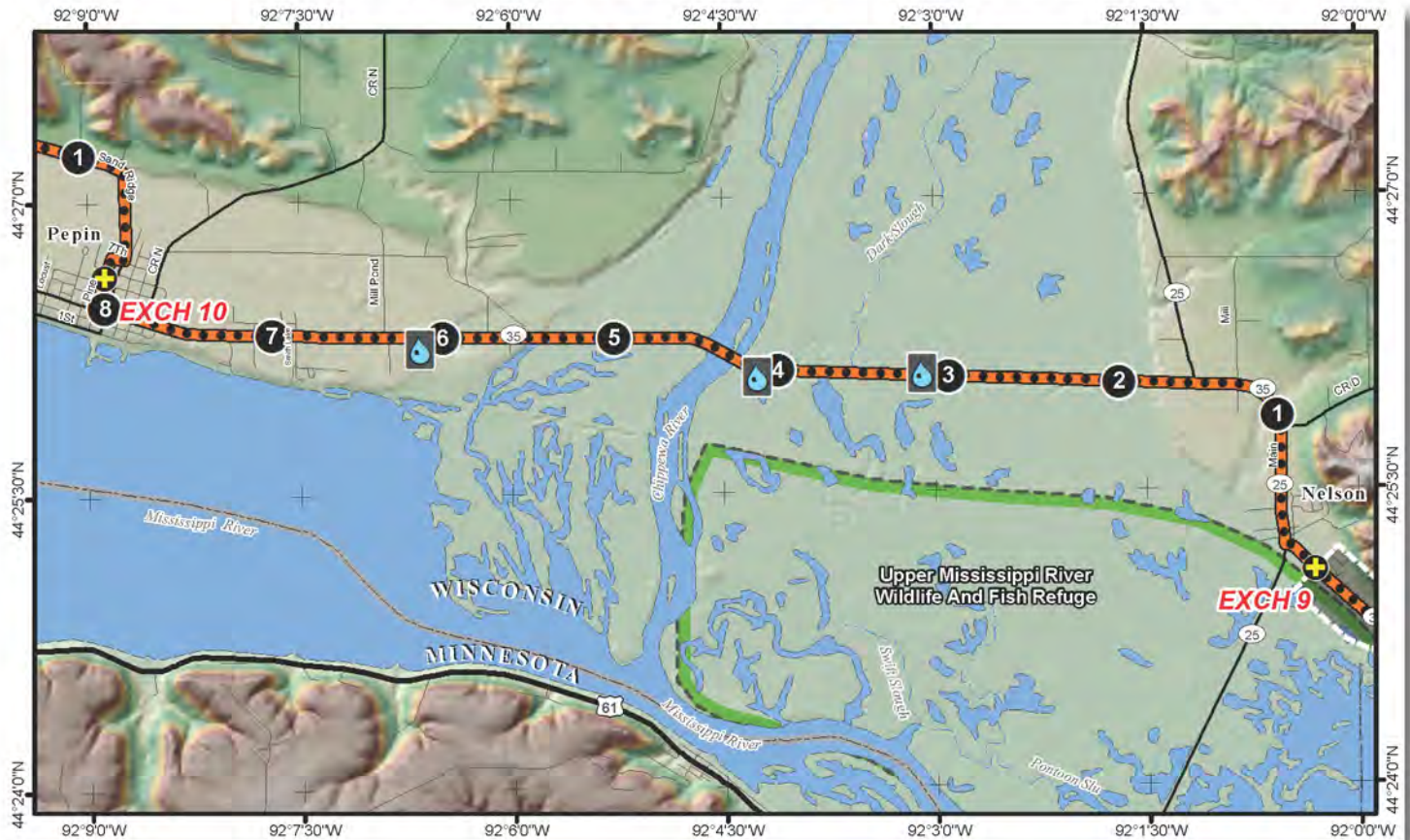
- 4.1 Turn RIGHT (NW) onto Main Street/WI-35
USE CAUTION WHEN CROSSING WI-35
- 5.0 Arrive at Exchange 9

Exchange 9 Address

Nelson Creamery
S237 N Main Street
Nelson, WI 54756
GPS: 44.41830, -92.00562



LEG 10 -- 8.2 MILES -- VERY HARD -- NO VAN SUPPORT



Leg Notes:

This is a NO VAN SUPPORT/NO PULLING OVER LEG. Ragnar will provide three water stations on this leg. As part of our sustainability efforts, these water stations will not have cups. Please plan accordingly and carry a water bottle.

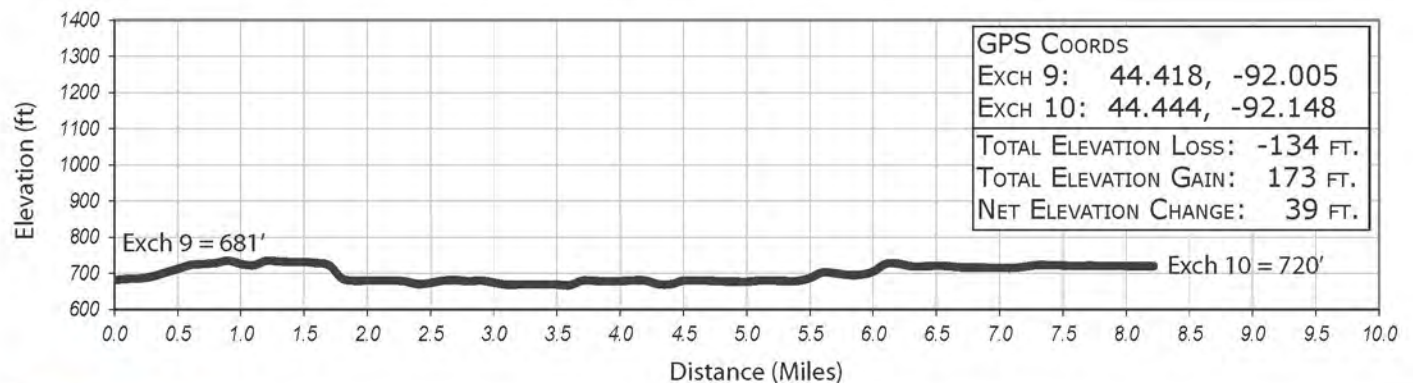
Please note: There will NOT BE restrooms at Exchange 11.

Leg Legend:

- 0.0 Depart Exchange 9 following police instruction to cross Main Street/WI-35 and run with traffic on the sidewalk
- 0.2 Turn right to run with traffic on Main Street
- 0.3 Use the cross walk at Jefferson Street to cross Main Street and run against traffic
- 1.1 Continue left onto Great River Road/WI-35

- 8.0 Turn right onto Pine Street
- 8.2 Arrive at Exchange 10

Exchange 10 Address
 Pepin High School
 510 Pine Street
 Pepin, WI 54759
 GPS: 44.44394, -92.14800



LEG II - 4.0 TO 5.3 MILES - MODERATE - NO VAN SUPPORT



Leg Notes:

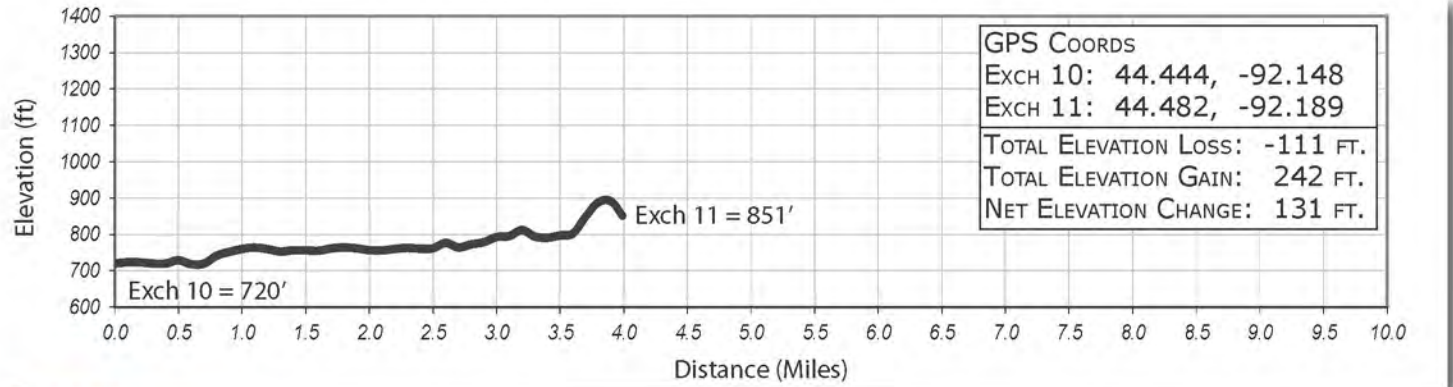
Exchange 11 is a Choose-Your-Own Exchange. There will be a 1.5 mile exchange zone. The Exchange Zone begins approximately .05 miles on Lost Creek Road. You may exchange runners anywhere within the Exchange Zone. Make sure you pull your vehicle as far off the road as possible in a safe and legal place. There will be no

restrooms at this exchange. A portion of this leg is run on gravel roads.

Leg Legend:

- 0.0 Depart Exchange 10 running AGAINST traffic on Pine Street
- 0.1 Turn RIGHT (E) onto 7th Street and run AGAINST traffic

- 0.2 Turn LEFT (N) onto Sand Ridge Road
- 1.6 Continue Running on CR-CC
- 3.5 Turn LEFT (W) onto Lost Creek Road
- 4.0-5.3 *Begin Exchange Zone 0.5 mile on Lost Creek Rd.*



LEG 12 -- 4.9 TO 6.2 MILES -- HARD -- FULL VAN SUPPORT



Leg Notes:

Parking and venue amenities are located at the park. Please use caution when driving through Stockholm. A portion of this leg is run on gravel roads.

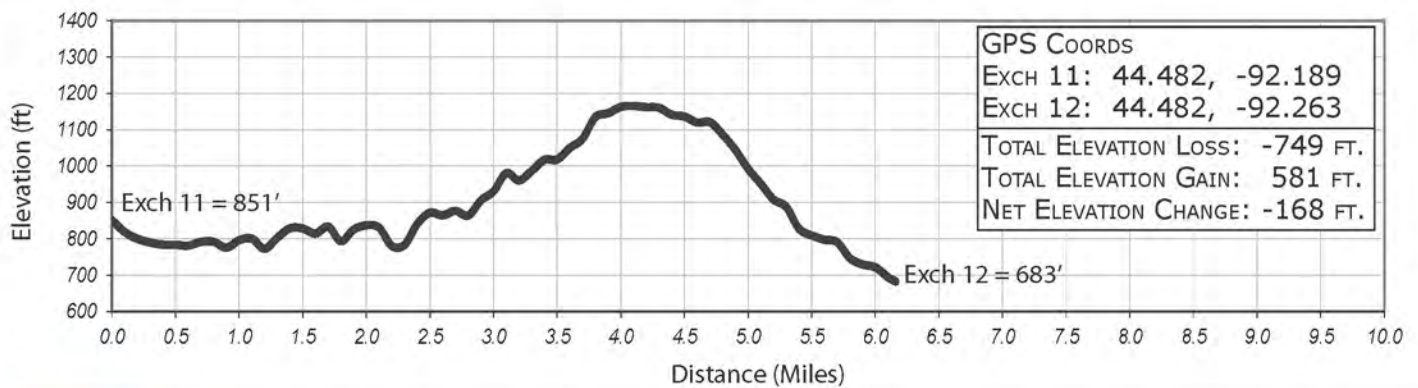
Leg Legend:

- 0.0 Depart Exchange 11 heading north on Bogus Road running AGAINST traffic
- 0.0 *End Exchange Zone at Bogus Rd. and Foster Rd. intersection*
- 0.0 Turn LEFT (E) onto Foster Road
- 4.2 Continue on Foster Road as it

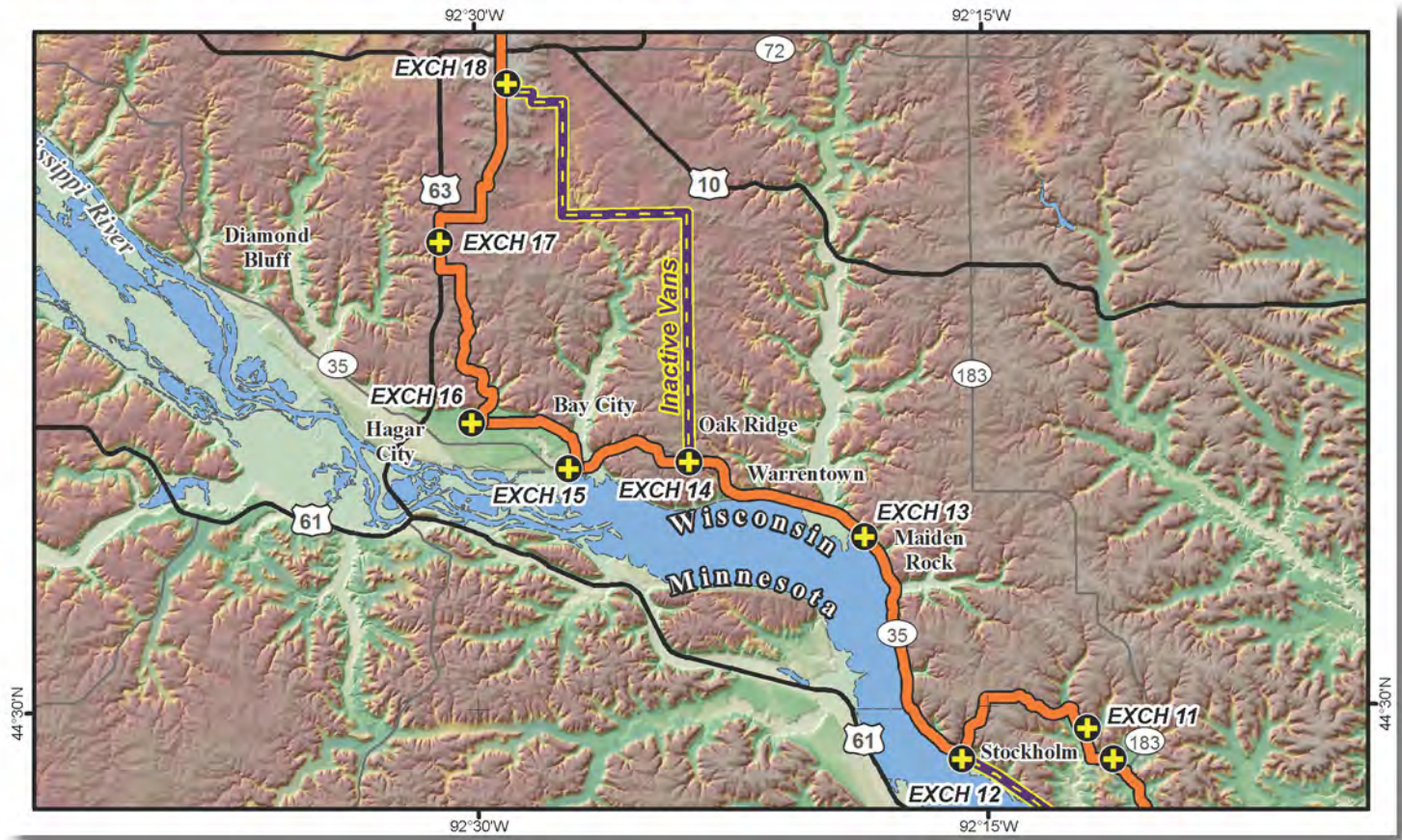
turns into CR-J and eventually Spring Street

4.9-6.2 Arrive at Exchange 12

Exchange 12 Address
 Stockholm Village Park
 End of Spring Street
 Stockholm, WI
 GPS: 44.48131, -92.26311



VAN 1 -- LEGS 13-18 -- 29.4 MILES



- Van 2 Directions to Exchange 18**
- 0.0 Head northwest on Great River Road
 - 11.3 Turn right onto County Rd D
 - 18.4 Turn left onto County Road V
 - 21.4 Turn right onto County Road C
 - 24.2 Turn left onto 490th Ave/W Ridge Road
 - 25.5 Turn right onto S Piety Street
 - 25.8 Turn left onto Panther Drive
 - 25.8 Arrive at Exchange 18

Exchange Notes
 This exchange is right in the middle of quiet neighborhood. Please respect residents and try to keep noise to a minimum.

