



BIG APPLE
TRIATHLON
NEW YORK CITY
ALPHA WIN



SPRINT TURNAROUND
at W 181st St

OLYMPIC TURNAROUND
at Gun Hill Rd

ALPHA SPRINT BIKE: 12.4 MILES

- 1) Exit transition and turn right onto Henry Hudson Pkwy
- 2) Turn around at George Washington Bridge
- 3) Continue South on the Pkwy
- 4) Turn around at W 56th St and return North on same route
- 5) Turn right into transition

ALPHA OLYMPIC BIKE: 24.8 MILES

- 1) Exit transition and turn right onto Henry Hudson Pkwy
- 2) Continue onto Mosholu Pkwy
- 3) Turn around at Gun Hill Rd
- 4) Continue South on Henry Hudson Pkwy
- 5) Turn around at W 56th St and return North on same route
- 6) Turn right into transition

BIKE MOUNT ZONE

BIKE DISMOUNT ZONE

TRANSITION

OLYMPIC & SPRINT TURNAROUND
at W 56th St

NYC BIG APPLE TRIATHLON (BIKE)

- OLYMPIC BIKE
- SPRINT BIKE

- Aid Stations Inc.
- Medical Station
- Water Station
- Bathrooms