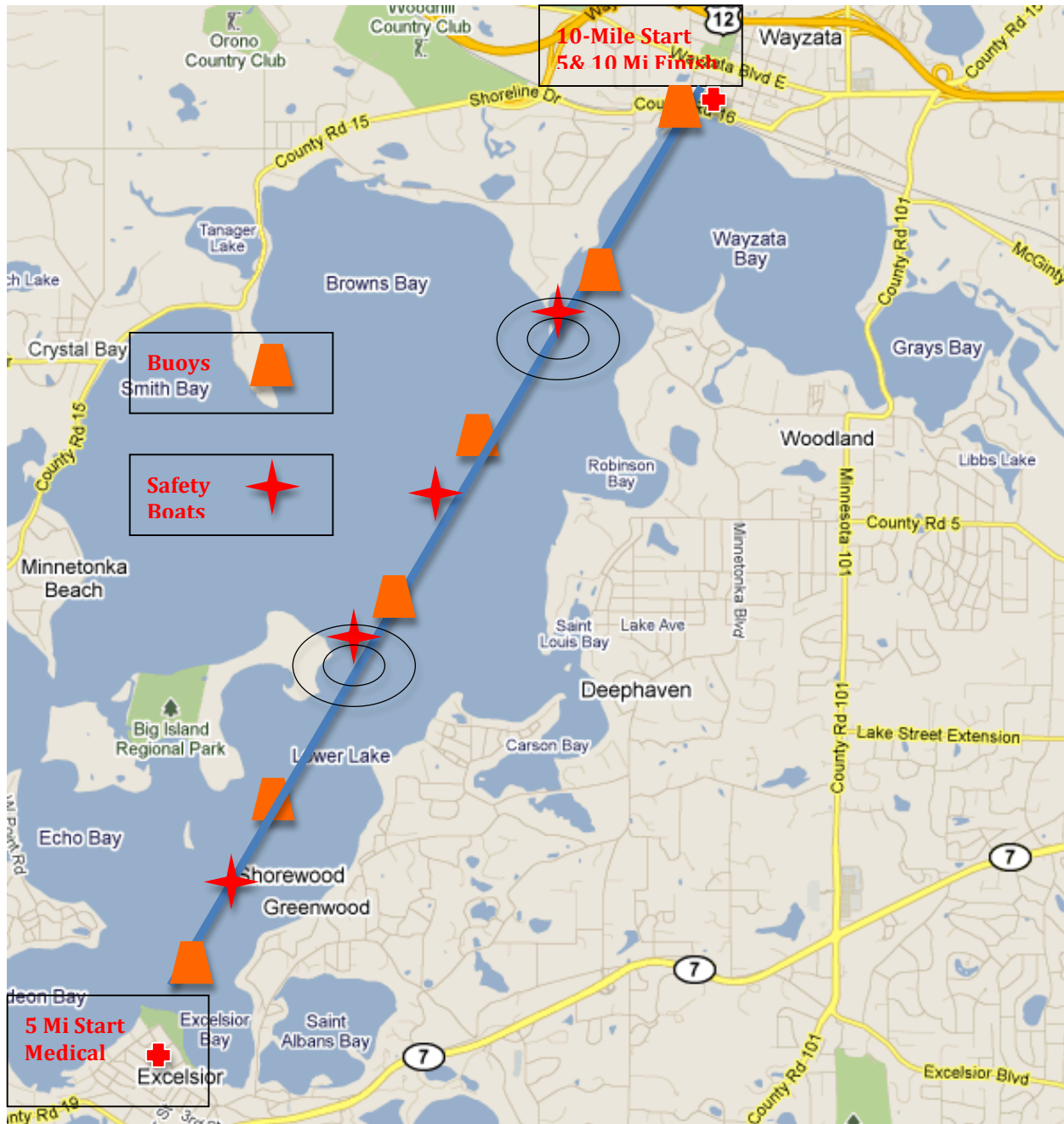
