



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			
	= Alpha Open		= Trail
	= Alpha Sprint		= Aid Station
	= Alpha Olympic		= Medical
	= Alpha Long Course		= Porta-John
			= Mile Marker

