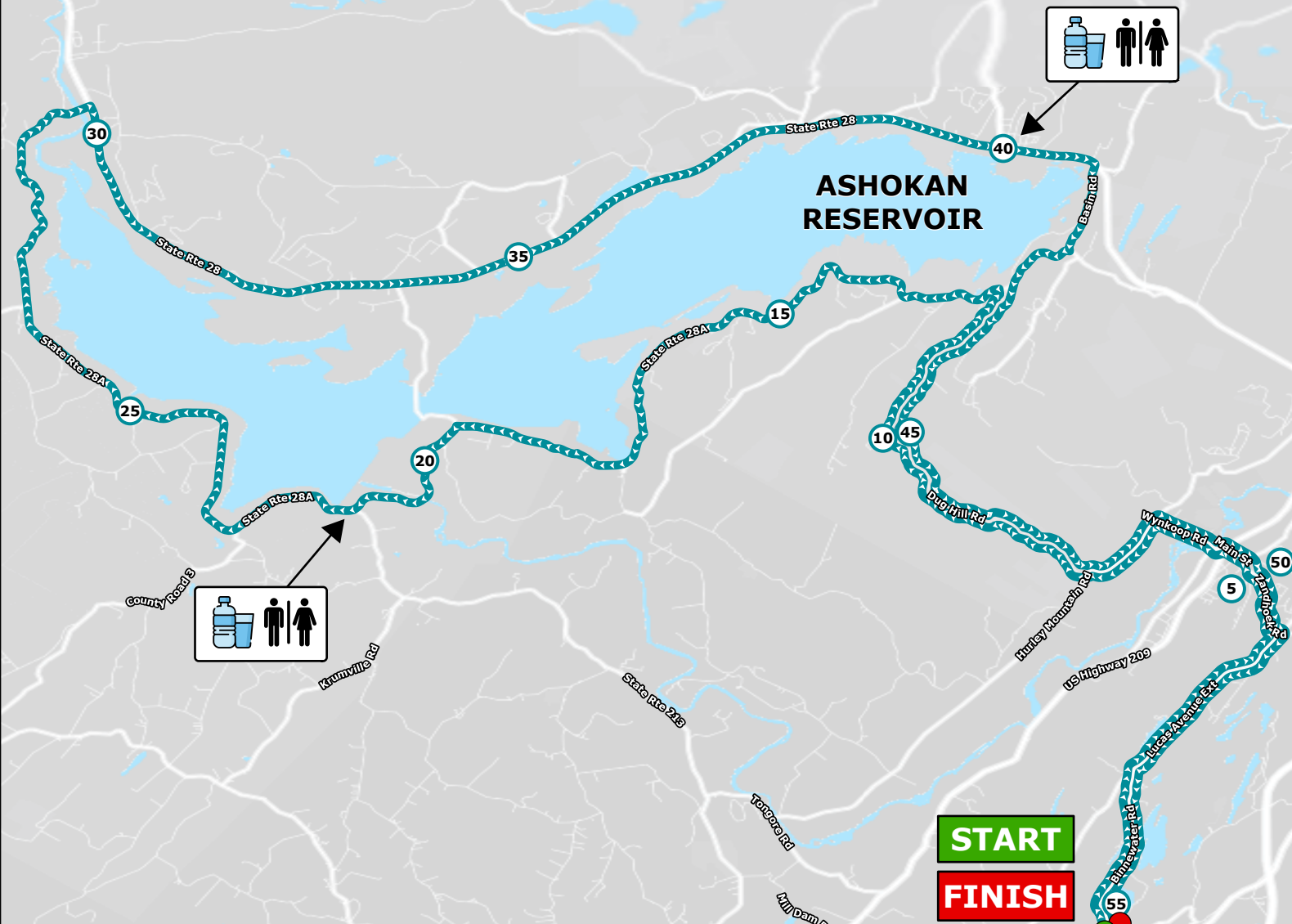




ALPHA LONG COURSE:

- Bike: 55 miles (one loop)
- 1) Exit T1, R on Binnewater Rd
 - 2) R on Lucas Avenue Ext
 - 3) L on Zandhoek Rd, becomes Main St
 - 4) R on Wynkoop Rd
 - 5) L on Hurley Mountain Rd
 - 6) R on Dug Hill Rd
 - 7) L on State Rte 28A
 - 8) R on State Rte 28
 - 9) R on Basin Rd
 - 10) R on State Rte 28A
 - 11) L on Dug Hill Rd to return on same route to T2



HUDSON VALLEY TRIATHLON (LONG COURSE & BIKE)

- ▶▶▶ ALPHA LONG COURSE
- # MILE MARKERS
- ⊕ MEDICAL
- 💧 AID STATION
- 🚻 BATHROOMS



ALPHA OPEN:

- Bike: 3 miles (out n back)
- 1) Exit T1, R on Binnewater Rd
 - 2) Turn around at 1.5 miles and return on same route to T2

ALPHA SPRINT:

- Bike: 12.4 miles (out n back)
- 1) Exit T1, R on Binnewater Rd
 - 2) R on Lucas Avenue Ext
 - 3) L on Zandhoek Rd, becomes Main St
 - 4) R on Wynkoop Rd
 - 5) Turn around at 6.2 miles and return on same route to T2

ALPHA OLYMPIC:

- Bike: 24.8 miles (2 out n backs)
- 1) Exit T1, R on Binnewater Rd
 - 2) R on Lucas Avenue Ext
 - 3) L on Zandhoek Rd, becomes Main St
 - 4) R on Wynkoop Rd
 - 5) Turn around at 6.2 miles and return on same route to begin second out n back to T2

HUDSON VALLEY TRIATHLON (OPEN, SPRINT & OLYMPIC BIKE)

- ▶▶▶ ALPHA OPEN
- ▶▶▶ ALPHA SPRINT
- ▶▶▶ ALPHA OLYMPIC
- # MILE MARKERS
- ⊕ MEDICAL
- 💧 AID STATION
- 🚻 BATHROOMS

