



ALPHA LONG COURSE:

Bike: 55 miles (one loop)

- 1) Exit T1, R on Binnewater Rd
- 2) R on Lucas Avenue Ext
- 3) L on Zandhoek Rd, becomes Main St
- 4) R on Wynkoop Rd
- 5) L on Hurley Mountain Rd
- 6) R on Dug Hill Rd
- 7) L on State Rte 28A
- 8) R on State Rte 28
- 9) R on Basin Rd
- 10) R on Dike Rd
- 11) R on State Rte 28A
- 12) L on Dug Hill Rd to return on same route to T2

US 212 // Tinker St

ASHOKAN RESERVOIR

START

FINISH

HUDSON VALLEY TRIATHLON (LONG COURSE BIKE)

▶▶▶ ALPHA LONG COURSE

MILE MARKERS

+ MEDICAL

💧 AID STATION

🚻 BATHROOMS

0 1 2 3 4 5 6 Miles

N



ALPHA OPEN:

Bike: 3 miles (out n back)

- 1) Exit T1, R on Binnewater Rd
- 2) Turn around at 1.5 miles and return on same route to T2

ALPHA SPRINT:

Bike: 12.4 miles (out n back)

- 1) Exit T1, R on Binnewater Rd
- 2) R on Lucas Avenue Ext
- 3) L on Zandhoek Rd, becomes Main St
- 4) R on Wynkoop Rd
- 5) Turn around at 6.2 miles and return on same route to T2

ALPHA OLYMPIC:

Bike: 24.8 miles (2 out n backs)

- 1) Exit T1, R on Binnewater Rd
- 2) R on Lucas Avenue Ext
- 3) L on Zandhoek Rd, becomes Main St
- 4) R on Wynkoop Rd
- 5) Turn around at 6.2 miles and return on same route to begin second out n back to T2

HUDSON VALLEY TRIATHLON (OPEN, SPRINT & OLYMPIC BIKE)

▶▶▶ ALPHA OPEN

▶▶▶ ALPHA SPRINT

▶▶▶ ALPHA OLYMPIC

MILE MARKERS

+ MEDICAL

💧 AID STATION

🚻 BATHROOMS

SPRINT
Turnaround

OLYMPIC
Turnaround

2x

OLYMPIC
ATHLETES
ONLY

OPEN
Turnaround

START

FINISH

N

0 0.5 1 1.5 2 Miles