



BIG APPLE
TRIATHLON
NEW YORK CITY
ALPHA WIN





W 111th St

W 109th St

W 107th St

W 105th St

W 103rd St

TRANSITION AREA

W 101st St

W 99th St

W 98th St

ALPHA SPRINT RUN: 2.5 MILES

- 1) Exit transition and head South
- 2) Turn left onto W 96th St
- 3) Turn right onto West Dr
- 4) Turn left onto Terrace Dr (72nd St Transverse)
- 5) Turn right on Former Dr (Dead Rd) to Finish

ALPHA OLYMPIC RUN: 6.2 MILES

- 1) Exit transition and head South
- 2) Turn left onto W 96th St
- 3) Turn right onto West Dr
- 4) Continue right on East Dr
- 5) Turnaround and return on same route
- 6) Turn right on Terrace Dr (72nd St Transverse)

AID STATION #1



OLYMPIC TURNAROUND

AID STATION #5



AID STATION #2



AID STATION #4

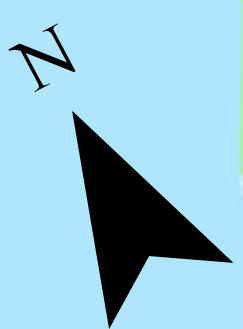


RUN FINISH
(Former Dr (Dead Rd))

AID STATION #3



HUDSON RIVER



0 0.2 0.4 0.6 0.8 1 Miles

NYC BIG APPLE TRIATHLON (RUN)

- OLYMPIC RUN
- SPRINT RUN

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