



**LONG COURSE Turnaround #1**

**ALPHA LONG COURSE:**

Bike: 56 miles (1 small & 2 big out-n-backs)

- 1) Exit T1, R onto Berryessa Knoxville Rd.
- 2) Turnaround #1
- 3) Continue past the start/finish, staying on Berryessa Knoxville Rd.
- 4) Turnaround #2
- 5) Turnaround #3 at start/finish
- 6) Turnaround #4
- 7) Return to start/finish to T2

**LONG COURSE Turnaround #3**



**START**

**FINISH**

Pope Canyon Rd

55  
30

**LAKE BERRYESSA**

**2x**  
SOUTHERN SEGMENT OF COURSE

**LONG COURSE Turnaround #2 & #4**



**NAPA VALLEY TRIATHLON (LONG COURSE BIKE)**

**▶▶▶ ALPHA LONG COURSE**

**# MILE MARKERS**

**+ MEDICAL**

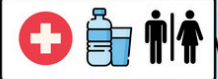
**AID STATION**

**BATHROOMS**

Berryessa Knoxville Rd  
10 35  
50 25  
15 40  
20 45

0 0.45 0.9 1.35 1.8 Miles





**START**  
**FINISH**

**OPEN**  
**START**  
**FINISH**

**LAKE BERRYESSA**

- ALPHA OPEN:**  
Bike: 2 miles (out-n-back)
- 1) Exit T1, L onto Berryessa Knoxville Rd.
  - 2) Turn around at 1 mile and return on same route to T2
- ALPHA SPRINT:**  
Bike: 12.4 miles (out-n-back)
- 1) Exit T1, L onto Berryessa Knoxville Rd.
  - 2) Turn around at 6.2 miles and return on same route to T2
- ALPHA OLYMPIC:**  
Bike: 24.8 miles (out-n-back)
- 1) Exit T1, L onto Berryessa Knoxville Rd.
  - 2) Turn around at 12.4 miles and return on same route to T2

**SPRINT Turnaround**

**OLYMPIC Turnaround**



**NAPA VALLEY TRIATHLON  
(OPEN, SPRINT, & OLYMPIC BIKE)**

- ▶▶ ALPHA OPEN
- ▶▶ ALPHA SPRINT
- ▶▶ ALPHA OLYMPIC

# MILE MARKERS

+ MEDICAL

AID STATION

BATHROOMS



0 0.6 1.2 Miles