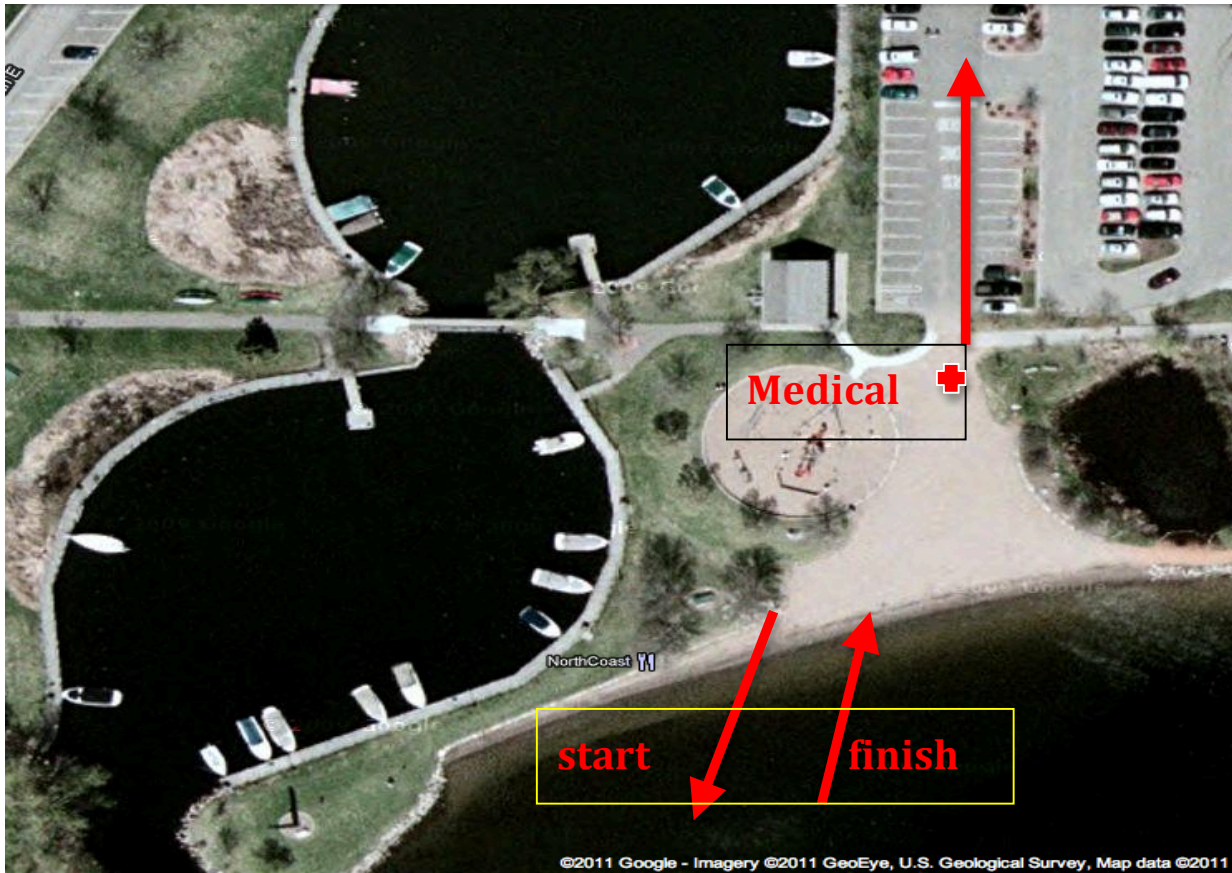


