ALPHA OPEN:
Bike: 2 miles (out-n-back)
1) Exit T1 onto Demars Blvd
2) Turn at Open Turnaround
3) Return on same route to T2

ALPHA SPRINT:
Bike: 12.4 miles (out-n-back)
1) Exit T1 onto Demars Blvd
2) Demars Blvd turns into Main St then State Route 3
3) Continue on State Route 3 until Sprint Turnaround
4) Return on same route to T2

ALPHA OLYMPIC:
Bike: 24.8 miles (out-n-back)
1) Exit T1 onto Demars Blvd
2) Demars Blvd turns into Main St then State Route 3
3) Continue on State Route 3 until Olympic Turnaround
4) Return on same route to T2

ALPHA LONG COURSE:
Bike: 56 miles (out-n-back)
1) Exit T1 onto Demars Blvd
2) Demars Blvd turns into Main St then State Route 3
3) Continue on State Route 3 until Long Course Turnaround
4) Return on same route to T2

ALPHA

OPEN Turnaround

Demars Blvd

TUPPER LAKE

START

FINISH

OLYMPIC Turnaround

State Hwy 56

State Route 3

SPRINT Turnaround

Main St

LONG COURSE Turnaround

CRANBERRY LAKE

N

0 1 2 3 4 5 Miles

TUPPER LAKE TINMAN TRIATHLON (BIKE)

- ALPHA OPEN
- ALPHA SPRINT
- ALPHA OLYMPIC
- ALPHA LONG COURSE
- MILE MARKERS
- MEDICAL
- AID STATION
- BATHROOMS