Exchange 18 Address
 Ellsworth Middle School
 312 Panther Drive
 Ellsworth, WI 54011
 GPS: 44.72592, -92.48434



LEG 13 -- 6.4 MILES -- HARD -- NO VAN SUPPORT

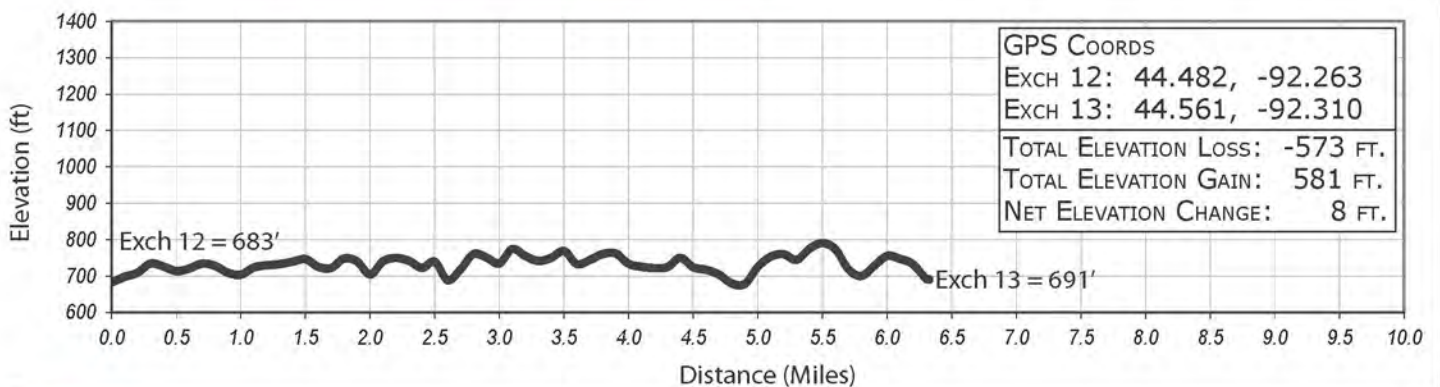
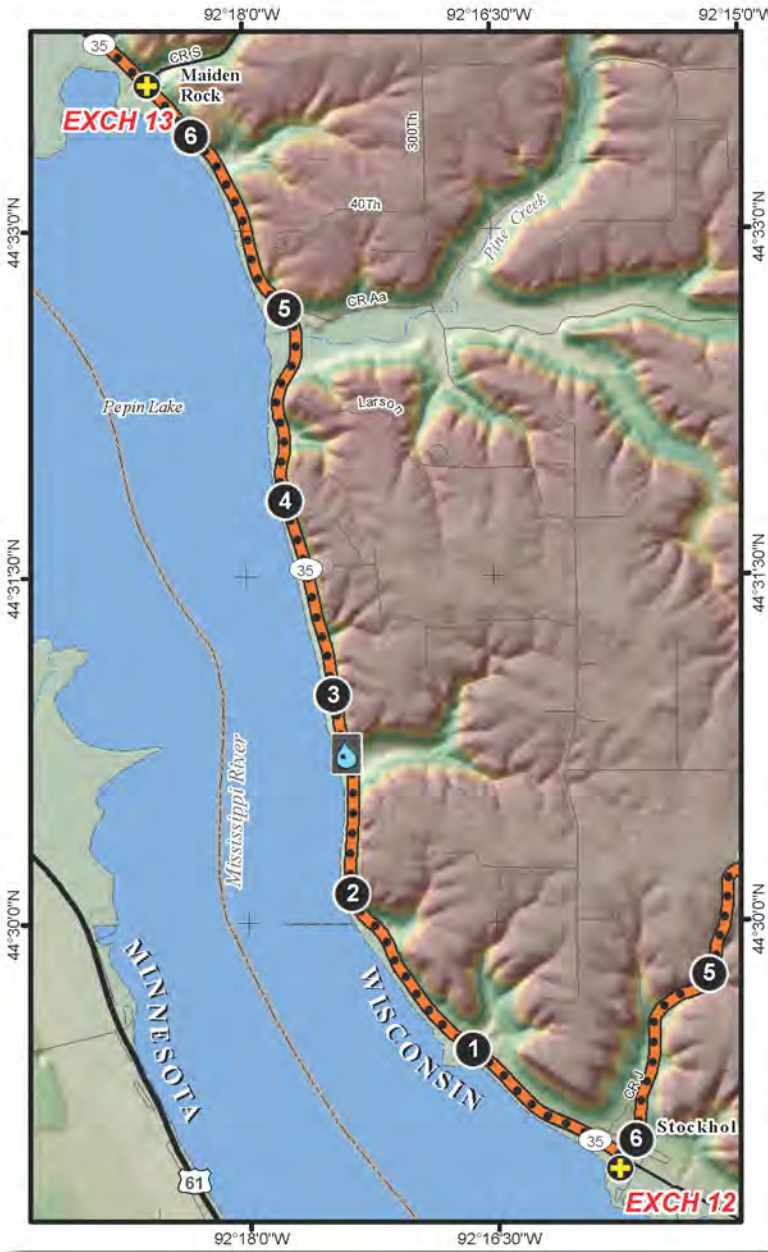
LEG NOTES:

This is a NO VAN SUPPORT LEG. Ragnar will provide one water station on this leg. As part of our sustainability efforts, these water stations will not have cups. Please plan accordingly and carry a water bottle.

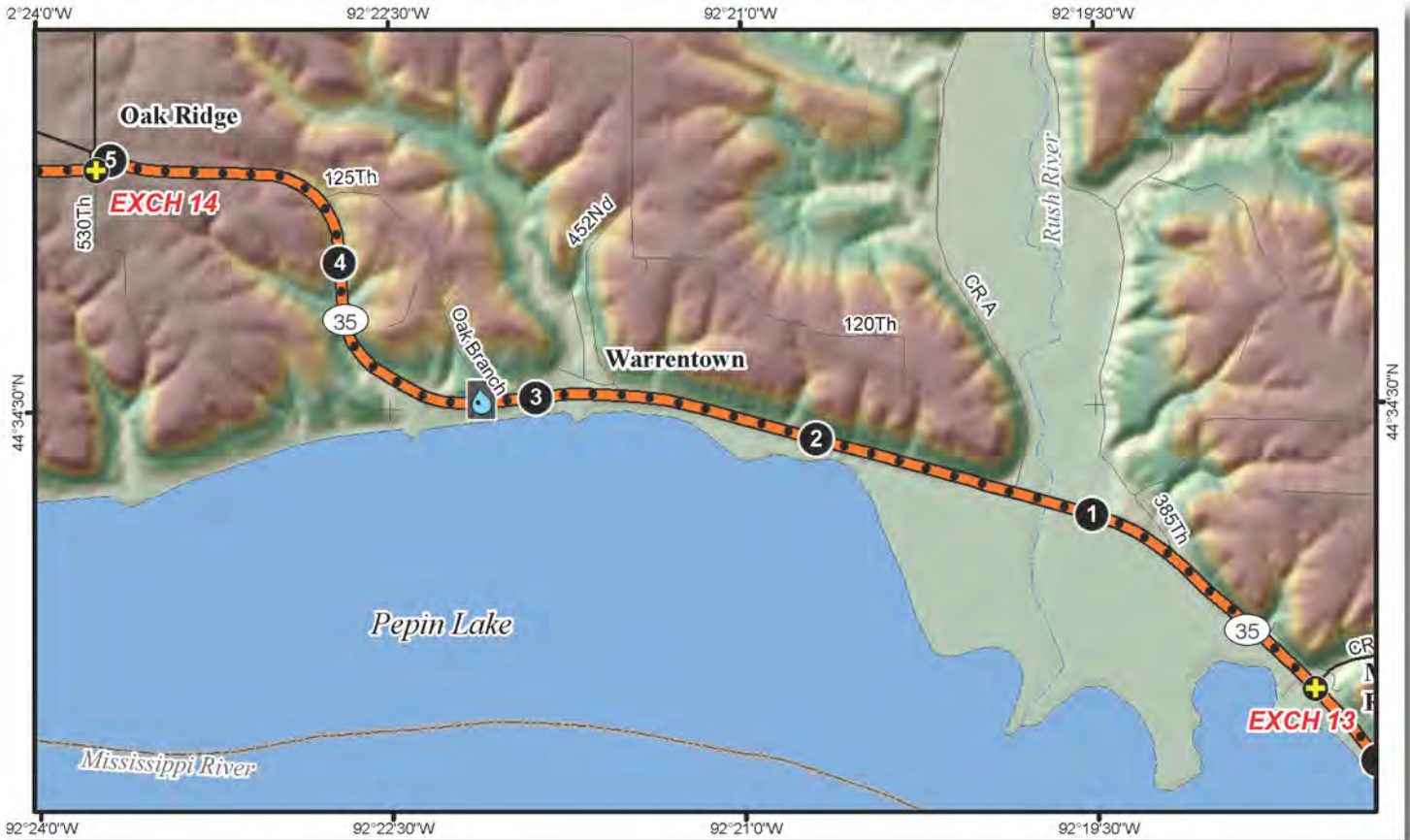
LEG LEGEND:

- 0.0 Depart Exchange 12 running northeast on Spring Street
- 0.1 Turn left to run against traffic on Great River Road
- 6.3 Turn left onto Chestnut Street
- 6.4 Arrive at Exchange 13

Exchange 13 Address
 Maiden Rock Village Park
 W3505 WI-35
 Maiden Rock, WI 54750
 GPS: 44.55994, -92.30915



LEG 14 -- 5.2 MILES -- MODERATE -- NO VAN SUPPORT



LEG NOTES:

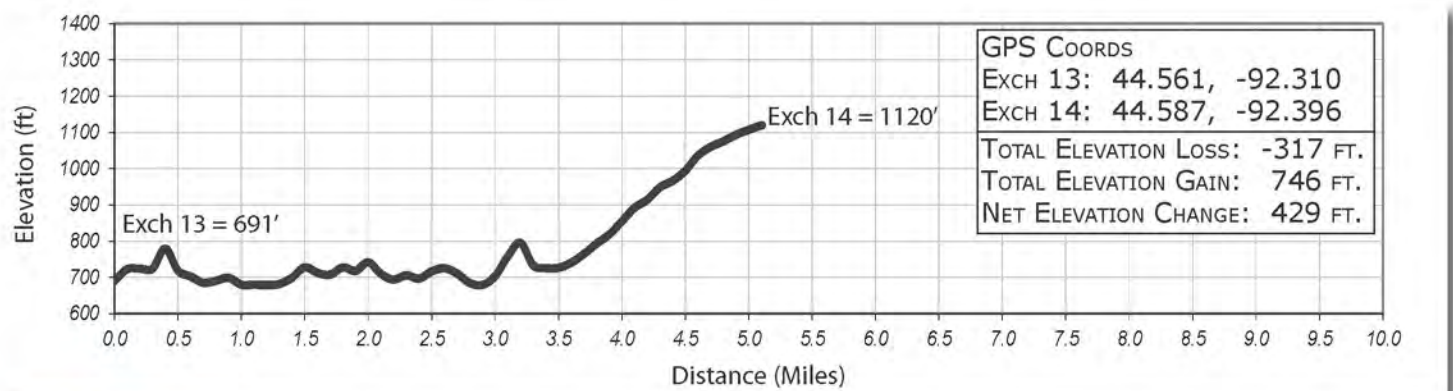
This is a NO VAN SUPPORT LEG. Ragnar will provide one water station on this leg. As part of our sustainability efforts, these water stations will not have cups. Please plan accordingly and carry a water bottle.

LEG LEGEND:

- 0.0 Depart Exchange 13 heading northwest on WI-35/Great River Road running AGAINST traffic
- 5.0 Turn LEFT (S) onto 530th Street and run WITH traffic
- 5.1 Turn right to run against traffic on 130th Street
- 5.2 Arrive at Exchange 14

Exchange 14 Address

Brownseed Genetics
 N1279 530th Street
 Bay City, WI 54723
 GPS: 44.58719, -92.39651



LEG 15 -- 3.3 MILES -- EASY -- NO VAN SUPPORT



LEG NOTES:

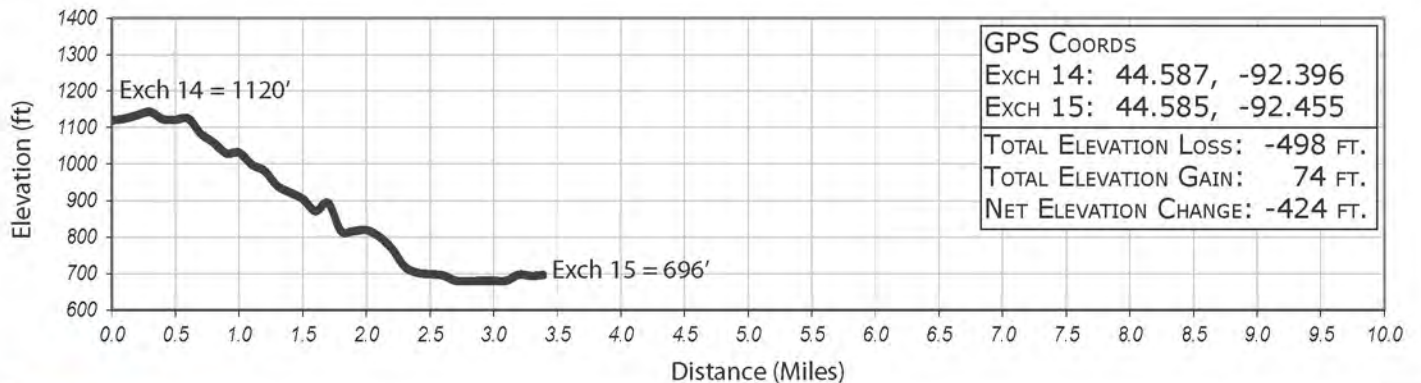
This is a NO VAN SUPPORT LEG. Runners should plan accordingly and carry water.

LEG LEGEND:

- 0.0 Depart Exchange 14 running against traffic on 130th Street
- 0.6 Turn right on 560th Street

- 1.0 Turn left to run against traffic on WI-35
- 3.1 At CR-EE cross to run with traffic on WI-35. PLEASE USE CAUTION WHEN CROSSING.
- 3.3 Arrive at Exchange 15

Exchange 15 Address
 Mike's Baytown Liquor
 W6454 WI-35
 Bay City, WI 54723
 GPS: 44.58537, -92.45404



LEG 16 -- 3.4 MILES -- EASY -- FULL VAN SUPPORT



LEG NOTES:

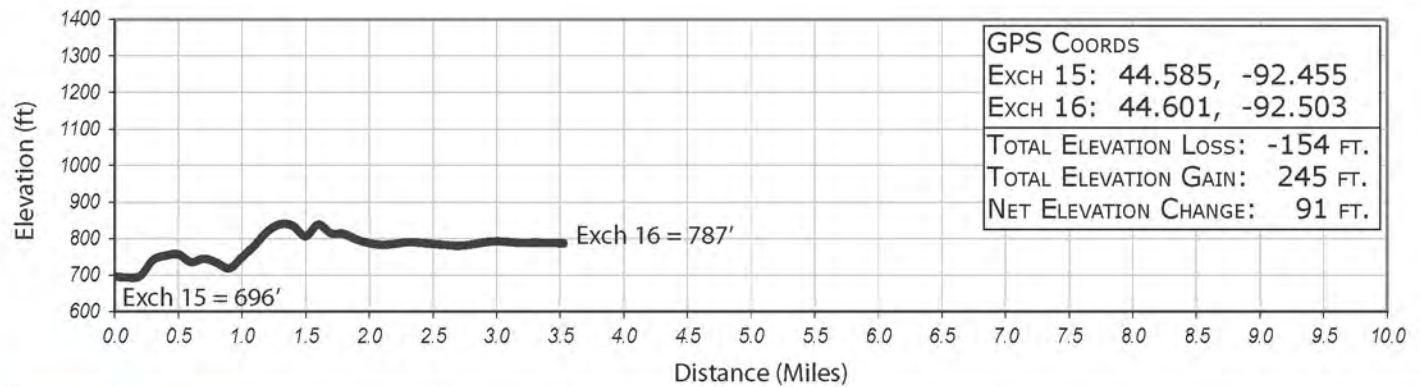
This is a QUIET EXCHANGE. Please be respectful of local residents and keep volume down.

A portion of this leg will run on gravel roads.

LEG LEGEND

- 0.0 Depart Exchange 15 running against traffic on WI-35
- 0.2 Turn left to run against traffic on CR-EE
- 0.9 Turn left onto 170th Avenue
- 1.8 Turn left to run against traffic on 170th Avenue
- 3.4 Arrive at Exchange 16

Exchange 16 Address
 Prairie View Elementary School
 W7375 170th Avenue
 Hager City, WI 54014
 GPS: 44.60122, -92.50016



LEG 17 -- 5.9 MILES -- HARD -- PARTIAL NO VAN SUPPORT

LEG NOTES:

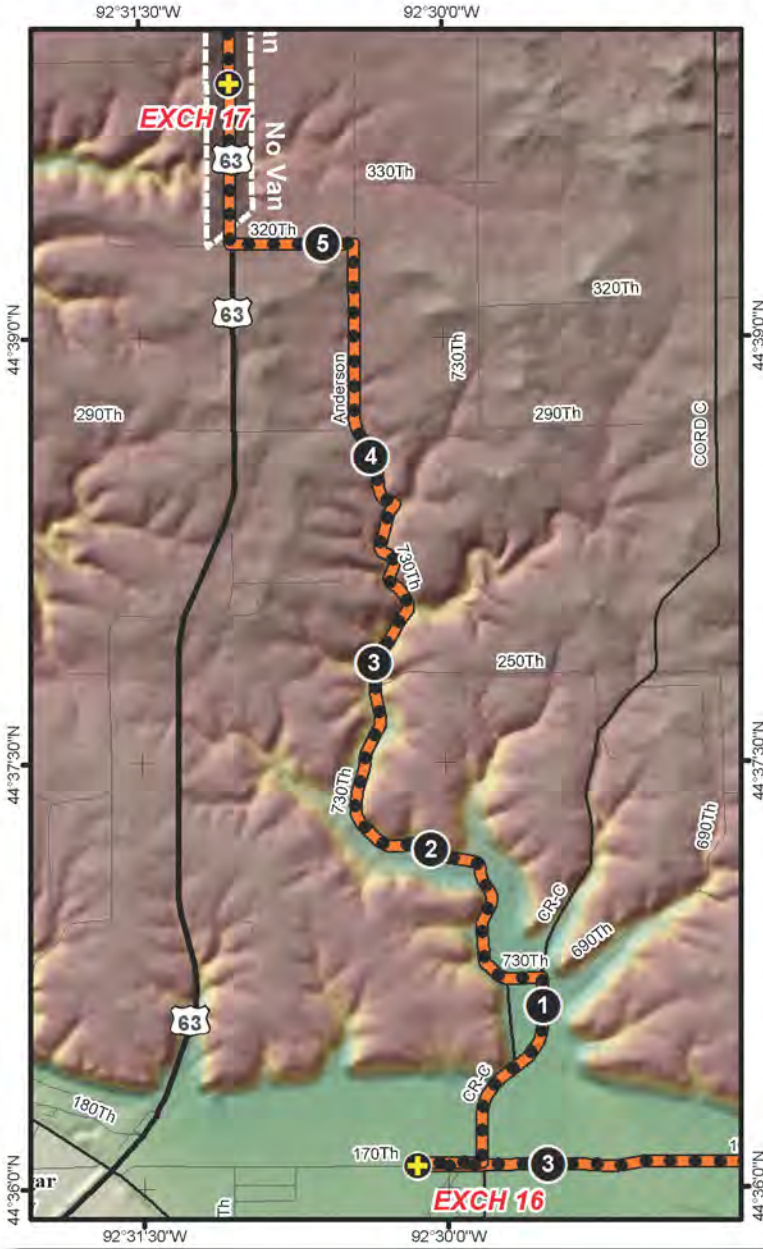
This is a QUIET EXCHANGE. Please be respectful of local residents and keep volume down.

Teams CANNOT SUPPORT runners on Highway 63 (the last 3/4 mile of the leg). Runners should plan accordingly and carry water.