## Course Map:

- Medical at Wayzata Beach and Excelsior Beach.
- Four-eight safety boats anchored along course with air horn to stop swim in case of medical emergency.
- Each swimmer escorted by canoe/kayak/non-motorized.



**Wayzata Beach Map & Directions to WestHealth Medical:**



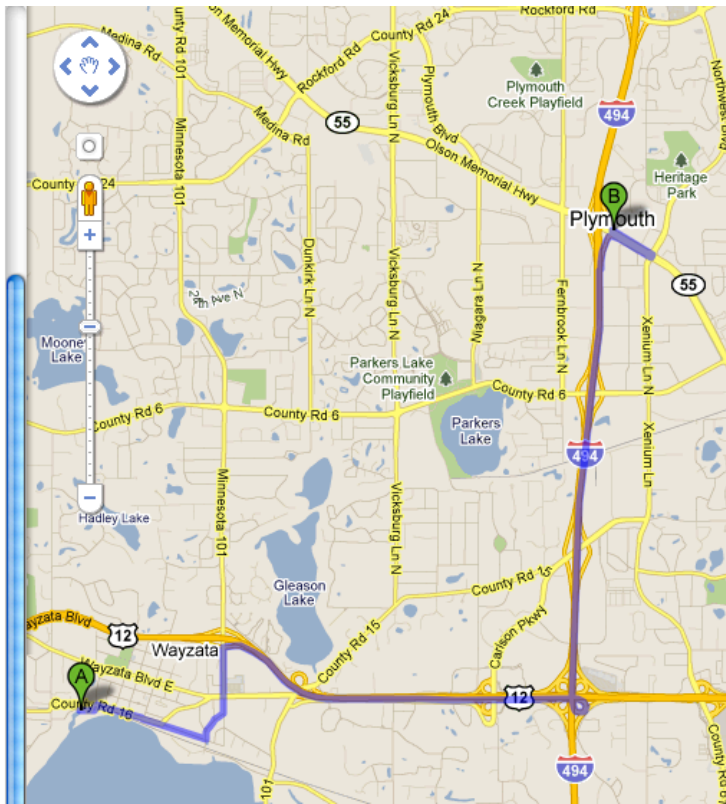
**Excelsior Beach (Start/Finish) Map & Directions to St Francis Hosp.:**



**Wayzata Beach**  
 Grove Ln E  
 Wayzata, Minnesota 55391

1. Head east on Grove Ln E toward Dakota Rail Trail
- 0.1 mi
- ➔ 2. Turn right onto County Rd 16/Lake St E
- 0.7 mi
- ⬅️ 3. Turn left onto E Circle Dr
- 0.2 mi
- ⬅️ 4. Turn left onto Central Ave S
- 0.4 mi
- ⬆️ 5. Turn right to merge onto US-12 E
- 1.2 mi
- ➔ 6. Take exit 1A for I-494 S/I-494 N/Carlson Pkwy toward Linner Rd
- 0.2 mi
- ➔ 7. Keep left at the fork, follow signs for I-494 N and merge onto I-494 N
- 3.4 mi
- ➔ 8. Take exit 22 for MN-55
- 0.3 mi
- ➔ 9. Turn right onto MN-55 E
- 0.2 mi
- ⬅️ 10. Make a U-turn at County Rd 61/Xenium Ln N
- 0.3 mi

**Plymouth, MN**



Get directions My places

**Park Nicollet Clinic—Chanhassen**  
 300 Lake Drive E. #160  
 Chanhassen, MN 55317

9. Head east toward Lake Dr E
- 249 ft
- ➔ 10. Turn right onto Lake Dr E
- 0.1 mi
- ➔ 11. Take the 1st right onto Great Plains Blvd/Lake Dr
- 0.1 mi
- ⬅️ 12. Take the 1st left onto Arboretum Blvd/Minnesota 101 S
- 0.3 mi
- ⬅️ 13. Turn left onto Market Blvd/Minnesota 101 S
- Continue to follow Minnesota 101 S
- 3.6 mi
- ⬅️ 14. Turn left onto Flying Cloud Dr/Minnesota 101 S
- 200 ft
- ➔ 15. Keep right at the fork
- 0.4 mi
- ➔ 16. Continue onto County Highway 101
- 0.8 mi
- ⬅️ 17. Turn left to stay on County Highway 101
- 0.1 mi
- ➔ 18. Turn right onto Spencer St S
- 0.9 mi
- ➔ 19. Continue onto Co Rd 79
- 1.0 mi
- ⬅️ 20. Turn left onto 17th Ave E
- 0.8 mi
- ➔ 21. Turn right onto Marshall Rd
- 0.2 mi
- ⬅️ 22. Take the 1st left onto St Francis Ave

