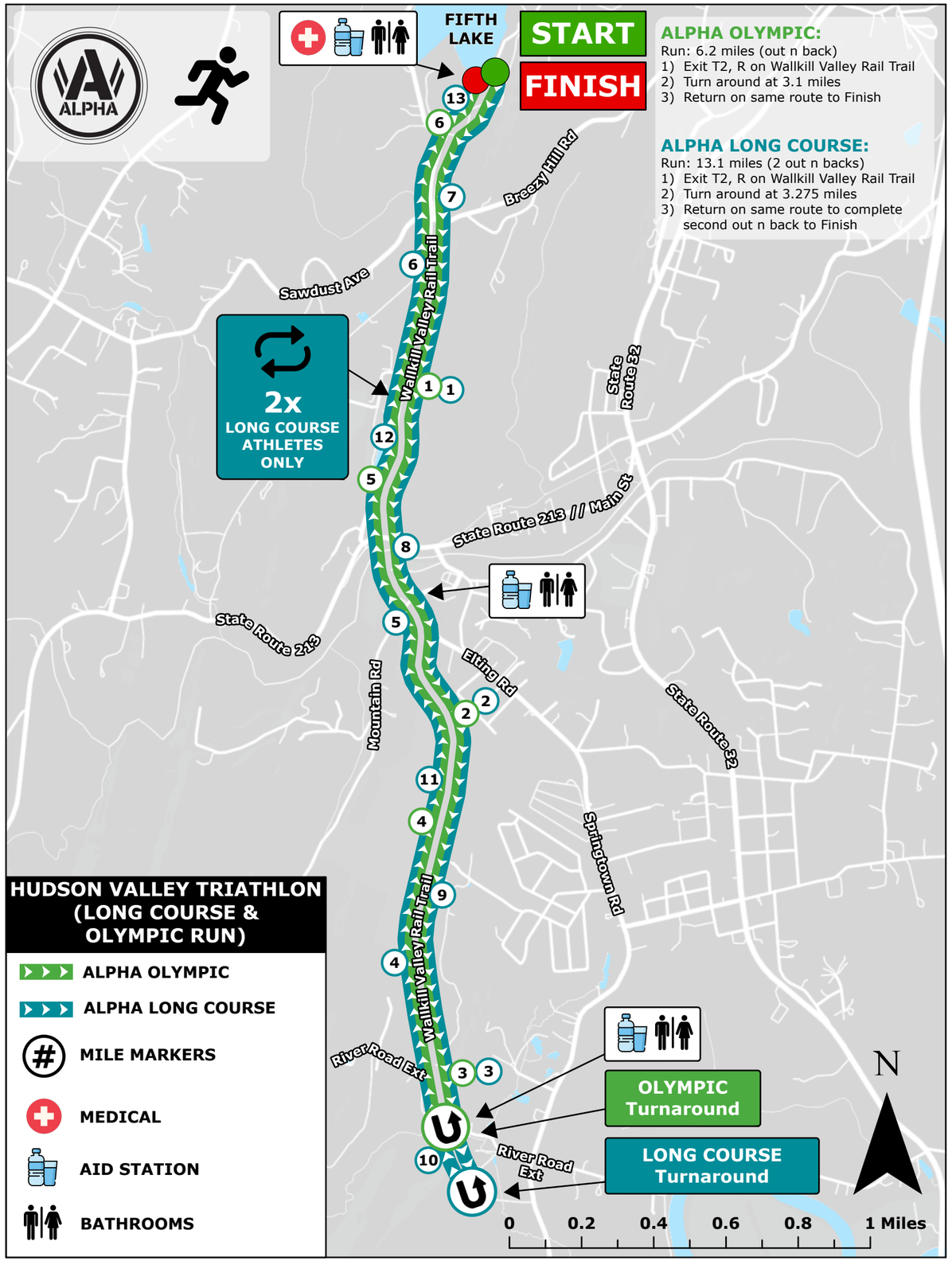
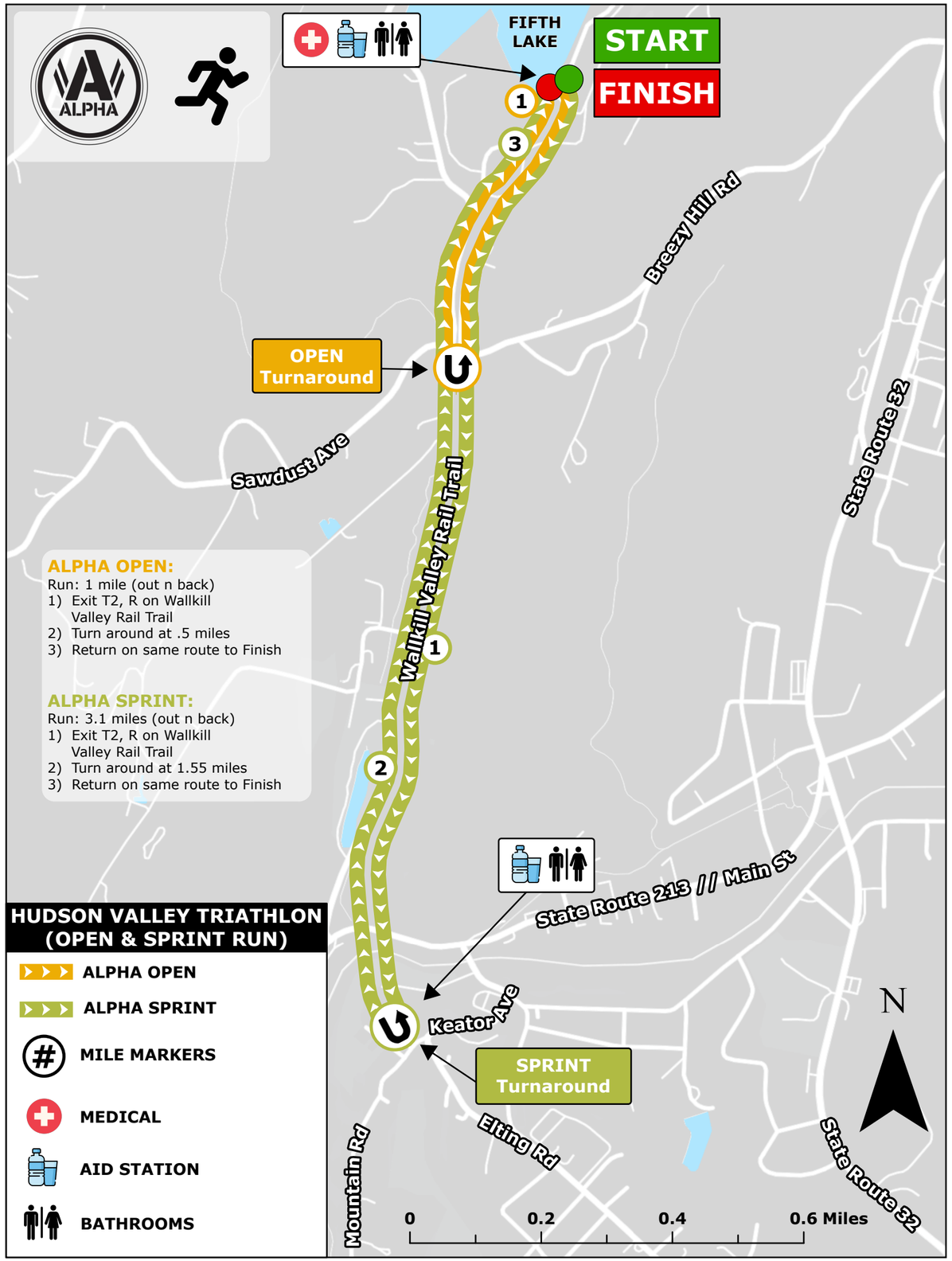

FIFTH LAKE
START
FINISH
ALPHA OLYMPIC:
Run: 6.2 miles (out n back)
1) Exit T2, R on Wallkill Valley Rail Trail
2) Turn around at 3.1 miles
3) Return on same route to Finish
ALPHA LONG COURSE:
Run: 13.1 miles (2 out n backs)
1) Exit T2, R on Wallkill Valley Rail Trail
2) Turn around at 3.275 miles
3) Return on same route to complete second out n back to Finish
2x
LONG COURSE ATHLETES ONLY
Breezy Hill Rd
Sawdust Ave
Wallkill Valley Rail Trail
State Route 32
State Route 213 // Main St
State Route 219
Mountain Rd
Elting Rd
Springtown Rd
River Road Ext
OLYMPIC Turnaround
LONG COURSE Turnaround
HUDSON VALLEY TRIATHLON (LONG COURSE & OLYMPIC RUN)
ALPHA OLYMPIC
ALPHA LONG COURSE
MILE MARKERS
MEDICAL
AID STATION
BATHROOMS
N
0
0.2
0.4
0.6
0.8
1 Miles


FIFTH LAKE
START
FINISH
OPEN Turnaround
Breezy Hill Rd
Sawdust Ave
Wallkill Valley Rail Trail
State Route 32
ALPHA OPEN:
Run: 1 mile (out n back)
1) Exit T2, R on Wallkill Valley Rail Trail
2) Turn around at .5 miles
3) Return on same route to Finish
ALPHA SPRINT:
Run: 3.1 miles (out n back)
1) Exit T2, R on Wallkill Valley Rail Trail
2) Turn around at 1.55 miles
3) Return on same route to Finish
State Route 213 // Main St
Keator Ave
SPRINT Turnaround
Elting Rd
Mountain Rd
HUDSON VALLEY TRIATHLON (OPEN & SPRINT RUN)
ALPHA OPEN
ALPHA SPRINT
MILE MARKERS
MEDICAL
AID STATION
BATHROOMS
N
0
0.2
0.4
0.6 Miles