LEG LEGEND:

- 0.0 Depart Exchange 16 running with traffic on 170th Avenue
- 0.2 Turn left to run against traffic on CR-C
- 1.0 Turn left to run against traffic on 730th Street
- 3.6 Turn left to run against traffic on 290th Avenue
- 4.0 Continue straight onto 750th Street
- 4.8 Turn left to run against traffic on 320th Avenue
- 5.2 Turn right to run with traffic on US Hwy 63
- 5.9 Arrive at Exchange 17

Exchange 17 Address
Lindgren Elementary
3470 US-63
Hager City, WI 54014



GPS COORDS

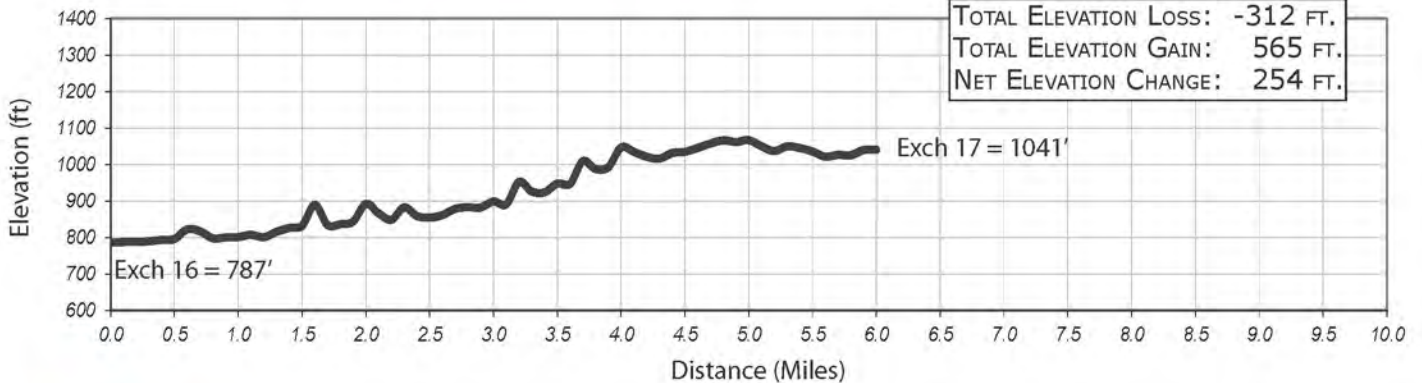
EXCH 16: 44.601, -92.503

EXCH 17: 44.665, -92.518

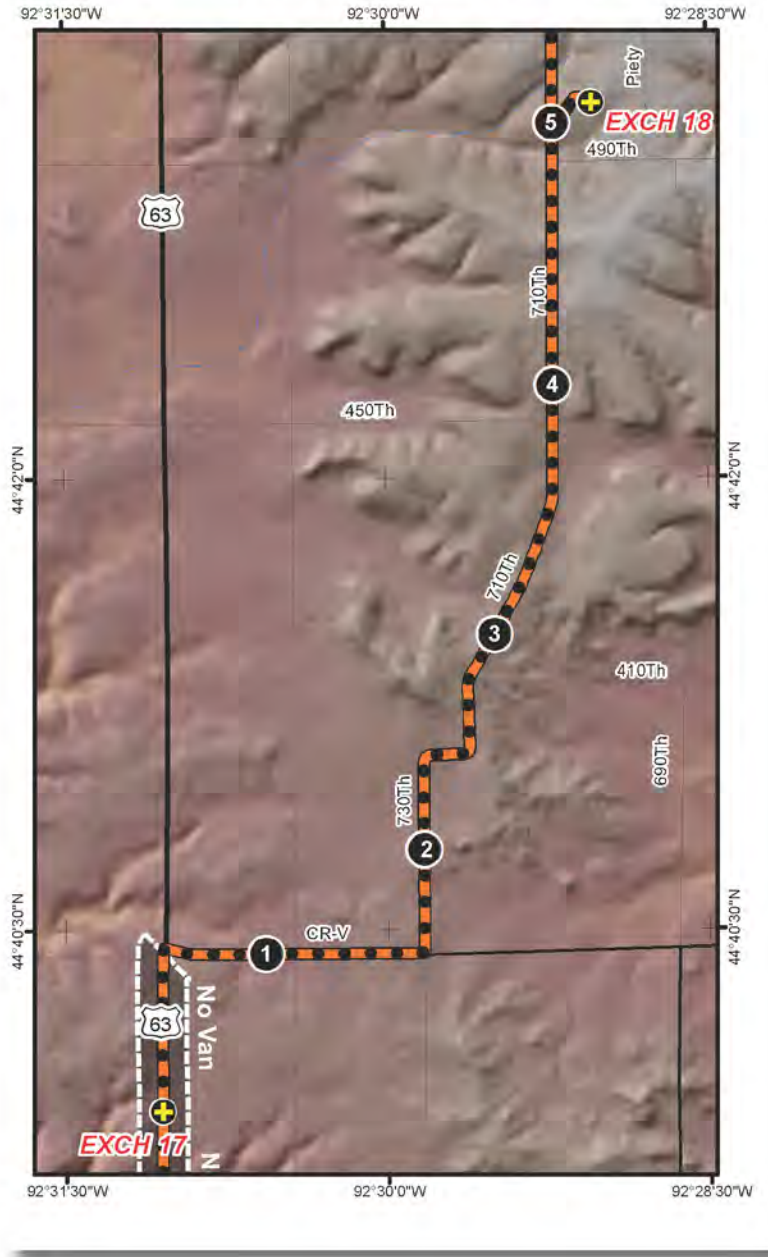
TOTAL ELEVATION LOSS: -312 FT.

TOTAL ELEVATION GAIN: 565 FT.

NET ELEVATION CHANGE: 254 FT.



LEG 18 -- 5.2 MILES -- MODERATE -- PARTIAL NO VAN SUPPORT



LEG NOTES:

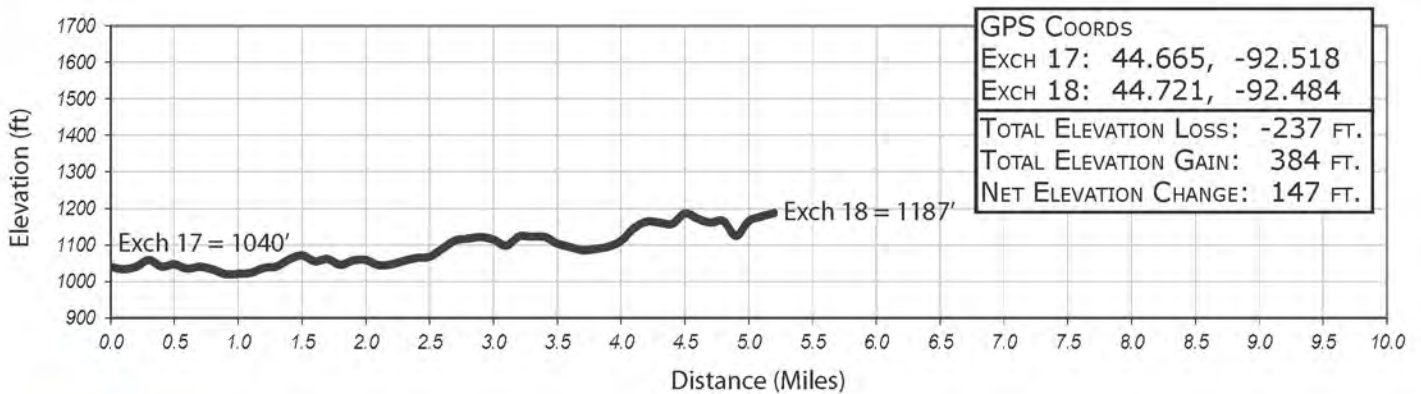
This is a QUIET LEG/EXCHANGE. Please be respectful of local residents and keep volume down.

Teams CANNOT SUPPORT runners on Highway 63 (the first 1/2 mile of the leg). Runners should plan accordingly and carry water.

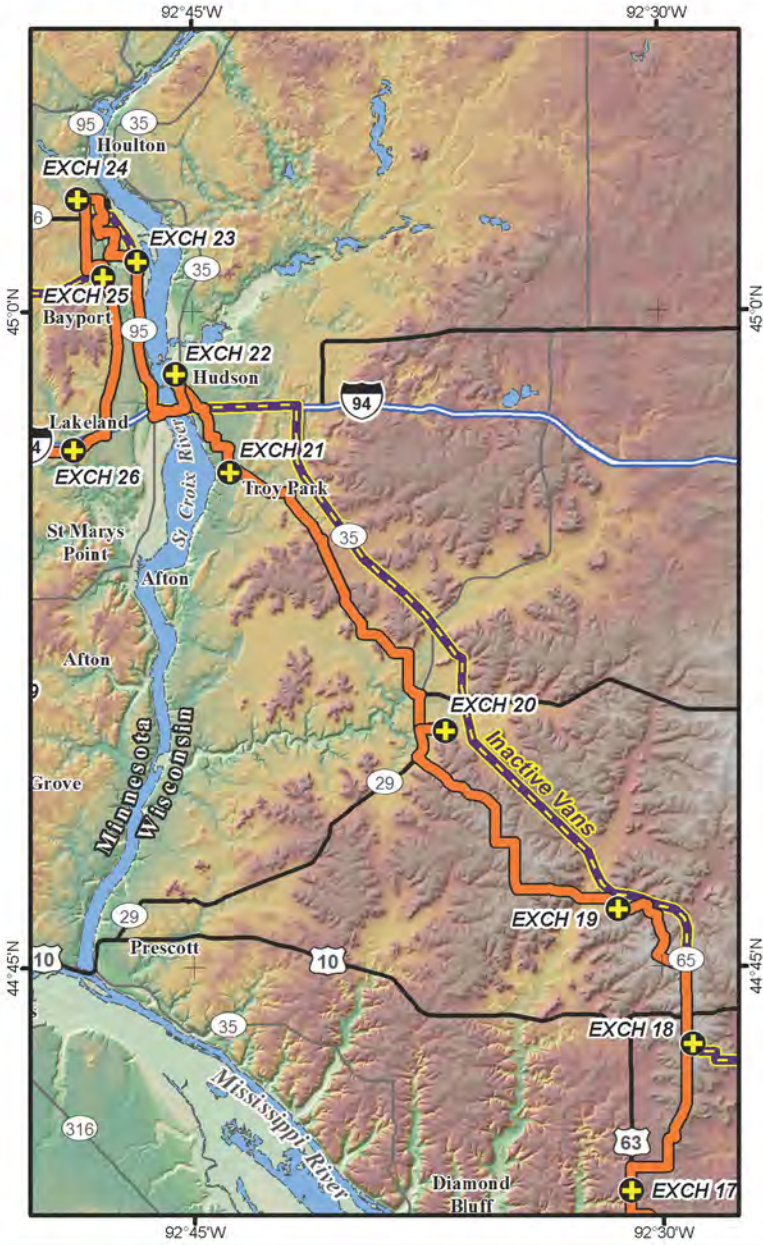
LEG LEGEND:

- 0.0 Depart Exchange 17 running with traffic on US Hwy 63
- 0.6 Turn right to run against traffic on CR-V
- 1.6 Turn left to run against traffic on 730th Street
- 5.0 Turn right to with traffic on Panther Drive
- 5.2 Arrive at Exchange 18

Exchange 18 Address
 Ellsworth Middle School
 312 Panther Drive
 Ellsworth, WI 54011
 GPS: 44.72592, -92.48434



VAN 2 -- LEGS 19-24 -- 40.2 MILES

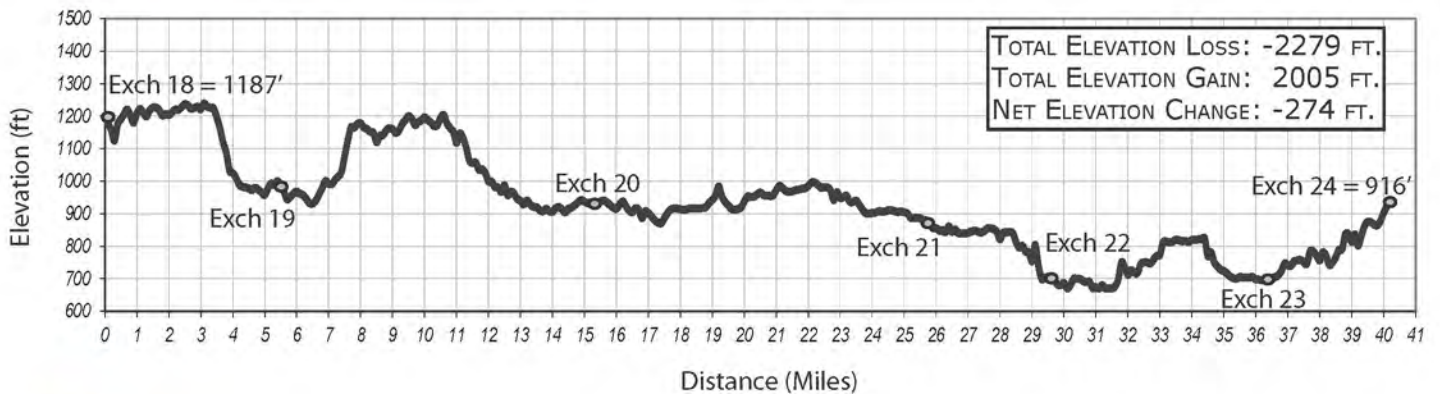


Van 1 Directions to Exchange 24

- 0.0 Head west on Panther Dr/High Point Drive
- 0.3 Turn right onto S Maple Street
- 2.9 Continue onto WI-65 N
- 22.0 Merge onto I-94 W
- 26.0 Take exit 258 for MN-95 N toward Washington County 18/Stillwater
- 26.2 Turn right onto St Croix Trail
- 31.5 Turn left onto MN-36 W
- 32.2 Turn right onto County Hwy 24/N Os good Avenue
- 32.7 Turn left onto 65th Street/Orleans Street W
- 32.8 Turn right onto 6th Street S
- 33.0 Turn left
- 33.0 Arrive at Exchange 24

Exchange 24 Address

Stillwater Junior High School
 523 Marsh Street West
 Stillwater, MN
 GPS: 45.04304, -92.81201



LEG 19 -- 5.6 MILES -- HARD -- FULL VAN SUPPORT

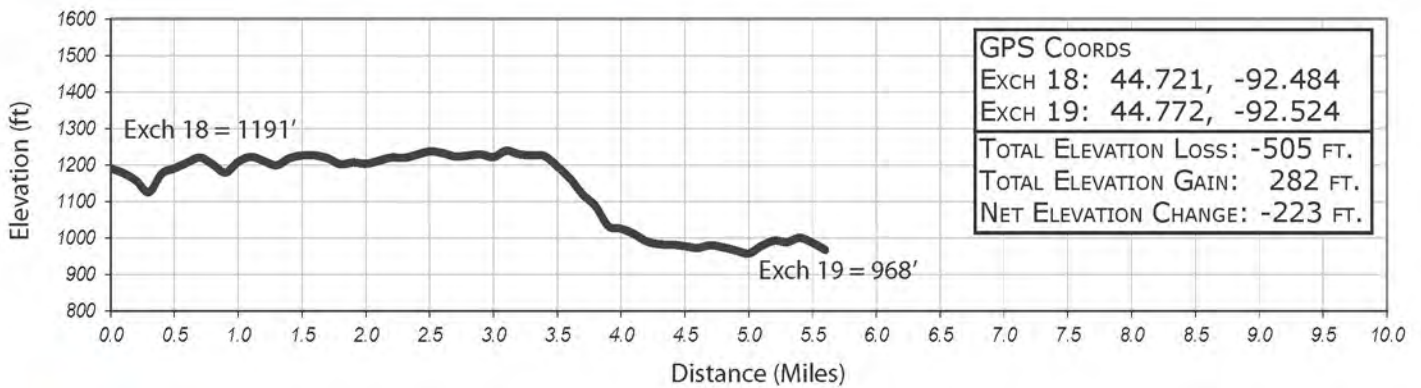
LEG NOTES:

This is a QUIET EXCHANGE. Please respect Residents and keep noise to a minimum.

