



Bolton Landing, NY

Run Course

SPRINT RUN

Bike: 3.1 Miles (1 Out and Back)

- 1) Exit Transition left turn onto Lake Shore Drive
- 2) Turn left onto Sagamore Rd
- 3) Turn left to follow Boathouse Ln
- 4) Stay Boathouse Ln heading South
- 5) Turn right to Sagamore Rd. Then turnaround and continue back on same route

OLYMPIC RUN

Bike: 6.2 Miles (2 Out and Backs)

- 1) Exit Transition left turn onto Lake Shore Drive
- 2) Turn left onto Sagamore Rd
- 3) Turn Left to follow Boathouse Ln
- 4) Stay Boathouse Ln heading heading South
- 5) Turn right to Sagamore Rd. Then turnaround and continue back on same route
- 6) Turnaround at Transition Area and repeat same out and back again