ALPHA

Hudson Valley at Williams Lake
Bike Course
2.2 miles/12.4 miles/24.8 miles/56 miles

ALPHA OPEN:

- 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:

- 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:

- 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 LONG COURSE:

- 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 Long Course   🚻 = Porta-Potty

5 = Mile Marker

ASHOKAN RESERVOIR

Start/Finish

Sprint & Olympic Turnaround

Open Turnaround