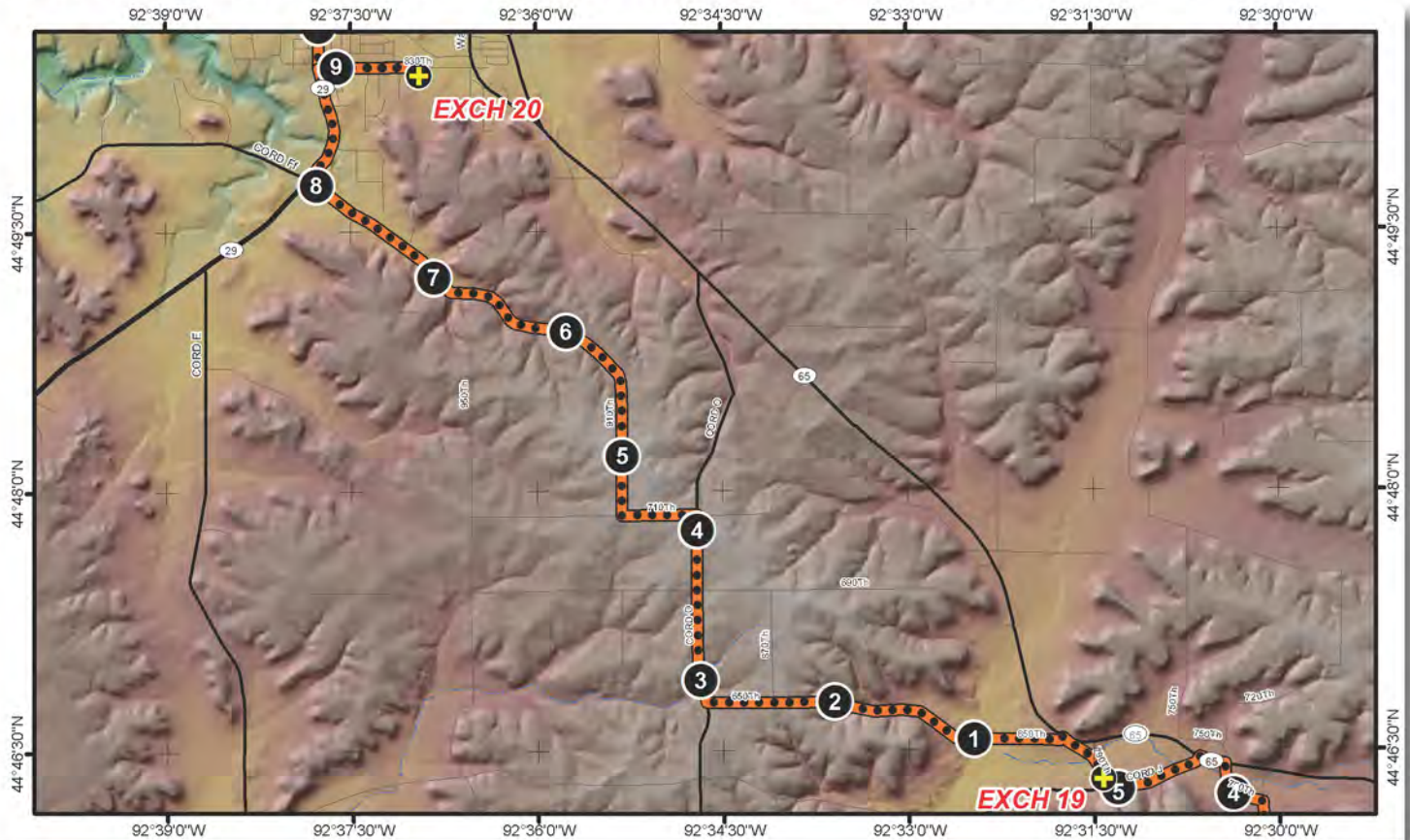
LEG LEGEND:

- 0.0 Depart Exchange 18 running against traffic on Panther Drive
- 0.2 Turn right to run against traffic on S Maple Street
- 2.3 Turn left to run against traffic on Crosstown road
- 3.0 Turn right onto 740th Street
- 4.2 Turn left onto 750th Street
- 4.6 Turn left onto CR-J
- 4.8 Turn left to stay on CR-J
- 5.4 Turn right onto 790th Street
- 5.6 Arrive at Exchange 19

Leg 19 Address
 Helmer Printing
 N6402 790th Street
 Beldenville, WI 54003
 GPS: 44.77175, -92.52360



LEG 20 -- 9.6 MILES -- VERY HARD -- FULL VAN SUPPORT



LEG NOTES:

This is a QUIET EXCHANGE. Please respect Residents and keep noise to a minimum.

A portion of this leg will run on gravel roads.

LEG LEGEND:

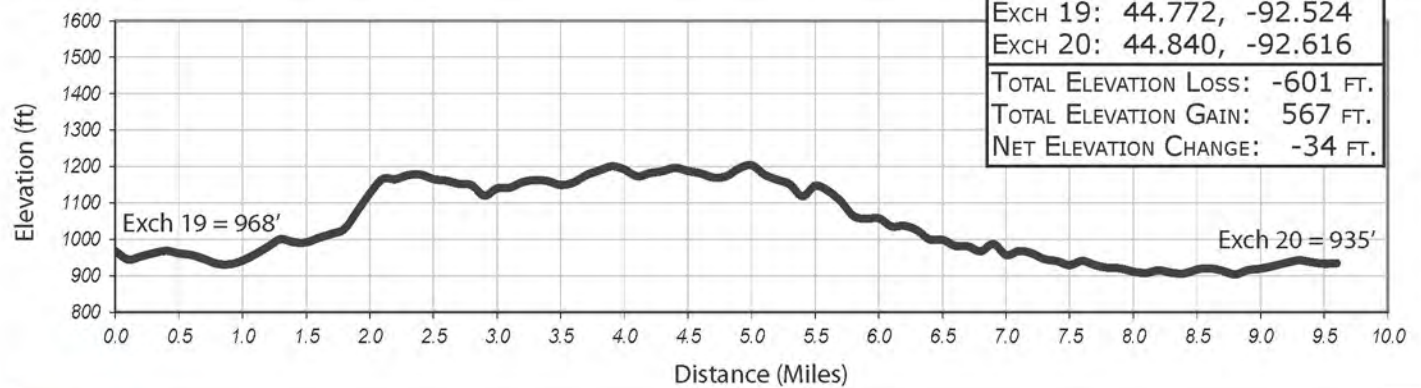
0.0 Depart Exchange 19 heading north on 790th Street running

- 0.4 AGAINST traffic
- 0.4 Turn LEFT (W) onto 650th Avenue
- 2.8 Turn RIGHT (N) onto CR-O
- 4.1 Turn LEFT (W) onto 710th Avenue
- 4.6 Turn RIGHT (N) onto 910th Street
- 6.8 Continue onto Happy Valley Road
- 8.1 Turn RIGHT (NE) onto Hwy 29 to run WITH traffic on path
- 8.9 Turn RIGHT (E) onto 830th

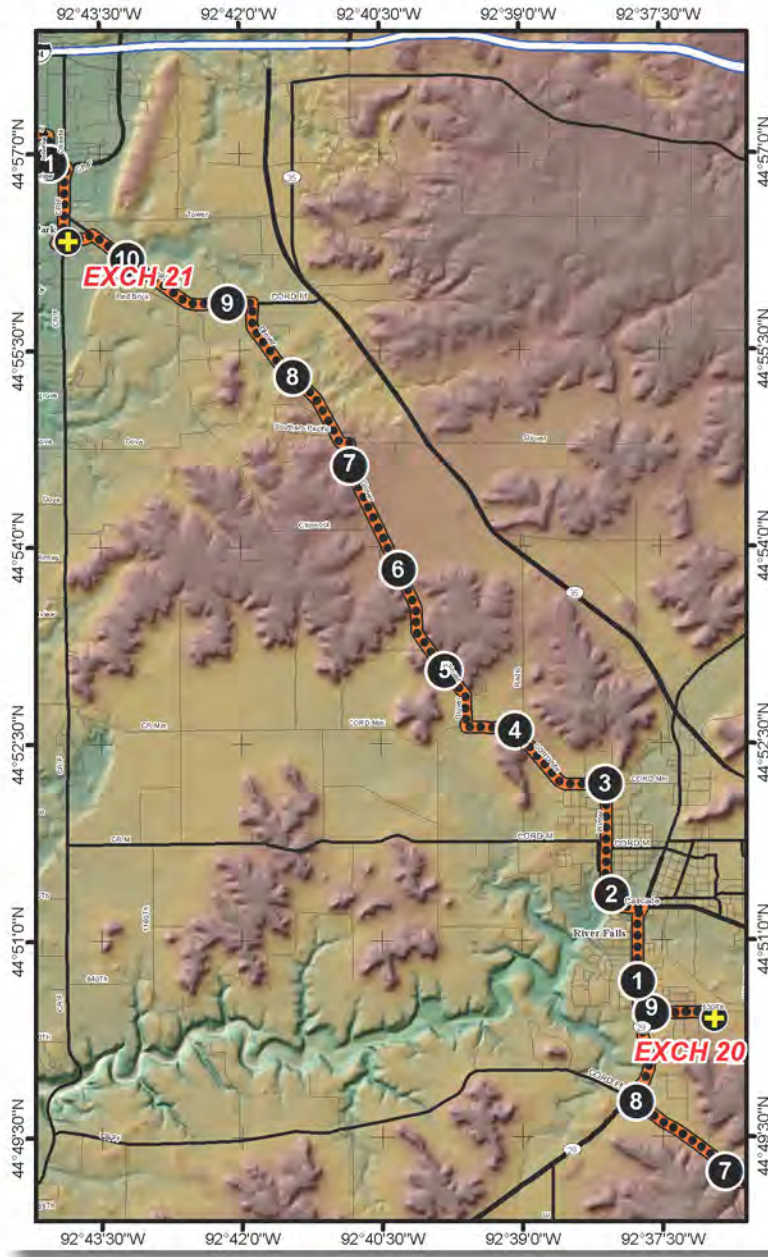
9.5 Avenue/Cemetery Road
Arrive at Exchange 20

Exchange 20 Address
Wildcat Centre Arena
861 Cemetery Road
River Falls, WI 54022

GPS COORDS	
EXCH 19:	44.772, -92.524
EXCH 20:	44.840, -92.616
TOTAL ELEVATION LOSS: -601 FT.	
TOTAL ELEVATION GAIN: 567 FT.	
NET ELEVATION CHANGE: -34 FT.	



LEG 21 -- 10.6 MILES -- VERY HARD -- FULL VAN SUPPORT



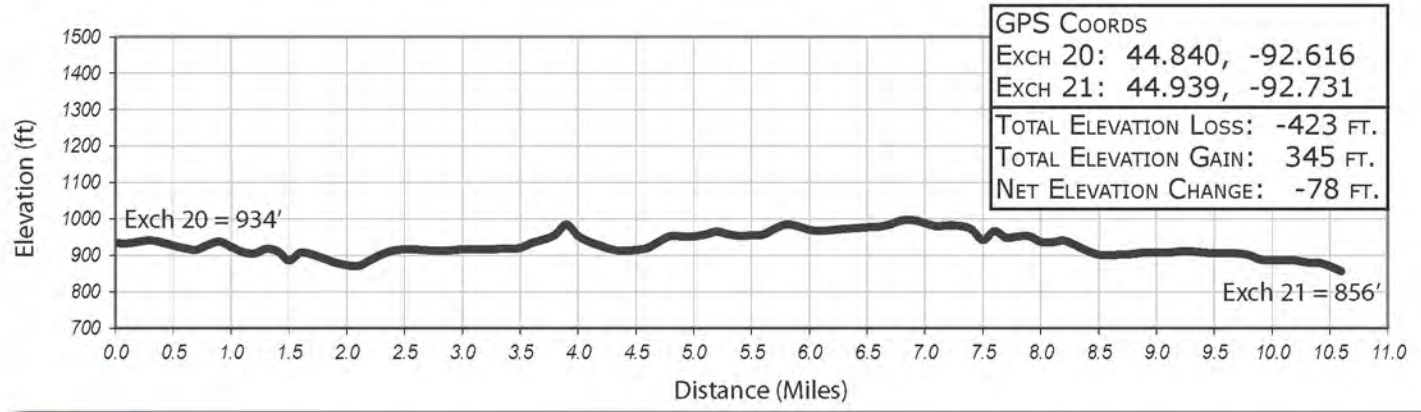
LEG NOTES:

Vans must park in the school parking lot.

LEG LEGEND:

- 0.0 Depart Exchange 20 running with traffic on Cemetery Road
- 0.6 Turn right to run with traffic on Main Street
- 1.5 Turn left to run against traffic on Cascade Ave
- 1.7 Continue as Cascade Ave veers right and turns into Winter Street
- 2.9 Turn left onto CR-MM
- 4.3 Turn right onto S Glover Road
- 7.1 Turn left onto N Glover Road
- 8.7 Turn left onto CR-FF
- 10.2 Turn left into school parking lot
- 10.5 Arrive at Exchange 21

Exchange 21 Address
 River Crest Elementary School
 535 County Road F
 Hudson, WI 54016
 GPS: 44.93901, -92.73049



LEG 22 --3.8 MILES -- EASY -- FULL VAN SUPPORT

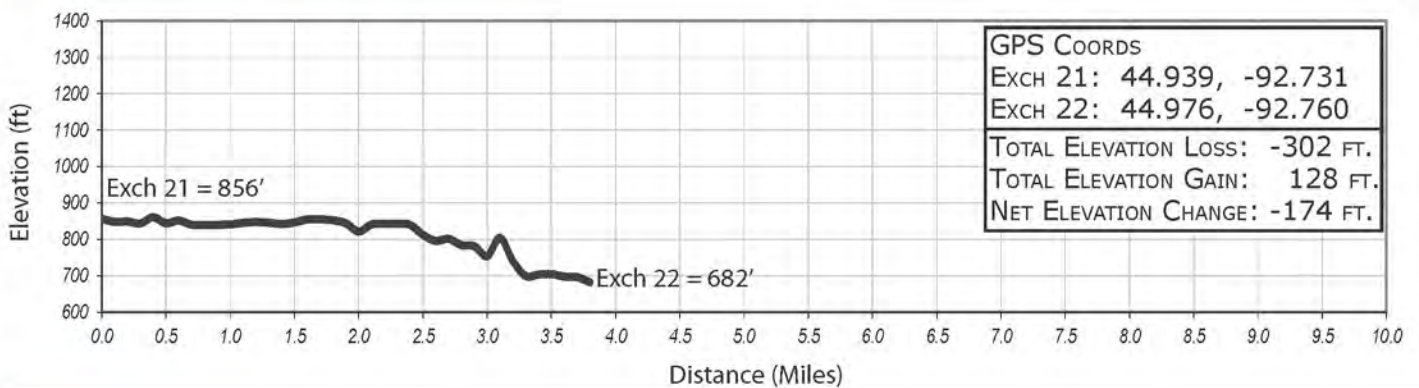


LEG LEGEND:

- 0.0 Depart Exchange 21 using path to cross under CR-F
- 0.1 Exit tunnel and turn right toward CR-F/Okeefe Street
- 0.2 Turn left to run against traffic on CR-F/Okeefe Street
- 0.8 Turn left onto Mayer Road
- 1.2 Turn right onto Industrial Street
- 1.4 Turn left onto Hanley Road
- 1.6 Turn right onto Heggan Street
- 2.4 Turn left to run with traffic on Coulee Road
- 3.3 Turn right to run against traffic on 2nd Street
- 3.6 Turn left onto Walnut Street
- 3.6 Turn right onto path through park
- 3.8 Arrive at Exchange 22

Exchange 22 Address
 Lakefront Park
 Hudson, WI 54016
 GPS: 44.976454, -92.759608

Van Directions:
 Follow leg legend.



LEG 23 -- 6.7 MILES -- HARD -- FULL VAN SUPPORT



Leg Notes:

This is a PARTIAL NO VAN SUPPORT leg. Vans cannot support runners for the last 2.5 miles of the leg. Runners should plan accordingly and carry water.

Leg Legend:

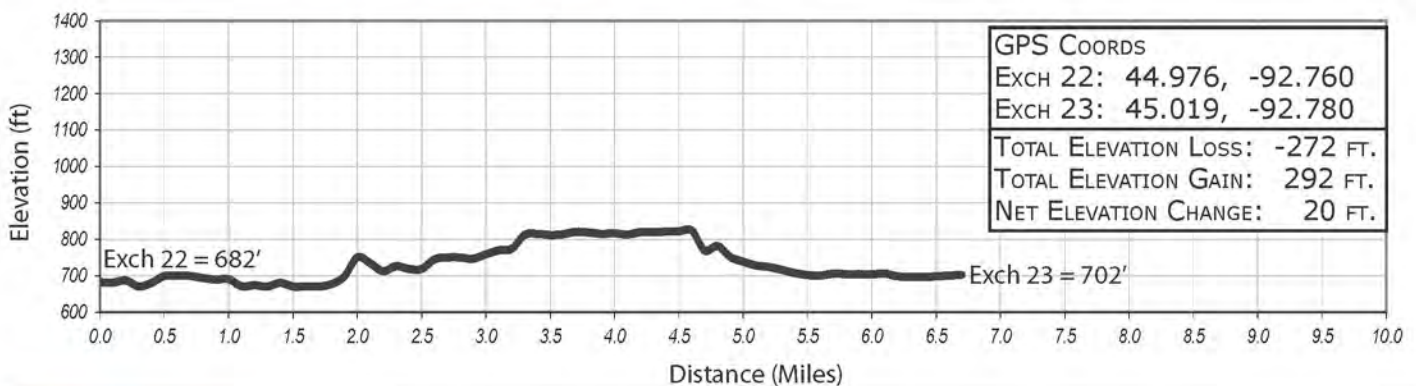
- 0.0 Depart Exchange 22 running south along the path adjacent to the river
- 0.4 Turn right to run against traffic on 1st Street
- 0.4 Turn left to run with traffic on Buckeye Street
- 0.5 Turn right to run with traffic on 2nd Street S
- 0.9 Continue straight on sidewalk as path follows I-94 across the river
- 2.1 Turn left to exit bike path and run against traffic on 8th St N
- 2.4 Turn left onto Quixote Ave N
- 2.5 Turn left onto trail
- 2.6 Continue straight onto Rivercrest Road N
- 3.6 Turn right to run with traffic on St Croix Trail
- 6.7 Arrive at Exchange 23

Exchange 23 Address

Perro Park
 409 3rd Street N
 Bayport, MN 55003
 GPS: 45.01936, -92.77996

Van Directions:

Follow leg legend.



LEG 24 -- 3.9 MILES -- EASY -- PARTIAL NO VAN SUPPORT



LEG NOTES:

Runners will be on a trail for a portion of this leg. Please plan accordingly and carry water.

