

HITS TRIATHLON SERIES

Hudson Valley at Williams Lake Run Course

1 mile/3.1 miles/6.2 miles/13.1 miles/26.2 miles

OPEN: Saturday, July 7, 2018

- Run: 1 mile (one loop)
- 1) - Exit T2, R on Walkkill Valley Rail Trail
- 2) - Turn around at .5 miles
- 3) - Return on same route to Finish

SPRINT: Saturday, July 7, 2018

- Run: 3.1 miles (out-n-back)
- 1) - Exit T2, R on Walkkill Valley Rail Trail
- 2) - Turn around at 1.55 miles
- 3) - Return on same route to Finish

OLYMPIC: Saturday, July 7, 2018

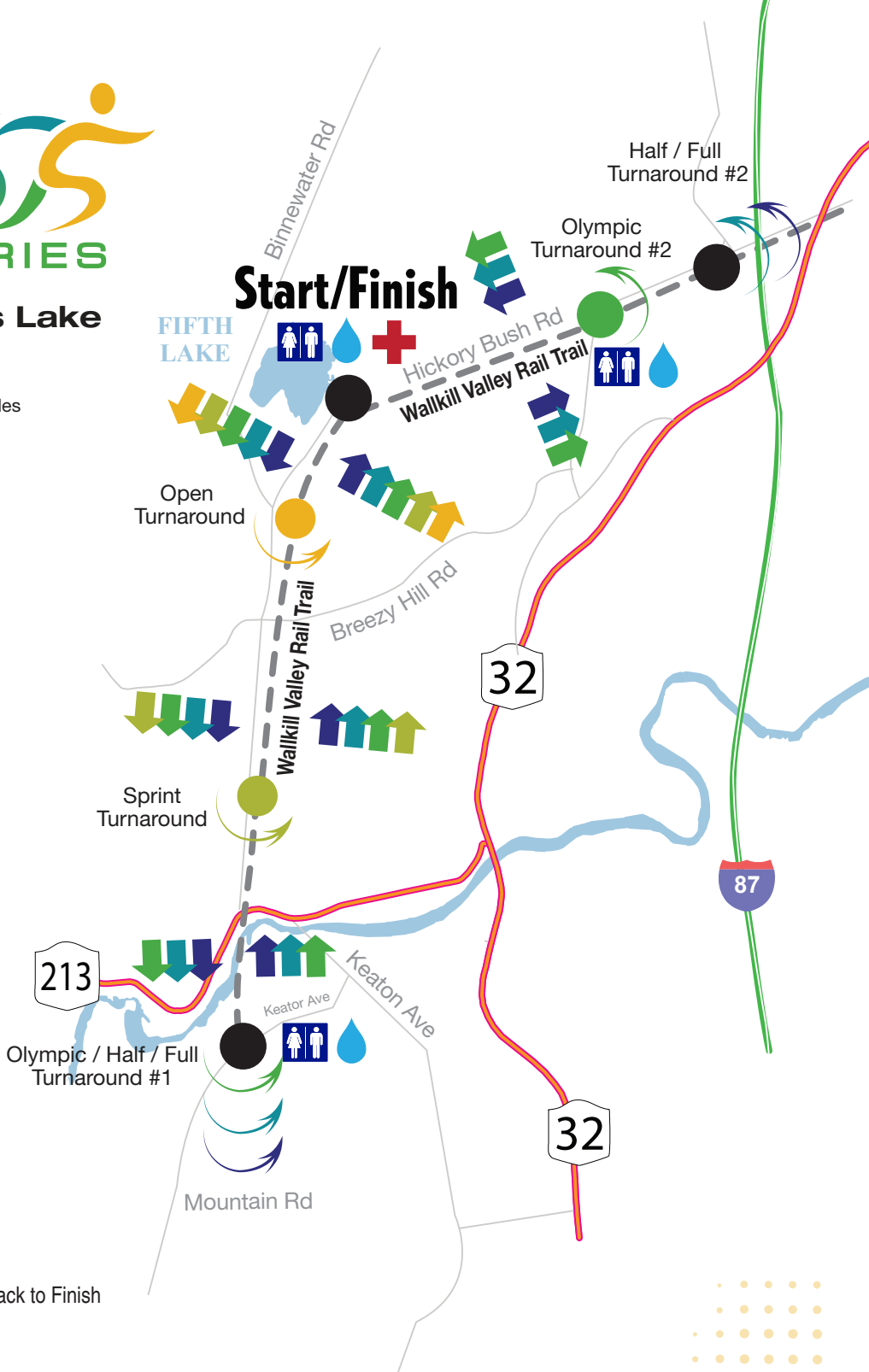
- Run: 6.2 miles (out-n-back)
- 1) - Exit T2, R on Walkkill Valley Rail Trail
- 2) - Turn around at #1
- 3) - Turn around at Olympic Turnaround #2
- 4) - Return on same route to Finish

HALF: Saturday, July 7, 2018

- Run: 13.1 miles (two out-n-backs)
- 1) - Exit T2, R on Walkkill Valley Rail Trail
- 2) - Turn around at #1
- 3) - Turn around at Half/Full Turnaround #2
- 4) - Return on same route to complete second out-n-back to Finish

FULL: Saturday, July 7, 2018

- Run: 26.2 miles (four out-n-backs)
- 1) - Exit T2, R on Walkkill Valley Rail Trail
- 2) - Turn around at #1
- 3) - Turn around at Half/Full Turnaround #2
- 4) - Return on same route to complete second, third and fourth out-n-back to Finish



Course Key			
	= Open		= Trail
	= Sprint		= Aid Station
	= Olympic		= Medical
	= Half		= Porta-John
	= Full		= Mile Marker