

LAKE **Start/Finish** Start/Finish

Hudson Valley at Williams Lake Run Course

1 mile/3.1 miles/6.2 miles/13.1 miles

ALPHA OPEN:

- Run: 1 mile (one loop)
- 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

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 (two 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

Course Key





= Aid Station

= Trail



= Alpha Olympic

= Alpha Long Course 🎹

= Alpha Sprint

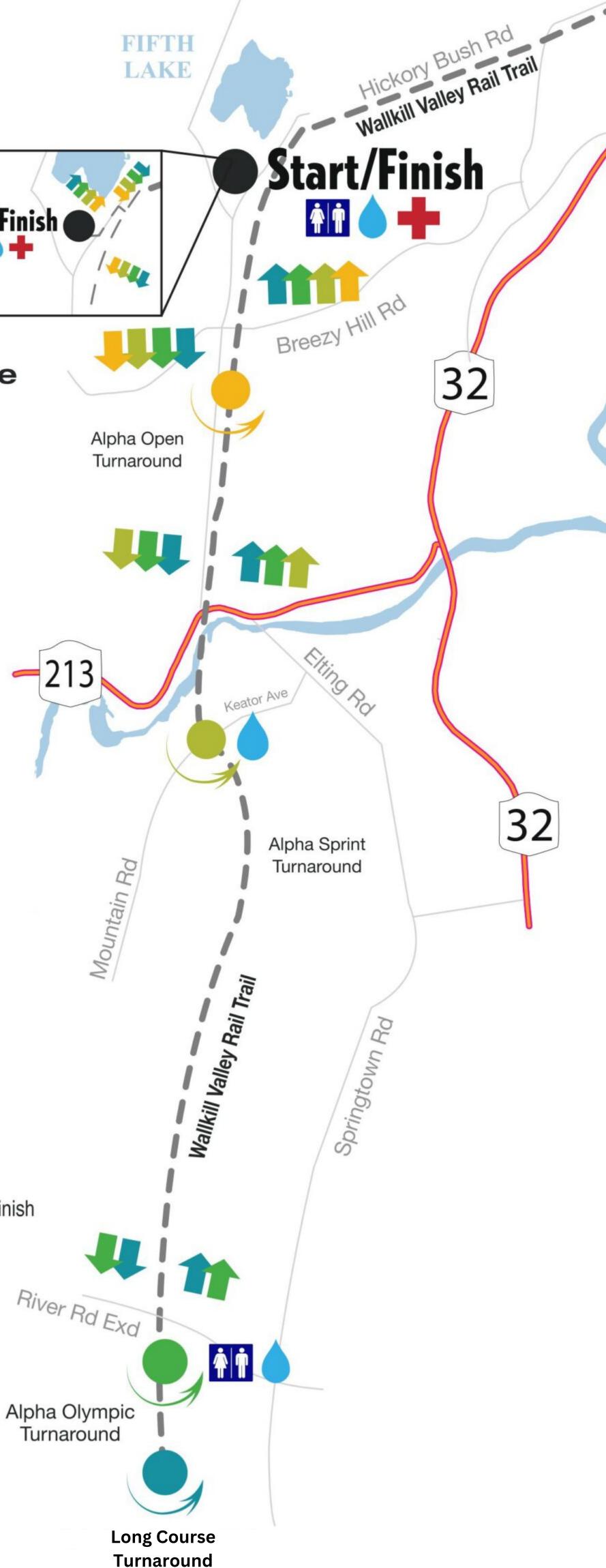


= Porta-John



= Mile Marker





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