



Hudson Valley at Williams Lake Bike Course

2.2 miles/12.4 miles/24.8 miles/56 miles

ALPHA OPEN:

Saturday, July 1, 2023

- Bike: 2.2 miles (3 out-n-backs)

- 1) - Exit T1, R on Williams Lake Hotel Road
- 2) - L on Binnewater Rd
- 3) - Turn around at Breezy Hill Rd/Sawdust Ave and return on same route to begin second and third out-n-back to T2

ALPHA SPRINT:

Saturday, July 1, 2023

- Bike: 12.4 miles (out-n-back)

- 1) - Exit T1, R on Williams Lake Hotel Road
- 2) - L on Binnewater Rd
- 3) - R on Sawdust Ave, becomes Cottekill Rd
- 4) - R on US 209
- 5) - L on Mill Dam Rd
- 6) - R on Bogart Ln
- 7) - L on Tongore Rd
- 8) - R on Hurley Mtn Rd
- 9) - Turn around at 6.2 miles and return on same route to T2

ALPHA OLYMPIC:

Saturday, July 1, 2023

- Bike: 24.8 miles (2 out-n-backs)

- 1) - Exit T1, R on Williams Lake Hotel Road
- 2) - L on Binnewater Rd
- 3) - R on Sawdust Ave, becomes Cottekill Rd
- 4) - R on US 209
- 5) - L on Mill Dam Rd
- 6) - R on Bogart Ln
- 7) - L on Tongore Rd
- 8) - R on Hurley Mtn Rd
- 9) - Turn around at 6.2 miles and return on same route to begin second out-n-back to T2

ALPHA 70.3:

Saturday, July 1, 2023

- Bike: 56 miles (one loop)

- 1) - Exit T1, R on Williams Lake Hotel Road
- 2) - L on Binnewater Rd
- 3) - R on Sawdust Ave, becomes Cottekill Rd
- 4) - R on US 209
- 5) - L on Mill Dam Rd
- 6) - R on Bogart Ln
- 7) - L on Tongore Rd
- 8) - R on State Rte 213/Atwood Rd
- 9) - L on State Rte 28A, becomes New York City Rd
- 10) - R on State Rte 28
- 11) - R on Basin Rd
- 12) - R on Dike Rd
- 13) - R on State Rte 28A
- 14) - L on State Rte 213 on return on same route to T2

Course Key			
	= Alpha Open		= Trail
	= Alpha Sprint		= Aid Station
	= Alpha Olympic		= Medical
	= Alpha 70.3		= Porta-Potty
			= Mile Marker

