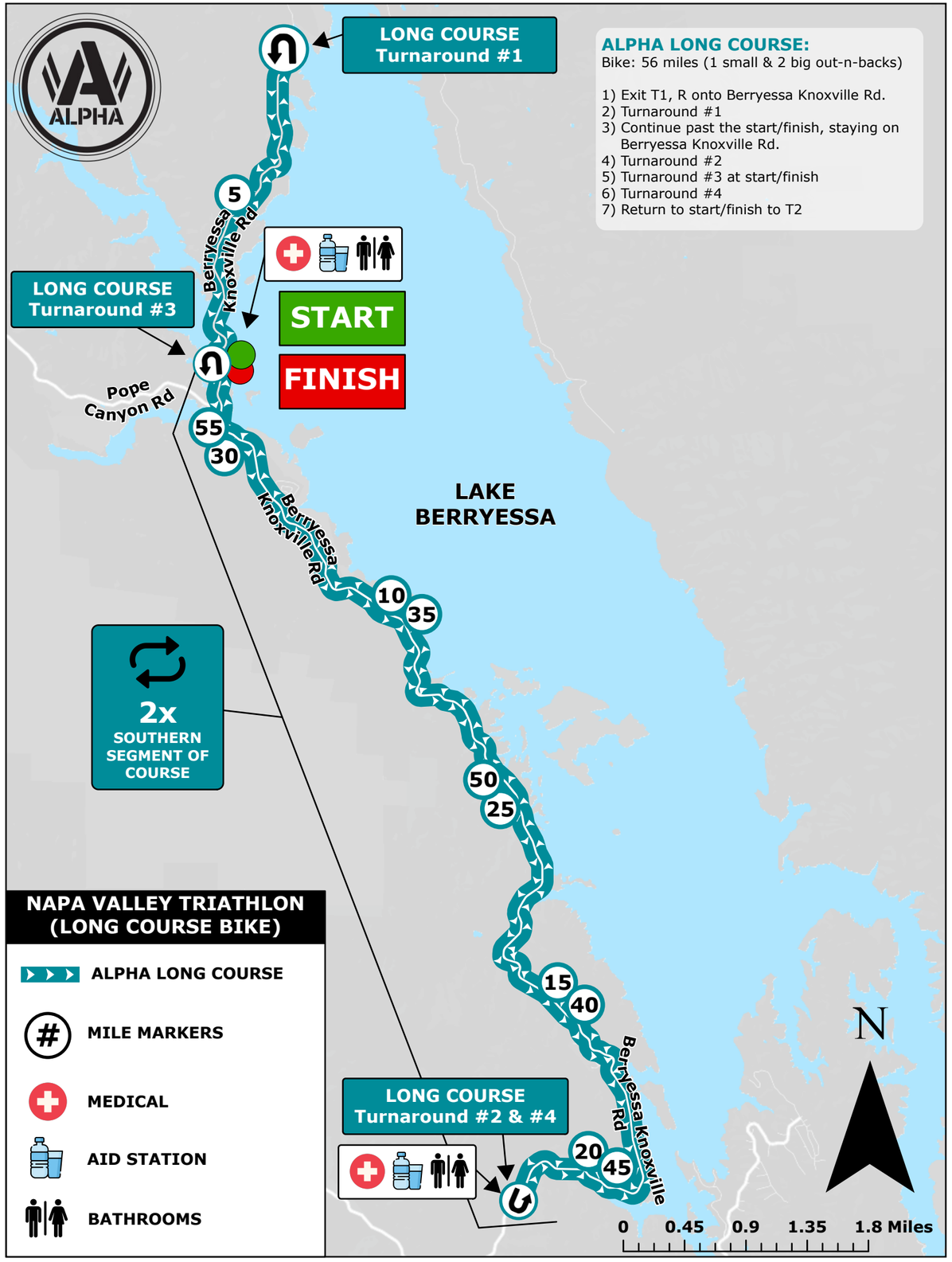
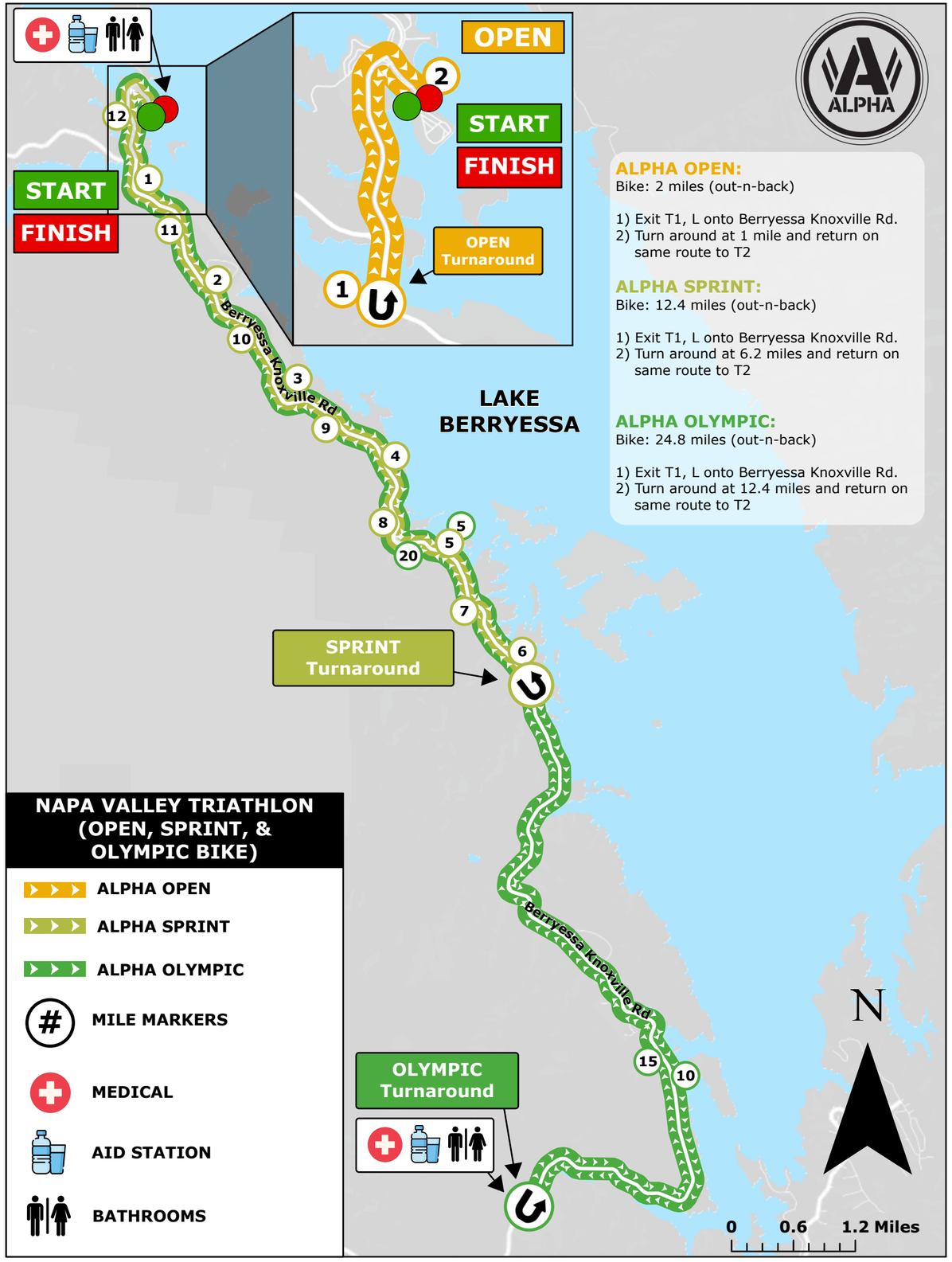


ALPHA LONG COURSE:
Bike: 56 miles (1 small & 2 big out-n-backs)

1) Exit T1, R onto Berryessa Knoxville Rd.
2) Turnaround #1
3) Continue past the start/finish, staying on Berryessa Knoxville Rd.
4) Turnaround #2
5) Turnaround #3 at start/finish
6) Turnaround #4
7) Return to start/finish to T2



ALPHA OPEN:
Bike: 2 miles (out-n-back)

1) Exit T1, L onto Berryessa Knoxville Rd.
2) Turn around at 1 mile and return on same route to T2

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

1) Exit T1, L onto Berryessa Knoxville Rd.
2) Turn around at 6.2 miles and return on same route to T2

ALPHA OLYMPIC:
Bike: 24.8 miles (out-n-back)

1) Exit T1, L onto Berryessa Knoxville Rd.
2) Turn around at 12.4 miles and return on same route to T2