



LITTLE WOLF POND

Main St // State Route 3

Adirondack Rail Trail

SPRINT Turnaround



Junction Pass

2x
LONG COURSE
ATHLETES
ONLY

LONG COURSE
Turnaround #1 & #3

OLYMPIC
Turnaround



TUPPER LAKE TINMAN TRIATHLON (RUN)

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

MILE MARKERS

+ MEDICAL

💧 AID STATION

🚻 BATHROOMS



TUPPER LAKE

START

FINISH

LONG COURSE
Turnaround #2

0 0.1 0.2 0.3 0.4 0.5 Miles

TUPPER LAKE

FINISH

START

Demar Blvd

OPEN
Turnaround

First Run
Segment of
Duathlon
Follows this
Route

ALPHA OPEN:
Run: 1 mile (out-n-back)
1) Exit T2, run through field
2) L on Junction Pass
3) Turn around at 0.5 miles
4) Continue on similar route to Finish

ALPHA SPRINT:
Run: 3.1 miles (out-n-back)
1) Exit T2, run through field
2) L on Junction Pass
3) Turn around at 1.55 miles
4) Continue on similar route to Finish

ALPHA OLYMPIC:
Run: 6.2 miles (out-n-back)
1) Exit T2, run through field
2) L on Junction Pass
3) R on the Adirondack Rail Trail
4) Turn around at 2.75 miles
5) Continue on similar route to Finish

ALPHA LONG COURSE:
Run: 13.1 miles (2 out-n-backs)
1) Exit T2, run through field
2) L on Junction Pass
3) R on the Adirondack Rail Trail
4) Turn around at 3.2 miles at Turnaround #1
5) Continue back on similar route before turning around at 6.2 miles at Turnaround #2
6) Run up to Turnaround #3
7) Turn around at 9.2 miles at Turnaround #3
8) Continue on similar route to Finish