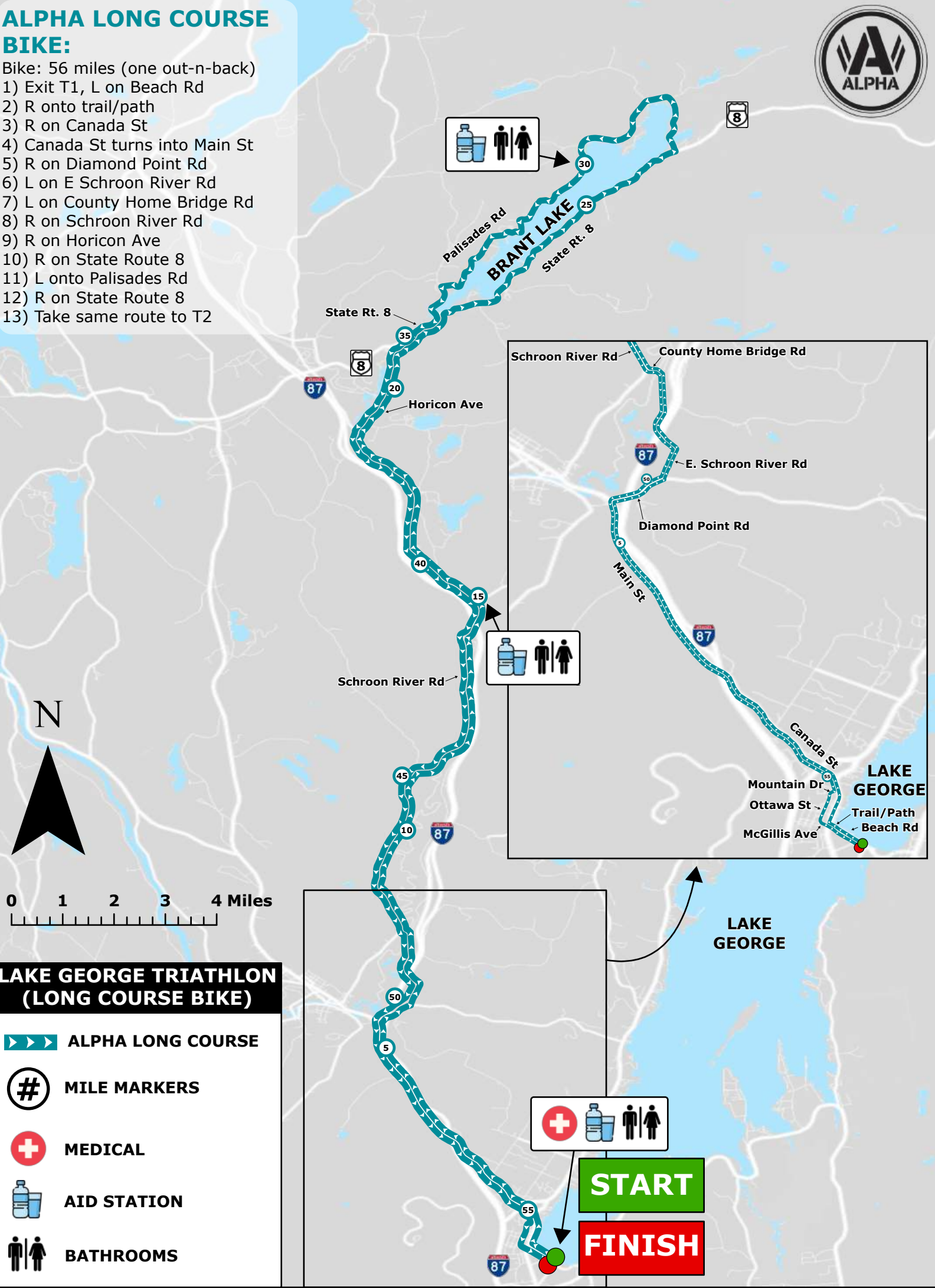


ALPHA LONG COURSE BIKE:

- Bike: 56 miles (one out-n-back)
- 1) Exit T1, L on Beach Rd
 - 2) R onto trail/path
 - 3) R on Canada St
 - 4) Canada St turns into Main St
 - 5) R on Diamond Point Rd
 - 6) L on E Schroon River Rd
 - 7) L on County Home Bridge Rd
 - 8) R on Schroon River Rd
 - 9) R on Horicon Ave
 - 10) R on State Route 8
 - 11) L onto Palisades Rd
 - 12) R on State Route 8
 - 13) Take same route to T2



LAKE GEORGE TRIATHLON (LONG COURSE BIKE)

- ▶▶▶ ALPHA LONG COURSE
- # MILE MARKERS
- + MEDICAL
- 💧 AID STATION
- 🚻 BATHROOMS

LAKE GEORGE TRIATHLON (OPEN, SPRINT & OLYMPIC BIKE)

- ▶▶▶ ALPHA OPEN
- ▶▶▶ ALPHA SPRINT
- ▶▶▶ ALPHA OLYMPIC
- # MILE MARKERS
- + MEDICAL
- 💧 AID STATION
- 🚻 BATHROOMS



ALPHA OPEN BIKE:

- Bike: 2.1 miles (2 out-n-backs)
- 1) Exit T1, right on Beach Rd
 - 2) Turnaround at intersection with East Shore Drive
 - 3) Pass the T1 and continue to intersection with Canada Street
 - 4) Return on same route to T2

ALPHA SPRINT BIKE:

- Bike: 12.4 miles (out-n-back)
- 1) Exit T1, right on Beach Rd
 - 2) L on SR 9L / E Shore Dr
 - 3) Turnaround at 6.2 miles and return on same route to T2

ALPHA OLYMPIC BIKE:

- Bike: 24.8 miles (out-n-back)
- 1) Exit T1, right on Beach Rd
 - 2) L on SR 9L / E Shore Dr
 - 3) SR 9L turns into Ridge Rd
 - 4) Stay on Ridge Rd until turnaround at 12.4 miles and return on same route to T2