

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:

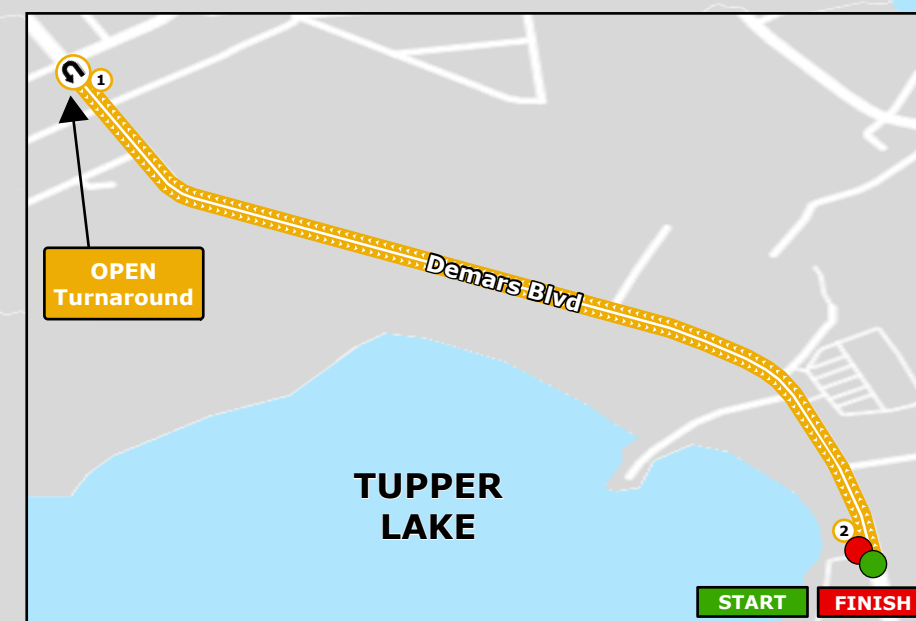
- Bike: 12.4 miles (out-n-back)
1) Exit T1 onto Demars Blvd
2) Demars Blvd turns into Main St then State Route 3
3) Continue on State Route 3 until Sprint Turnaround
4) Return on same route to T2

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



START

FINISH

OLYMPIC
Turnaround



SPRINT
Turnaround



START

FINISH

TUPPER
LAKE

CRANBERRY
LAKE

LONG COURSE
Turnaround

TUPPER LAKE TINMAN TRIATHLON (BIKE)

- ▶▶▶ ALPHA OPEN
- ▶▶▶ ALPHA SPRINT
- ▶▶▶ ALPHA OLYMPIC
- ▶▶▶ ALPHA LONG COURSE

MILE MARKERS

+ MEDICAL

💧 AID STATION

🚻 BATHROOMS

N

0 1 2 3 4 5 Miles