LEG LEGEND:

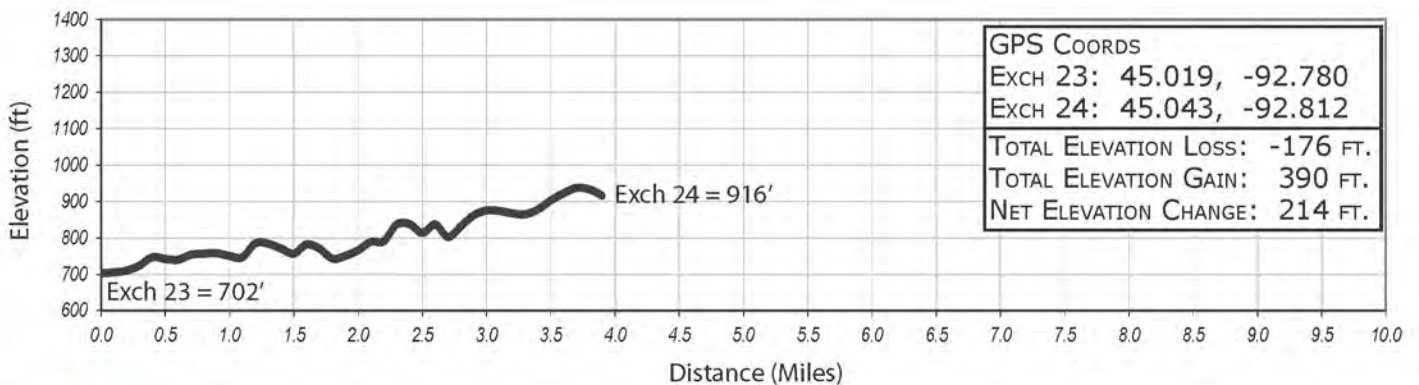
- 0.0 Depart Exchange 23 running with traffic on St Croix Trail
- 0.2 Turn left to run against traffic on 5th Avenue North
- 0.9 Turn right to run against traffic on Stagecoach Trail N
- 1.5 Turn left onto trail
- 1.7 Continue straight onto Valley View Trail
- 2.5 Exit trail and run through parking lot toward S Frontage Road
- 2.5 Turn right to run with traffic on S Frontage Road
- 2.7 Turn left to run with traffic on Beach Road
- 3.1 Slight right onto Paris Avenue N
- 3.3 Turn left to run with traffic on 65th St N
- 3.9 Arrive at Exchange 24

VAN DIRECTIONS:

- 0.0 Depart Exchange 23 heading north on 3rd St N/St Croix Trail toward 4th Ave N
- 1.0 Continue onto St Croix Trail
- 1.3 Use the left 2 lanes to turn left onto the ramp to MN-36 W
- 1.7 Continue onto MN-36 W
- 2.1 Continue onto MN-36 W
- 2.4 Turn right onto County Hwy 24/4th St S/N Osgood Ave
- 2.9 Turn left onto 65th St/Orleans St W
- 3.0 Turn right onto 6th St S
- 3.2 Arrive at Exchange 24

Exchange 24 Address
 Stillwater Junior High
 523 Marsh Street W
 Stillwater, MN 55082

GPS: 45.04304, -92.81201

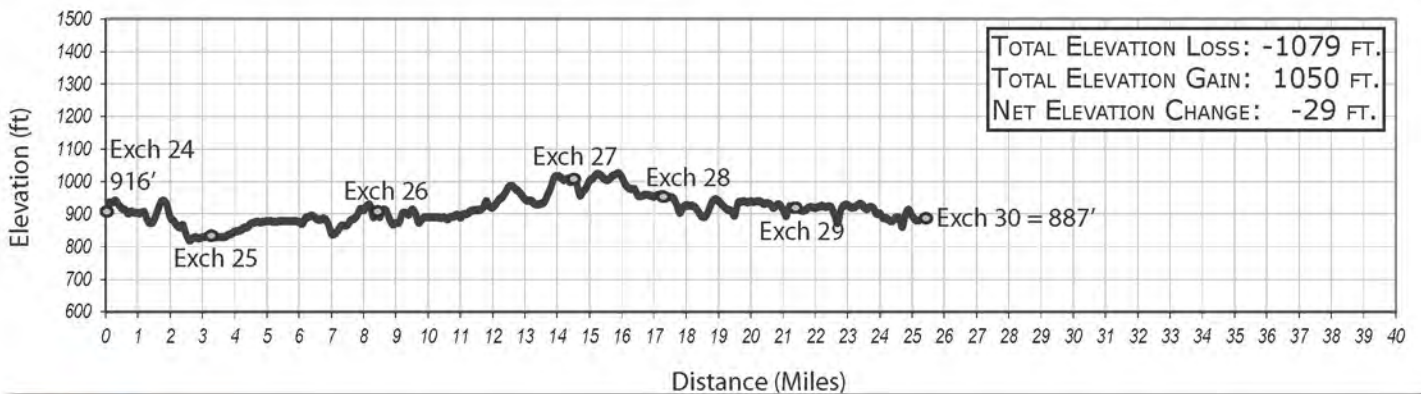


VAN 1 -- LEGS 25-30 -- 25.2 MILES



- Van 2 Directions to Exchange 30:
- 0.0 Exit parking lot on Marsh Street heading east
 - 0.1 Turn RIGHT toward 6th Street S
 - 0.2 Turn LEFT onto 65th Street/Orleans St W
 - 0.4 Turn RIGHT onto 4th St S/N Osgood Avenue
 - 2.3 Continue onto Olinda Blvd N
 - 3.2 Continue onto 40th St N
 - 5.2 Turn LEFT onto Manning Avenue N
 - 16.4 Turn RIGHT onto 70th St S
 - 18.4 At the traffic circle take the 2nd exit onto Keats Ave S
 - 19.6 Turn RIGHT onto 80th St S
 - 21.5 Arrive at Exchange 30

Exchange 30 Address
 Park High School
 8040 80th Street
 Cottage Grove, MN 55016
 GPS: 44.83376, -92.94213



LEG 25 -- 3.2 MILES -- EASY -- FULL VAN SUPPORT



LEG NOTES:

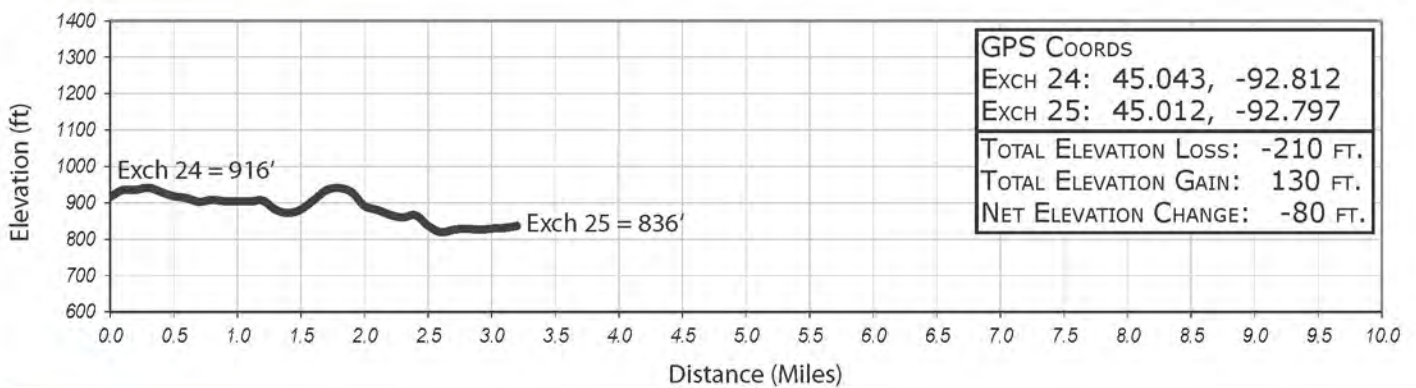
Runners will be on a trail for a portion of this leg. Please plan accordingly and carry water.

LEG LEGEND:

- 0.0 Depart Exchange 24 running against traffic on Orleans Street
- 0.2 Turn right to run against traffic on N Osgood Ave
- 2.1 Turn left to run against traffic on 47th St N
- 2.6 Turn right onto Stagecoach Trail N
- 3.2 Arrive at Exchange 25

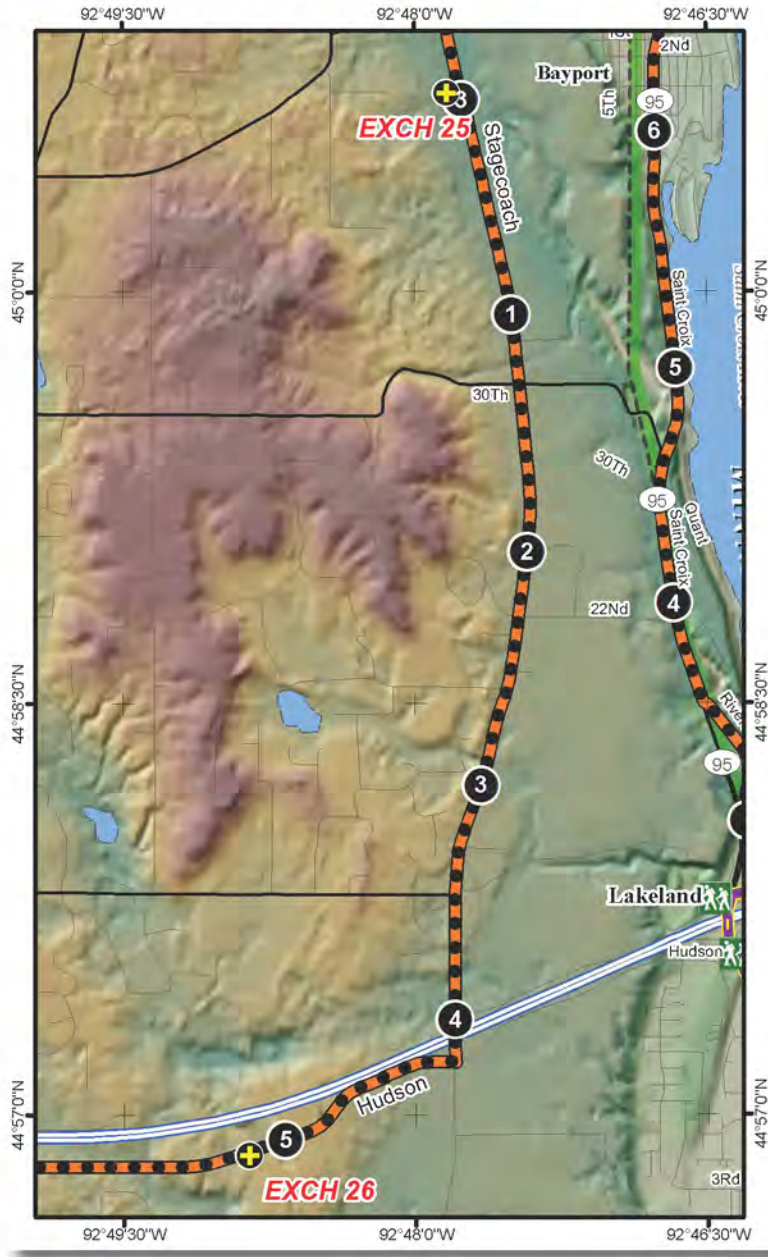
Exchange 25 Address
 St Croix Preparatory Academy
 4260 Stagecoach Trail N
 Stillwater, MN 55082

Van Directions:
 Follow leg legend



GPS COORDS	
EXCH 24:	45.043, -92.812
EXCH 25:	45.012, -92.797
TOTAL ELEVATION LOSS: -210 FT.	
TOTAL ELEVATION GAIN: 130 FT.	
NET ELEVATION CHANGE: -80 FT.	

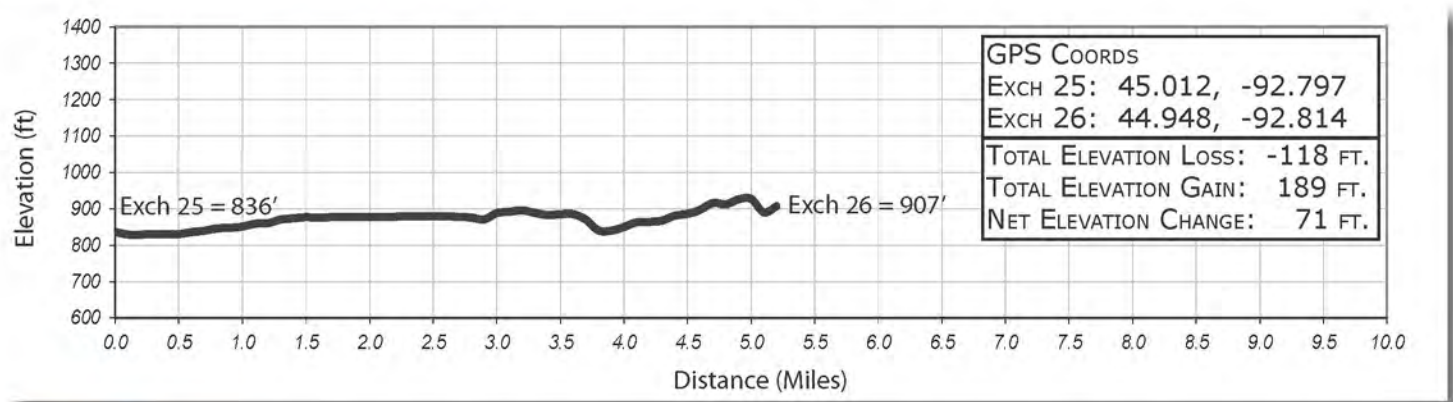
LEG 26 -- 5.2 MILES -- MODERATE -- FULL VAN SUPPORT



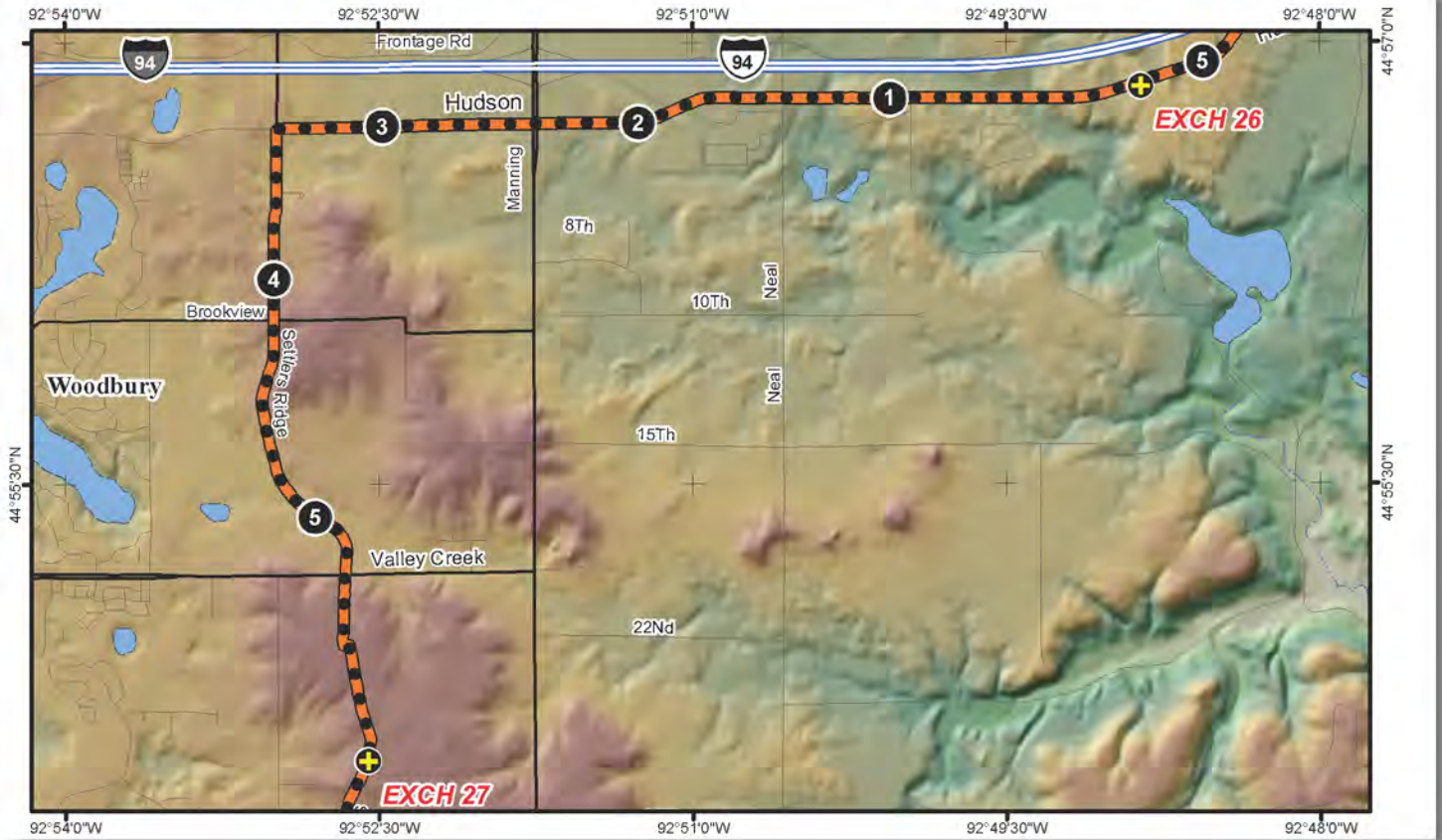
- LEG LEGEND:**
- 0.0 Depart Exchange 25 and turn right to run against traffic on Stagecoach Trail N
 - 4.2 Turn right to run against traffic on Hudson Rd S
 - 5.2 Arrive at Exchange 26

Van Directions:
Follow leg legend

Exchange 26 Address
Shepherd of the Valley Church
14107 Hudson Road S
Afton, MN 55001



LEG 27 -- 6.1 MILES -- HARD -- FULL VAN SUPPORT



LEG NOTES:

This is a NO VAN SUPPORT LEG. Runners should plan accordingly and carry water. Runners please cross at the crosswalk and use caution when crossing Hwy 35.

