

FULL GANDY RELAY 2023

START Danbury BIKE

Bike from Blueberry Park Trailhead in Danbury south thru Webster to Midtown Road intersection (north side of airport). 12.2 mile bike.

TRANSITION TO RUN

Run from Midtown Road south to Siren's Main Street. 4.1 mile run.

TRANSITION TO BIKE

Bike from Main Street in Siren south thru Lewis to the Soo Line Depot / Oak Street intersection in Frederic. 11.1 mile bike.

 **CAUTION** cross State Highway 70

TRANSITION TO RUN

Run south to 260th Ave (use Cafe Wren's parking area adjacent to the trail). 5.7 mile run.

TRANSITION TO HIKE

Hike south thru Luck to 240th Avenue (gravel road). 2.1 mile hike.

TRANSITION TO BIKE

Bike south from 240th Ave through Milltown to the 4th Street intersection in Centuria. 8.2 mile bike.

 **CAUTION** cross State Highway 35

TRANSITION TO RUN

Run south to Trap Rock Brewery in St. Croix Falls. Look for directional signs for the final mile. The final stretch takes runners onto the paved Interlink trail and city streets. 3.6 mile run.

FINISH: St Croix Falls 520 S Blanding Woods Rd

47 miles

GandyDancerTrail.org




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Relay
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run bike hike
Gandy Dancer State Trail