



 **ucare** SM



7K PADDLE + 5.5K TRAIL RUN + 13K MOUNTAIN BIKE

SPECTATOR GUIDE

★ 2018 ★

NORTH
MEMORIAL HEALTH



Hoigaard's
Since 1895



2018 UCARE TRI-LOPPET SPECTATOR GUIDE

Theodore Wirth Golf Course

Tri-Loppet Course

- 7K Paddle
- 5K Trail Run
- 13K Mountain Bike
- Paddle Board Shortcut
- Bike/Walk Paths
- Roads

Aid Station

5

PLYMOUTH AVE

The Trailhead
Run-Bike Transition
Finish Area

Aid Station

HWY 55

GLENWOOD AVE

WIRTH BEACH

Norm
Oakvik/
Quaking
Bog

Aid Station

4

HWY 394

Brownie Lake

3

2

1

Paddle Start:
North Beach

WHEEL FUN
RENTALS

LAKE ST

LAGOON ST

LAKE ST

Calhoun Executive Center
Parking Lot

P

EXCELSIOR BLVD

W CALHOUN PKWY

HENNEPIN AVE

Bde Maka Ska

PARKING INFORMATION



There is no parking at the start area! Free event parking is at the Calhoun Executive Center at the corner of W Calhoun Parkway and Excelsior Boulevard.

Visit www.loppet.org/trishuttle for shuttle and parking info.

SPECTATOR LOCATIONS

1

9:00 a.m.

RACE START: NORTH BEACH

Watch as an armada of 300+ boats cross Bde Maka Ska. 9:15 a.m. Paddle Board start

2

9:05 a.m. - 9:15 a.m.

LAKE STREET BRIDGE

Paddlers cross under Lake Street and into Lake of the Isles

3

9:20 a.m. - 9:45 a.m.

CEDAR - ISLES CANAL

Watch from the Lake of the Isles Bridge, the bridge on Kenilworth Trail and/or from Cedar Lake Parkway

4

9:40 a.m. - 10:30 a.m.

PADDLE-TO-RUN TRANSITION

End of Paddle leg. Start of 5K Trail Run

5

10:00 a.m. - 1:30 p.m.

RUN-BIKE TRANSITION AREA / FINISH AREA

Runners finishing. Biking Start/Finish. Awards at Noon. Enjoy Surly Beer and Brats. Band plays 10:35 - Noon

VISIT

LOPPET.ORG/TRILOPPET