LEG LEGEND:

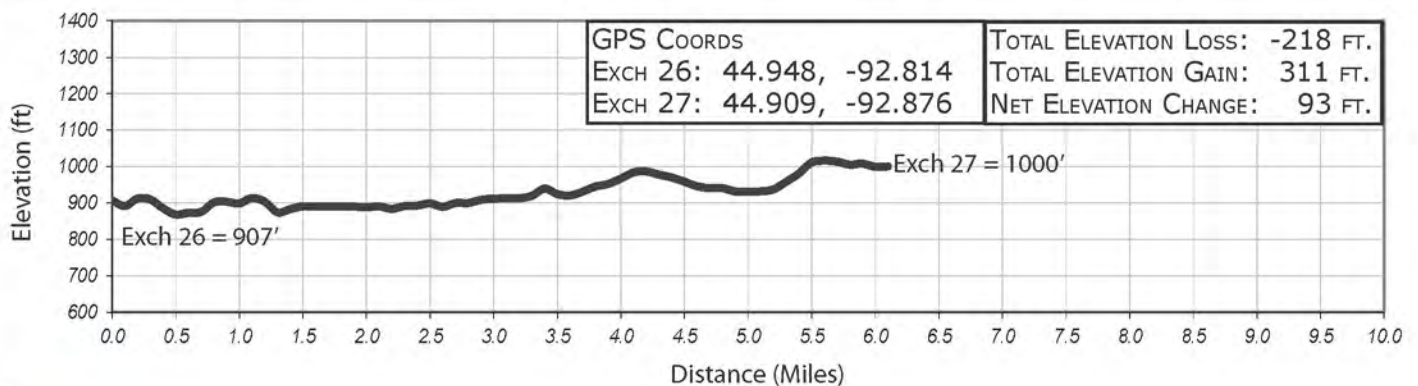
0.0 Depart Exchange 26 heading

- 3.4 Turn left to run with traffic on sidewalk on Settlers Ridge Pkwy
- 5.6 Use crosswalk to cross and run against traffic on the sidewalk on Settlers Ridge Pkwy
- 6.1 Arrive at Exchange 27

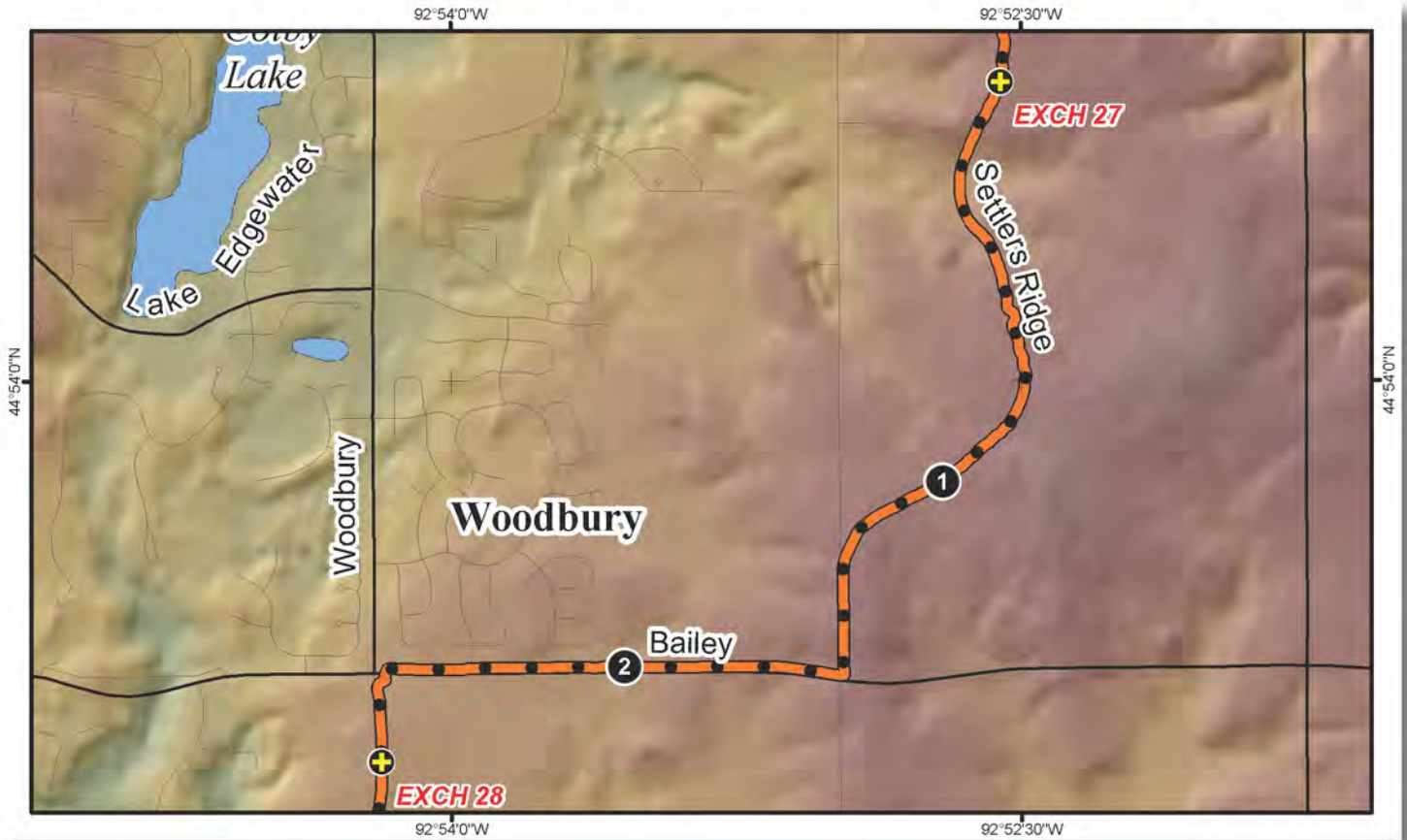
VAN DIRECTIONS:

Follow leg legend

Exchange 27 Address
Liberty Ridge Elementary School
11395 Eagle View Blvd
Woodbury, MN 55129



LEG 28 -- 2.7 MILES -- EASY -- FULL VAN SUPPORT

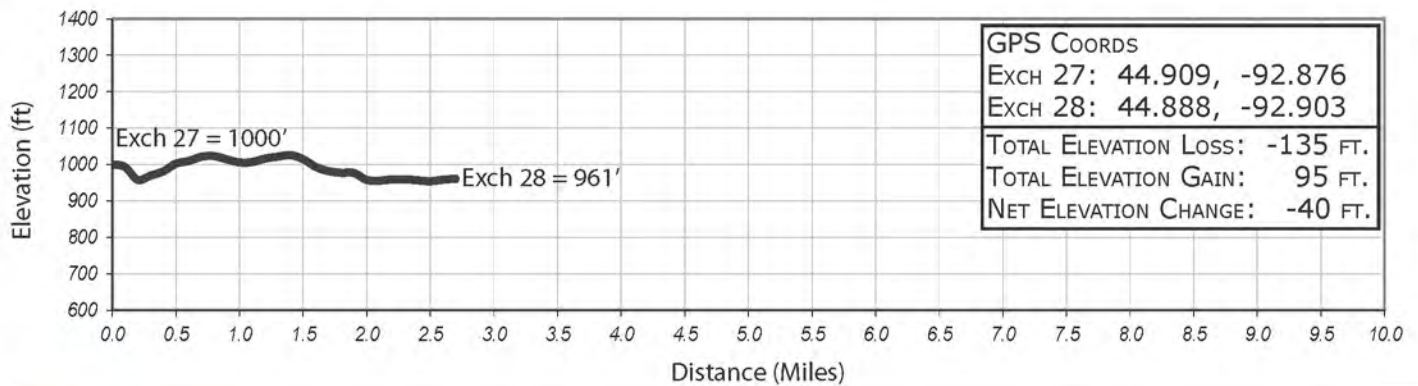


LEG LEGEND:

- 0.0 Depart Exchange 27 against traffic on the sidewalk adjacent to Settlers Ridge
- 1.5 Turn right to run with traffic on sidewalk on Bailey Road
- 2.5 Turn left to run against traffic on Woodbury Drive
- 2.7 Arrive at Exchange 28

Van Directions:
Follow leg legend

Exchange 28 Address
St Ambrose Woodbury Church
4125 Woodbury Drive
St Paul, MN 55129



LEG 29 -- 4.0 MILES -- MODERATE -- FULL VAN SUPPORT



LEG LEGEND:

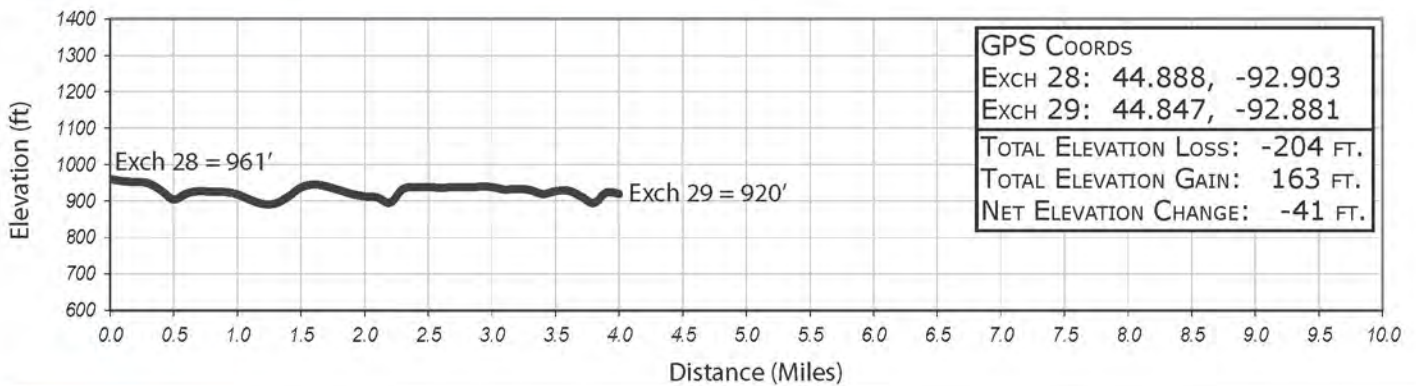
- 0.0 Depart Exchange 28 running against traffic on Woodbury Drive
- 2.8 Turn left to run against traffic on the bike path on 70th St S
- 3.9 Turn right to run against traffic on Lamar Ave S
- 4.0 Arrive at Exchange 29

VAN DIRECTIONS:

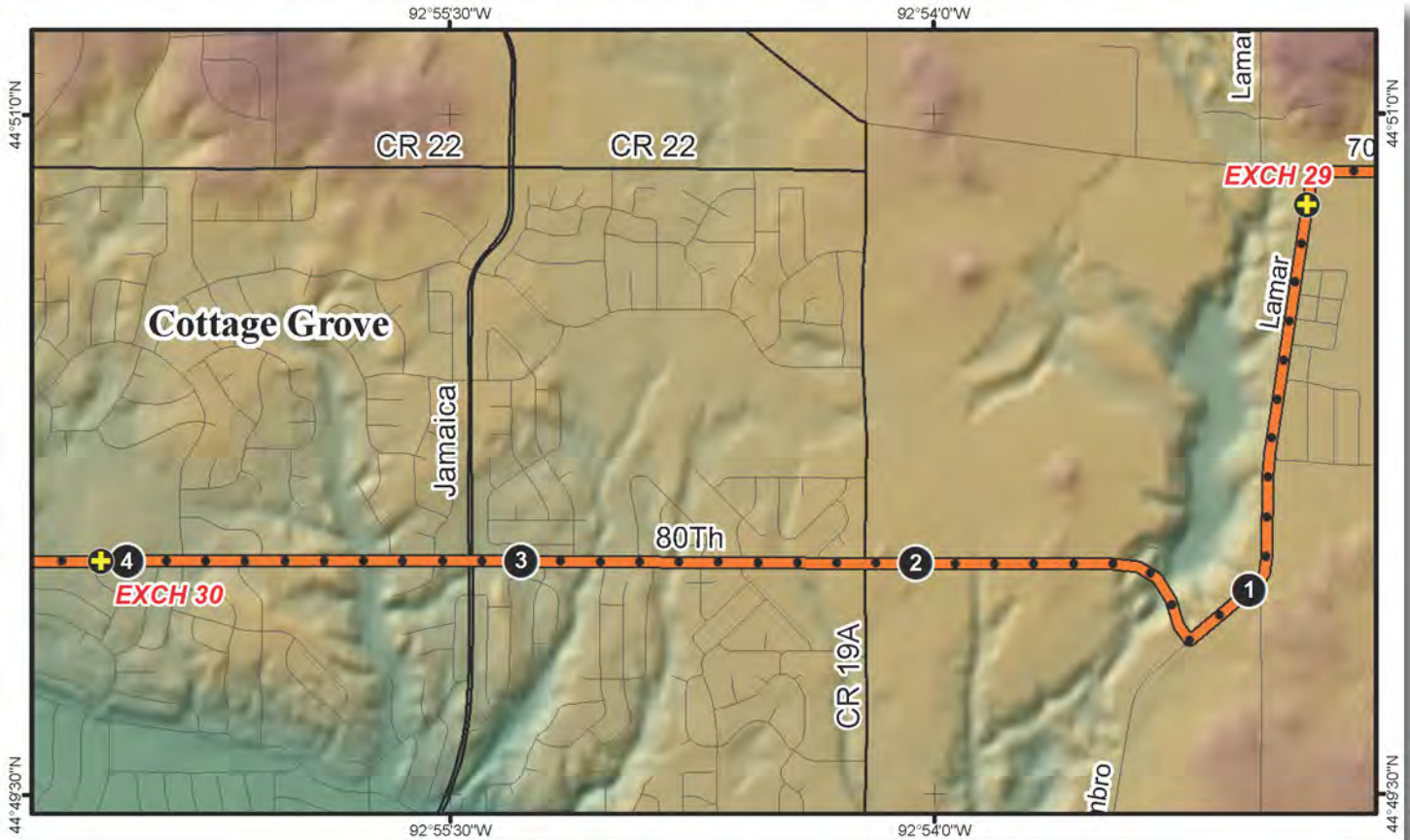
Follow leg legend.

Exchange 29 Address

Lamar Park
 7025 Lamar Avenue South
 Cottage Grove, MN 55016
 GPS: 44.84690, -92.88057

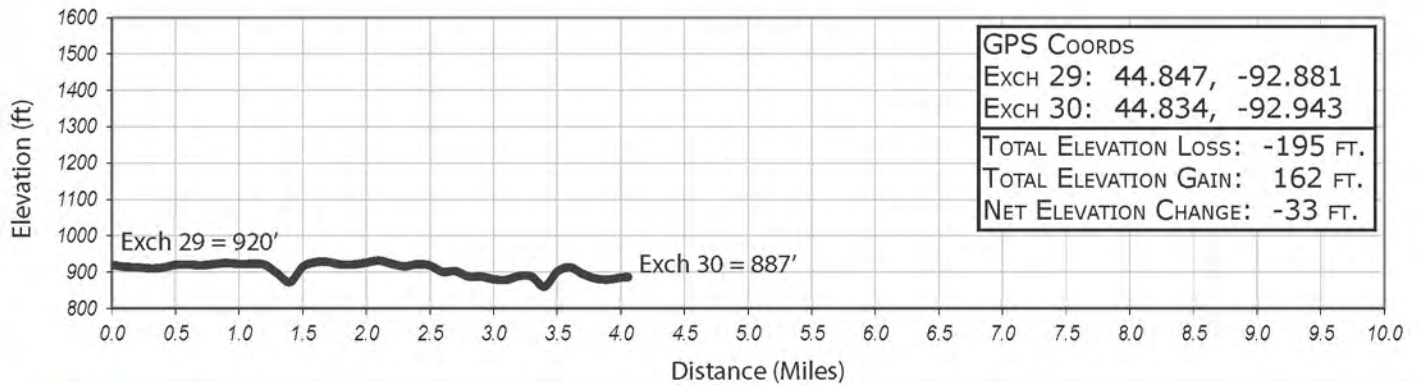


LEG 30 -- 4.0 MILES -- MODERATE -- FULL VAN SUPPORT

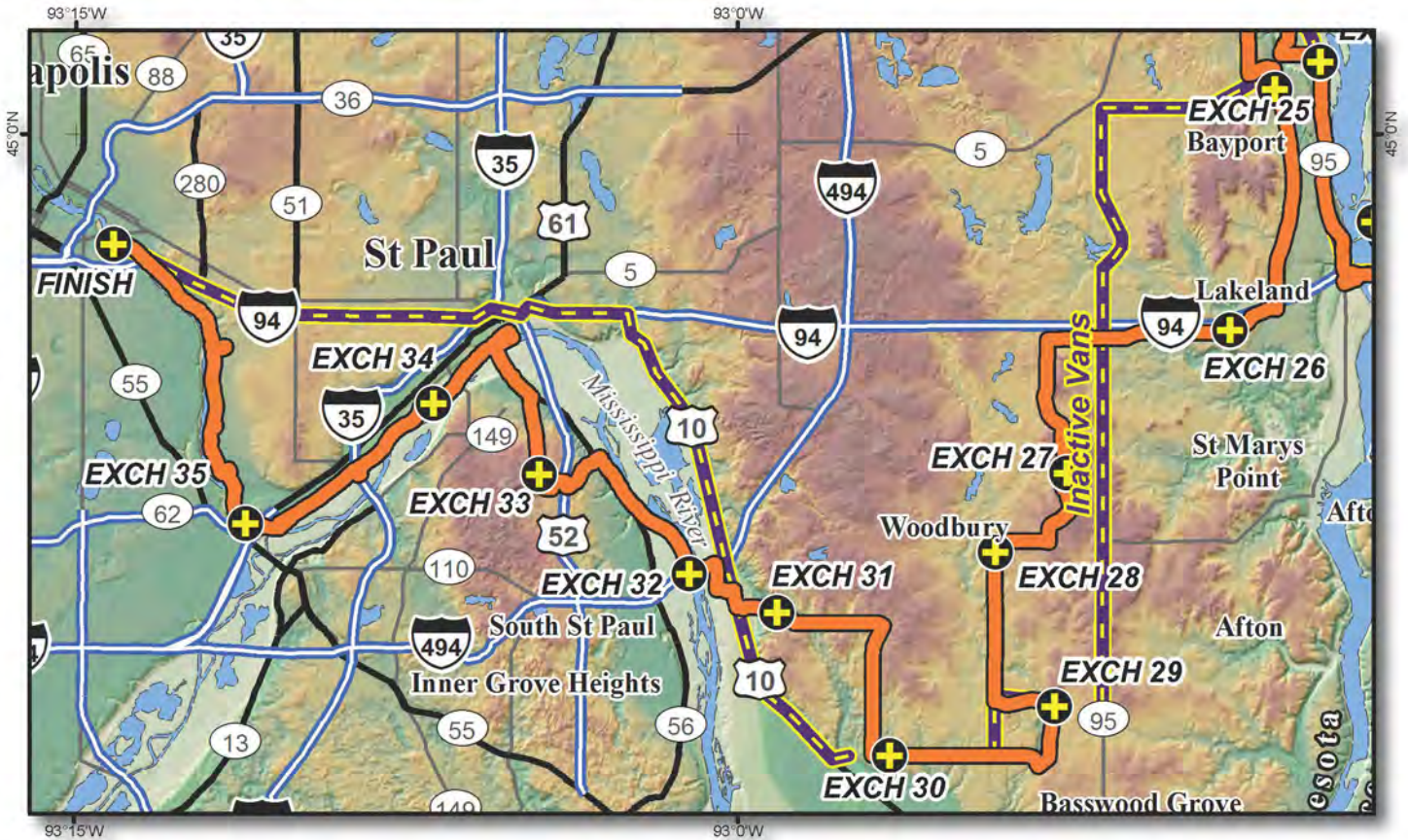


LEG LEGEND:

- | | |
|--|---|
| <p>0.0 Depart Exchange 29 continuing south on Lamar Avenue running AGAINST traffic</p> <p>1.0 Continue STRAIGHT onto Kimbro Avenue S</p> <p>1.2 Turn RIGHT (NW) onto 80th Street S and run WITH traffic</p> <p>4.0 Arrive at Exchange 30</p> | <p>Exchange 30 Address
 Park High School
 8040 80th Street S
 Cottage Grove, MN 55016
 GPS: 44.83376, -92.94213</p> |
|--|---|



VAN 2 -- LEGS 31-36 -- 30.2 MILES



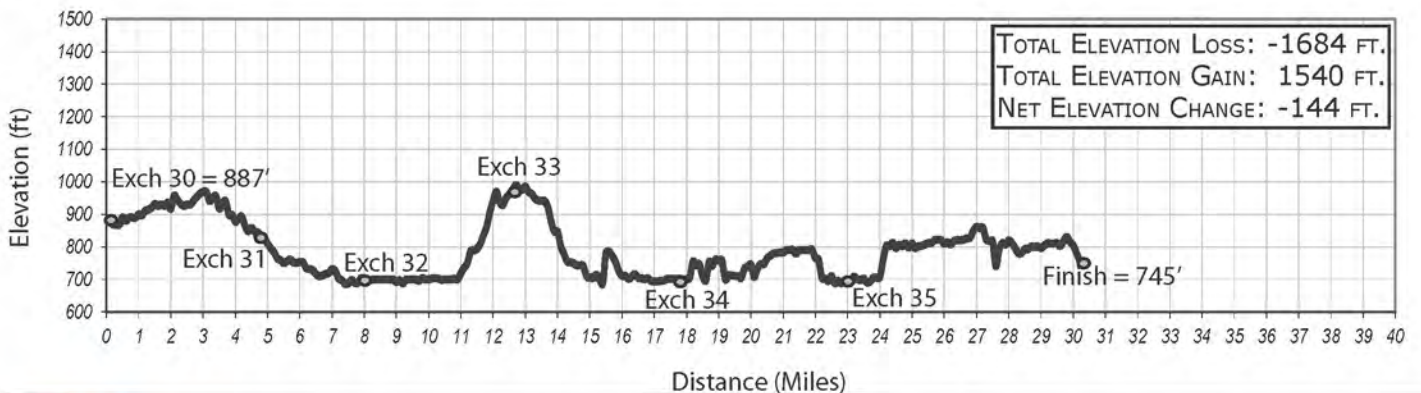
Van 1 Directions to the Finish

- 0.0 Depart Exchange 30 heading west on 80th St S
- 1.1 Turn RIGHT to merge onto US-10 W/US-61 N
- 5.2 Keep left to merge onto I-94 W/US-10 W/US-61 N
- 10.4 Keep right to stay on I-94 W to Minneapolis
- 19.7 Take exit 235B for Huron Blvd
- 19.8 Keep left to continue on SE

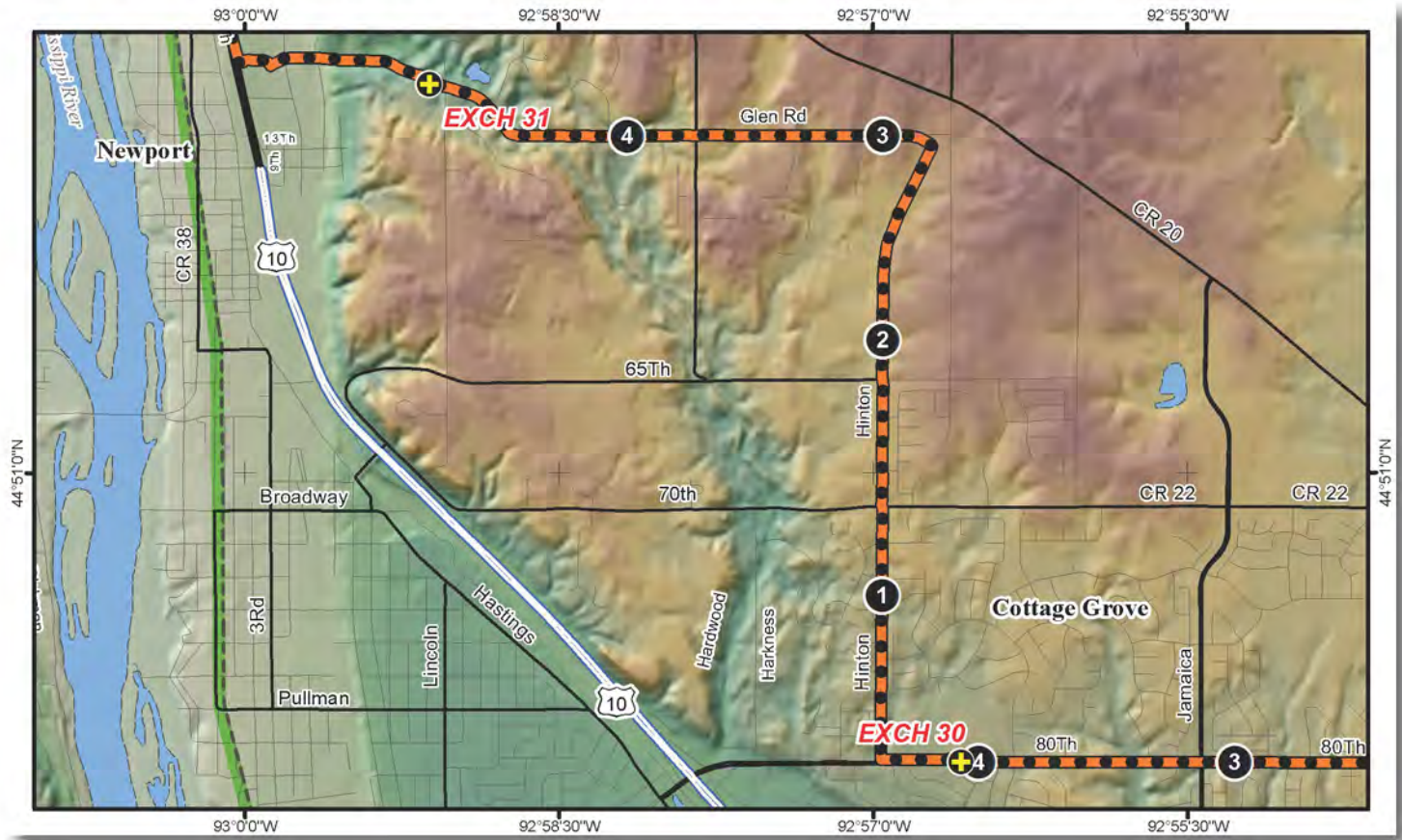
- 19.9 Continue onto E River Pkwy
- 20.4 Arrive at Finish Line

Finish Line Notes:
 The finish line is located at East River Flats. Parking is located at the underground parking structure directly across the street from the finish line and is \$10 per vehicle. Height restrictions (8'2") apply.

Finish Line Address:
 East River Flats Park
 360 East River Flats
 Minneapolis, MN 55455
 GPS: 44.97146, -93.23618



LEG 31 -- 4.9 MILES -- MODERATE -- FULL VAN SUPPORT

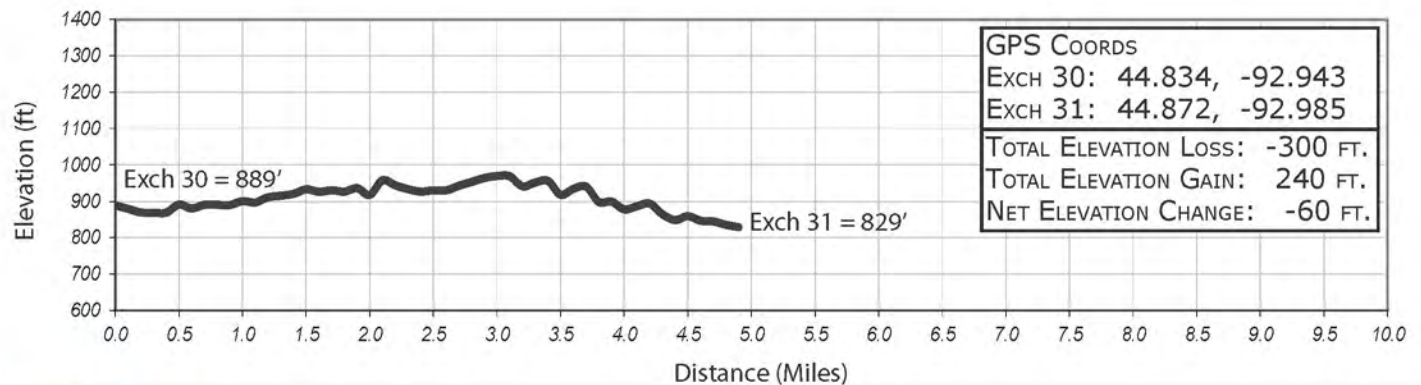


LEG LEGEND:

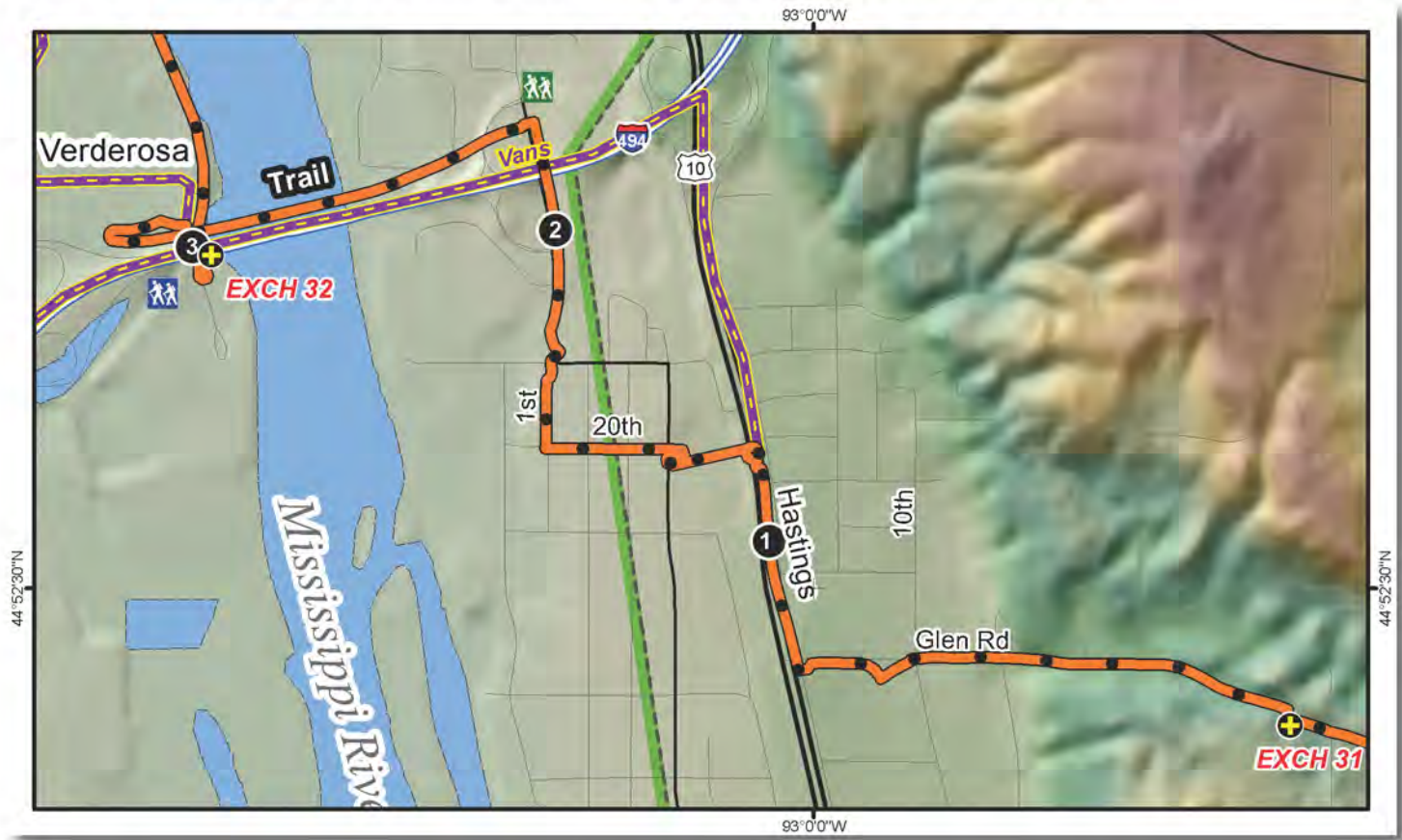
- | | |
|-----|--|
| | Exchange 31 Address |
| | Loveland Park |
| 0.0 | Depart Exchange 30 running with traffic on the sidewalk on 80th Street |
| 0.4 | Turn right to run against traffic on Hinton Ave S |
| 2.8 | Turn left on Glen Road |
| 4.9 | Arrive at Exchange 31 |

VAN DIRECTIONS:

Follow leg legend



LEG 32 -- 3.1 MILES -- EASY -- FULL VAN SUPPORT



LEG NOTES:

Vans and runners will be separated when crossing Hwy 10 and on I-494.

LEG LEGEND:

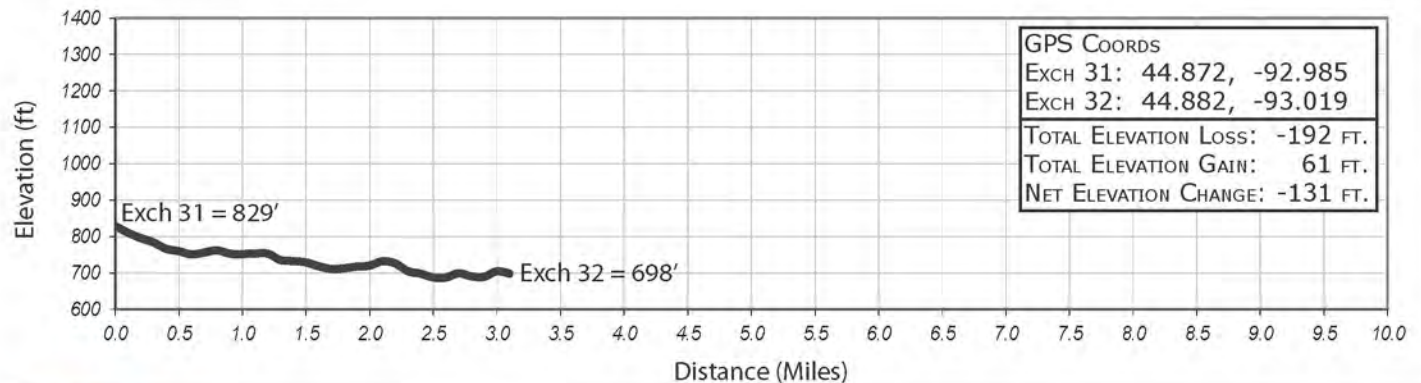
- 0.0 Depart Exchange 31 running with traffic on Glen Road
- 0.7 Turn right to stay on Glen Road
- 0.8 Turn right to run against traffic on Hastings Ave
- 1.1 Use pedestrian crosswalk to cross Hwy 10
- 1.4 Exit pedestrian crosswalk and turn left to run against traffic on 20th Street
- 1.7 Turn right onto 1st Ave
- 1.8 Turn left to run with traffic on the

- 2.2 sidewalk on Maxwell Ave
- 2.2 Turn left onto the running path that parallels I-494 over the Mississippi River
- 2.8 After crossing the river, follow the running path as it turns back towards the river
- 3.0 Turn right to run against traffic on Verderosa Ave
- 3.1 Arrive at Exchange 32

Exchange 32 Address
 Boat Launch under I-494
 Access at the end of Verderosa Avenue
 GPS: 44.88161, -93.01882

Van Directions:

- 0.0 Depart Exchange 31 driving west on Glen Road
- 0.4 Turn right to merge onto US-10 W/US-61 N
- 0.7 Merge onto US-10 W/US-61 N
- 1.1 Use the 2nd from the right lane to take the I-494 E/Interstate 494 W exit
- 1.4 Keep left at the fork, follow signs for I-494 W and merge onto I-494 W
- 2.5 Take exit 64A for Hardman Ave
- 2.8 Turn right onto Harman Ave S
- 2.9 Turn right at the 1st cross street onto Verderosa Ave
- 3.3 Arrive at Exchange 32



LEG 33 -- 4.7 MILES -- MODERATE -- FULL VAN SUPPORT



LEG NOTES:

Runners and vans will be separated for this entire leg. Runners should plan accordingly and carry water. There are two opportunities to support your runner: 1) at a Park located off Bryant Avenue (large parking lot) and 2) at the small parking lot after the runners cross over Concord Street.

LEG LEGEND:

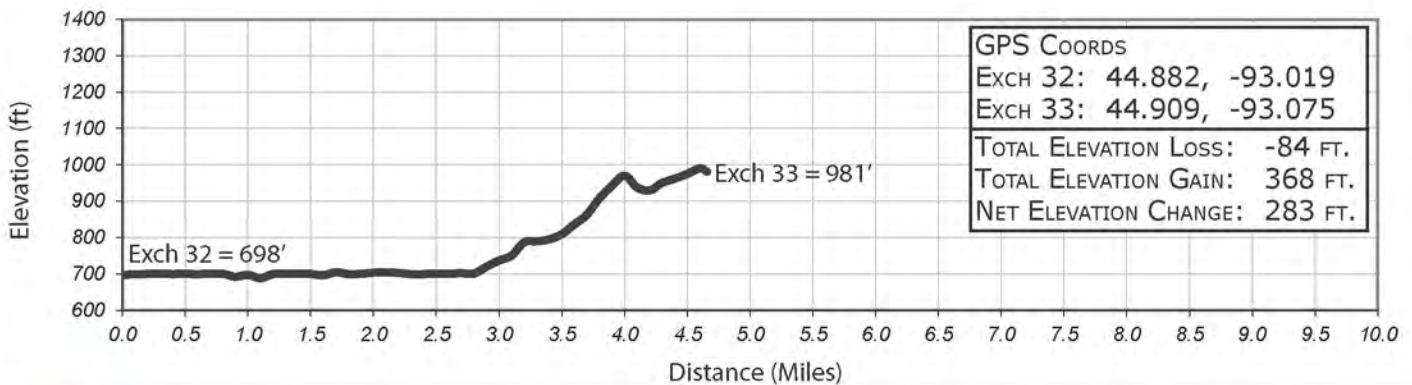
- 0.0 Depart Exchange 32 heading north on the running trail
- 2.8 Follow the running path over the rail road tracks

- 3.0 Take a right onto the running path
- 3.2 Continue straight on the path as it goes under 19th Ave
- 3.3 Continue onto the running path through Kaposia Park, over Hwy 52 and through Thompson Park
- 4.2 Exit path and turn right to run against traffic on Spertl Street
- 4.3 Turn left to run against traffic on Logan Ave E
- 4.4 Turn right to run against traffic on Stassen Dr
- 4.6 Turn right onto Oakdale Ave
- 4.7 Arrive at Exchange 33

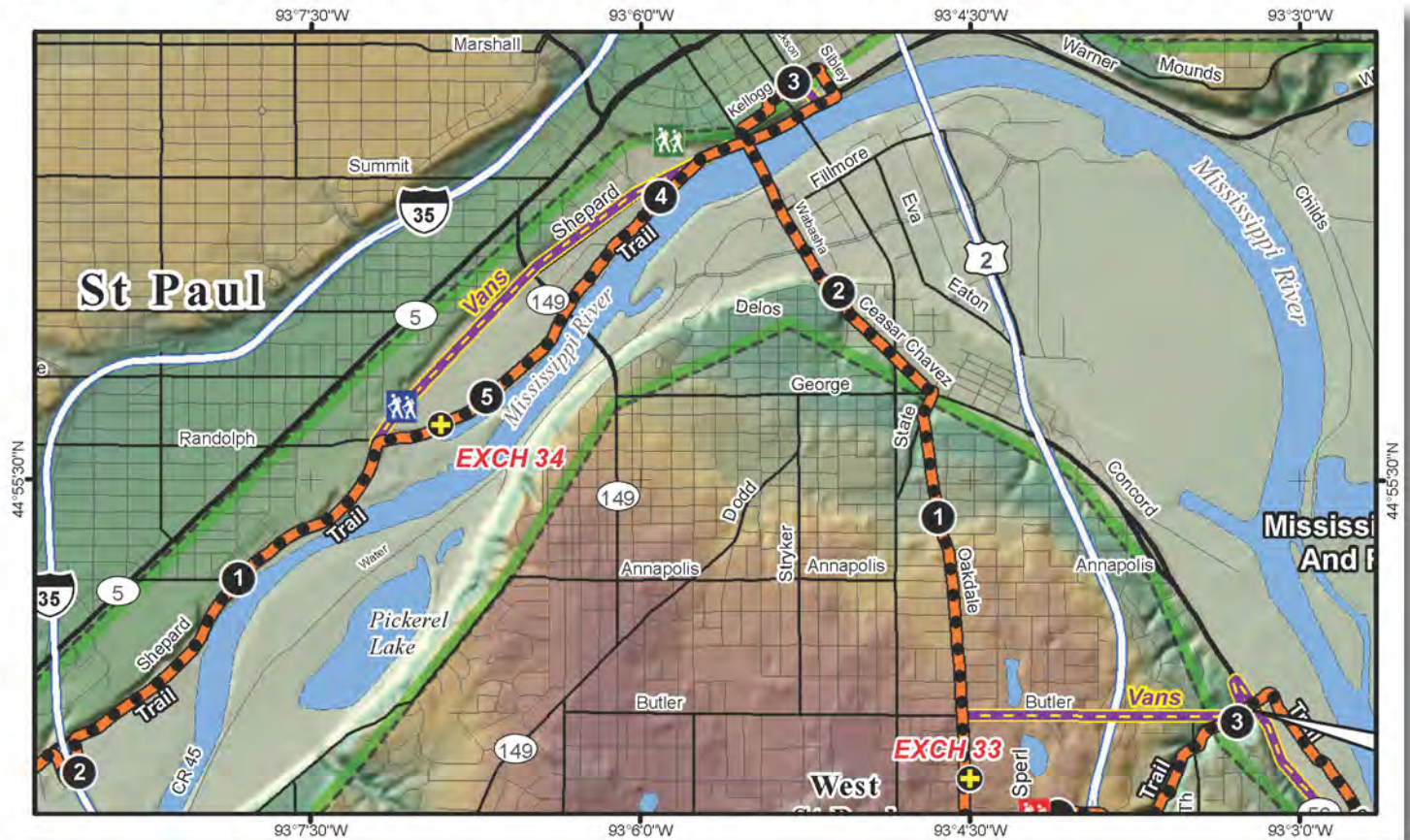
Exchange 33 Address
 St Croix Lutheran School
 1200 Oakdale Avenue
 West St Paul, MN 55118
 GPS: 44.90895, -93.07502

Van Directions:

- 0.0 Exit Exchange 32 heading north on Verderosa Avenue
- 0.4 Turn RIGHT (N) onto Hardman Ave
- 1.6 Turn RIGHT (N) onto Concord Ave
- 3.1 Turn LEFT (W) onto Butler Ave
- 4.3 Turn LEFT (S) onto Oakdale Ave
- 4.6 Arrive at Exchange 33

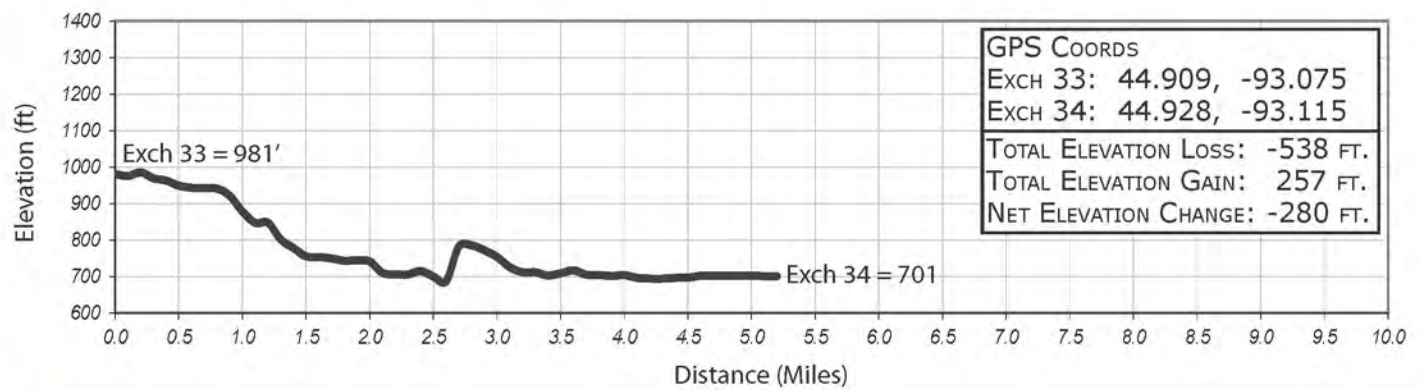


LEG 34 -- 5.2 MILES -- MODERATE -- FULL VAN SUPPORT

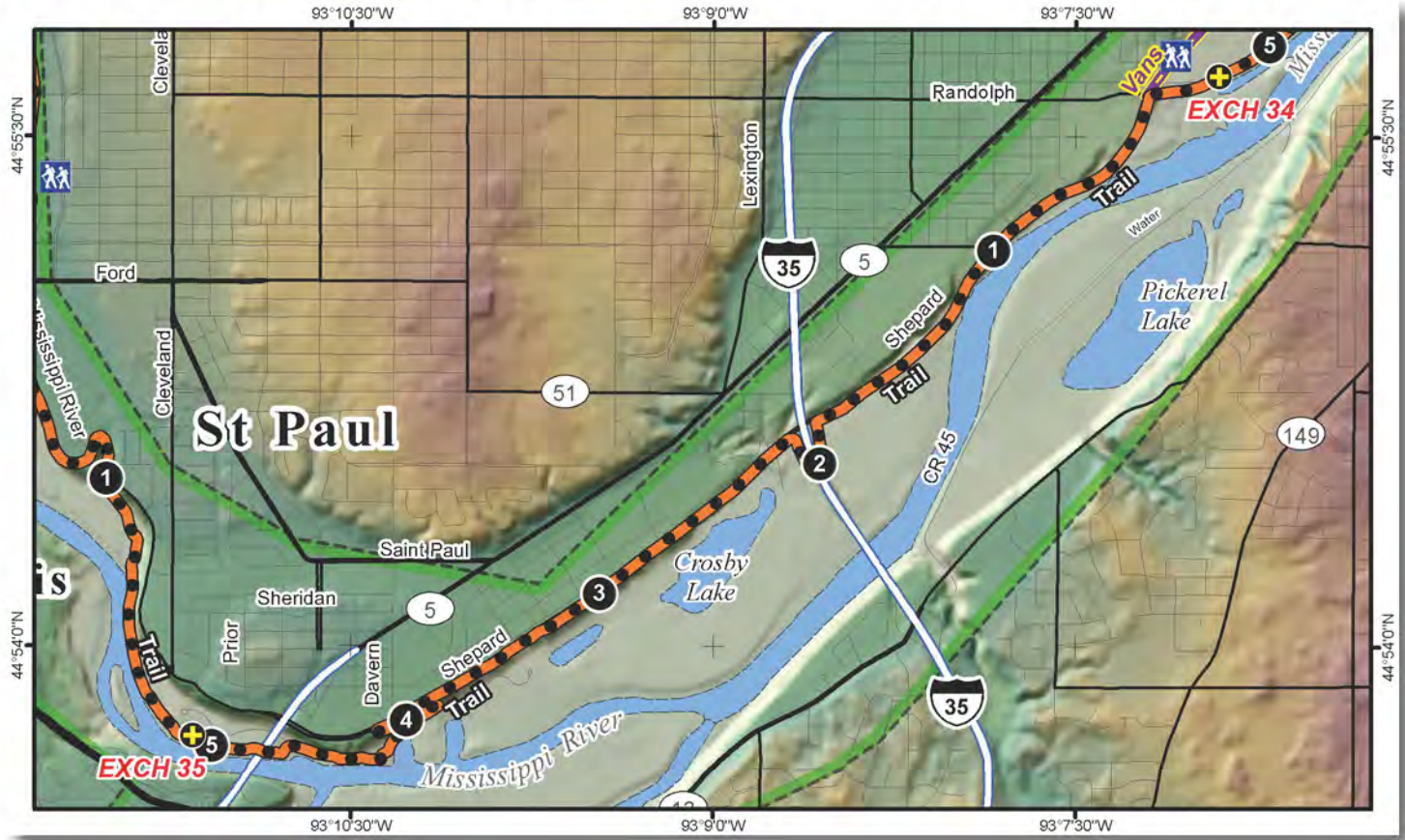


LEG LEGEND:

<p>0.0 Depart Exchange 33 heading north on Oakdale Avenue running WITH traffic on sidewalk</p> <p>1.4 Turn RIGHT (N) onto State Street</p> <p>1.5 Turn LEFT (NW) onto Cesar Chavez Street</p> <p>2.7 Turn RIGHT (NE) onto Kellogg Blvd</p> <p>3.1 Turn RIGHT (SE) onto Sibley Street and run AGAINST traffic</p> <p>3.2 Turn RIGHT (SW) onto Shepard Road *Use Caution when</p>	<p>Crossing Shepard Road*</p> <p>3.8 Turn left onto path that runs alongside the river</p> <p>5.2 Arrive at Exchange 34</p> <p>Exchange 34 Address Office Park 355 Randolph Avenue St Paul, MN 55102 GPS: 44.92783, -93.11554</p> <p>Van Directions: 0.0 Depart Exchange 33 heading north on Oakdale Ave toward</p>	<p>1.3 Convent St</p> <p>1.4 Oakdale Ave turns slightly right and becomes State St</p> <p>1.8 Turn left onto Cesar Chavez St</p> <p>2.6 Continue onto Wabasha St S</p> <p>2.9 Turn right onto Kellogg Blvd E</p> <p>3.0 Turn right onto Jackson St</p> <p>3.0 Turn right at the 2nd cross street onto Shepard Rd</p> <p>5.1 Turn left onto Randolph Ave</p> <p>5.4 Arrive at Exchange 34</p>
--	--	--



LEG 35 -- 5.1 MILES -- MODERATE -- FULL VAN SUPPORT



LEG NOTES:

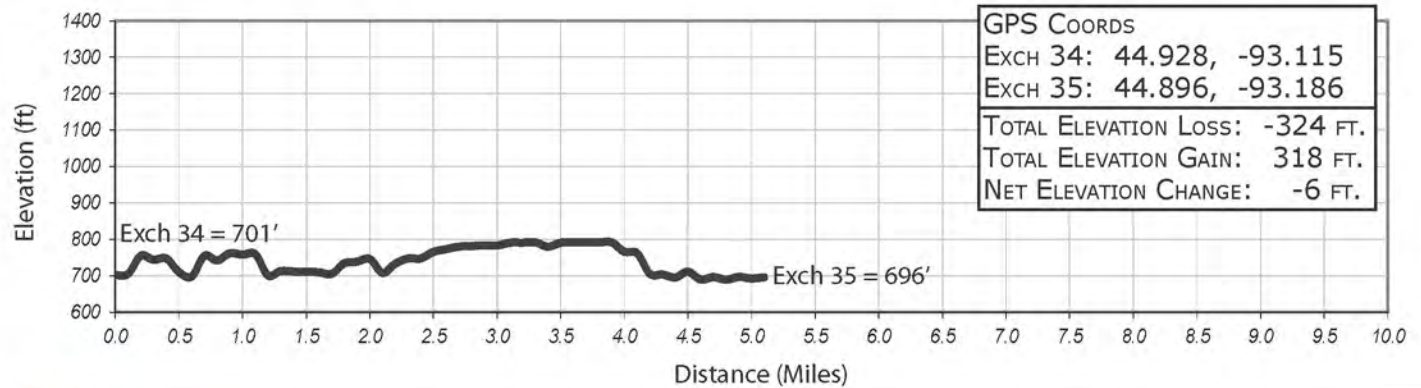
Van entrance to the park is located at the intersection of Mississippi River Blvd and S Prior Avenue. Look for signs that say "Hidden Falls Regional Park South Gate".

5.1 Arrive at Exchange 35

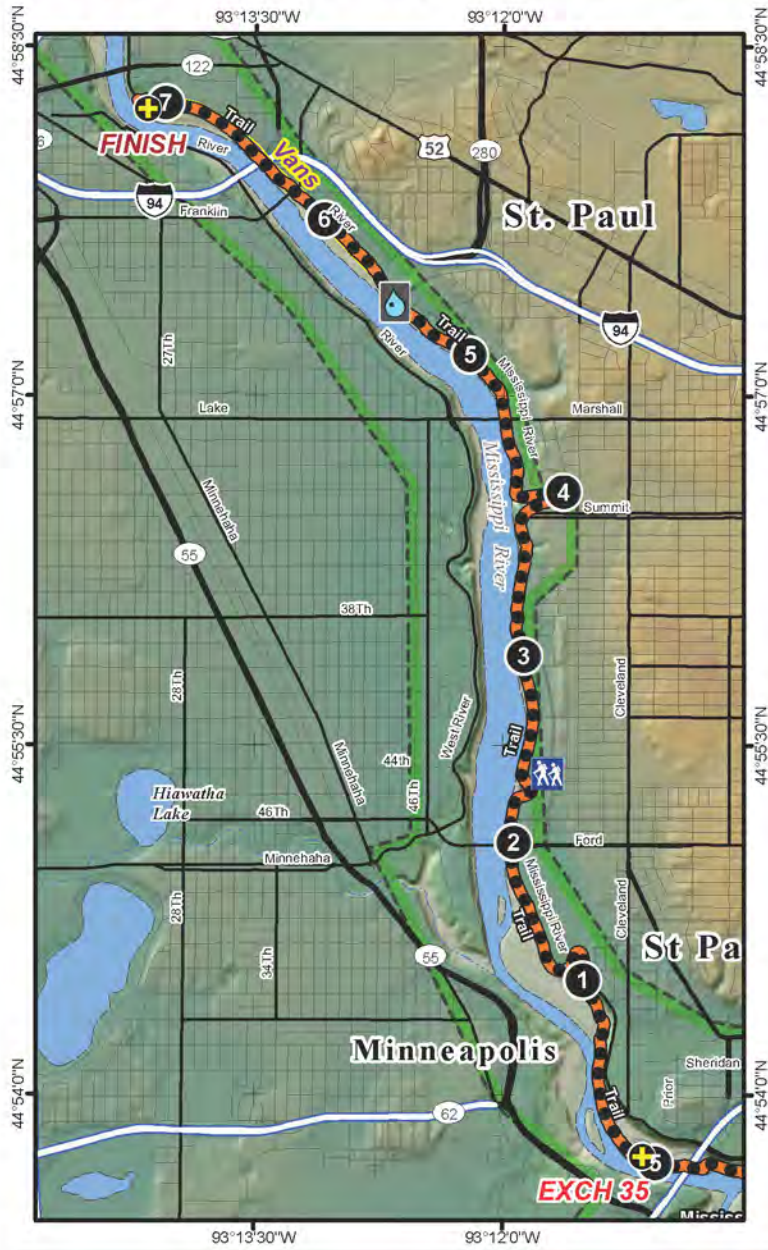
Exchange 35 Address
 Hidden Falls Regional Park – South Gate
 Mississippi River Blvd
 St Paul, MN 55116
 GPS: 44.896724, -93.182245

LEG LEGEND:

- 0.0 Depart Exchange 34 heading northwest on running trail
- 0.2 Turn LEFT (S) at Shepard Road and run on trail
- 3.9 Turn left toward bicycle path and left again to follow path north
- 4.1 Turn right onto paved trail



LEG 36 -- 7.2 MILES -- HARD -- FULL VAN SUPPORT



LEG NOTES:

Parking is available in the parking structure directly across from East River Flats. Parking is \$10 per vehicle. Height restriction 8'2". Ragnar will provide one water station on this leg so that teams can proceed directly to the finish line and find parking.

LEG LEGEND:

- 0.0 Depart Exchange 35 running on path along river
- 1.0 Turn left to run against traffic on bike path along Mississippi River Blvd S
- 5.2 Continue straight as Mississippi River Blvd turns into E River Pkwy
- 7.2 Arrive at the Finish Line

VAN DIRECTIONS:

Follow leg legend.

Finish Line Address
 East River Flats
 360 East River Flats
 Minneapolis, MN 55455
 GPS: 44.97146, -93.23618

