



**Lake George, NY
Run Course**
13.1 miles

ALPHA 70.3 RUN

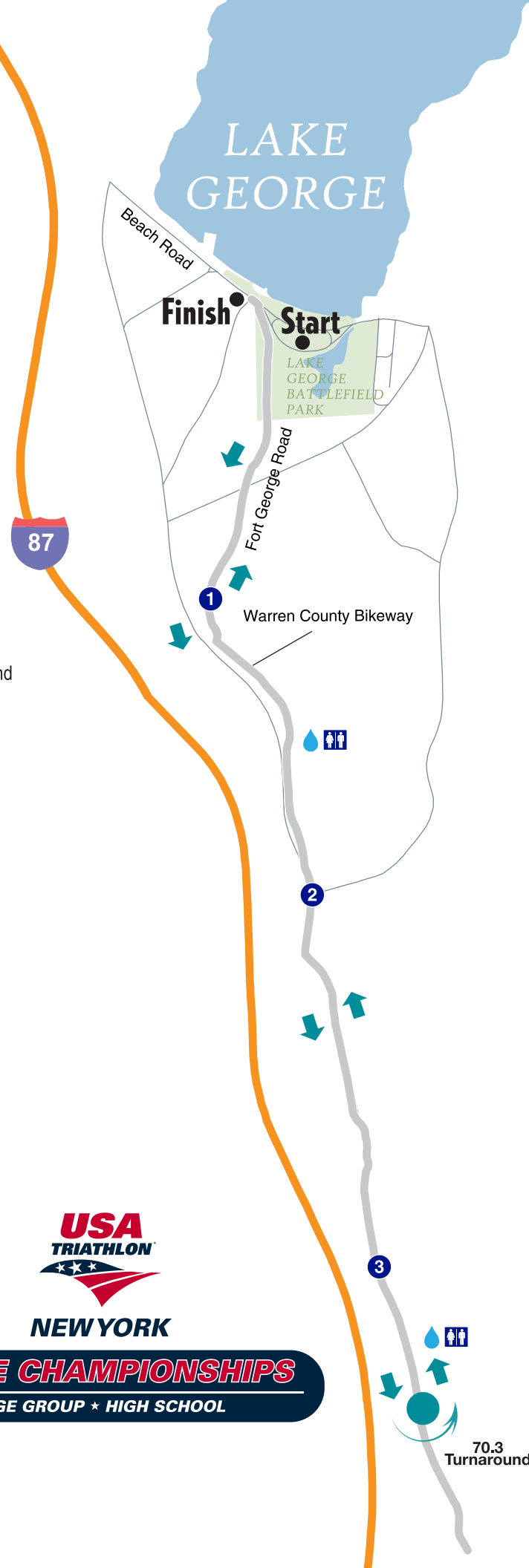
• Run: 13.1 miles (two out-n-backs)

- 1) - Exit T2, L on Beach Rd
- 2) - L on Fort George Rd
- 3) - L on Warren County Bikeway
- 4) - Turnaround and return on same route to Fort George Rd to turnaround and begin second out-n-back
- 5) - Cross over Fort George Rd to Finish

ALPHA SPRINT RUN:
MAP WITH TURN-BY-TURN ON PAGE 2

ALPHA OLYMPIC RUN:
MAP WITH TURN-BY-TURN ON PAGE 2

Course Key			
70.3 =		Aid Station =	
Porta-Potty		Medical =	



NEW YORK

STATE CHAMPIONSHIPS

AGE GROUP * HIGH SCHOOL



VISIT THE
Lake George Area
 IN NEW YORK'S ADIRONDACKS



NEW YORK

STATE CHAMPIONSHIPS

AGE GROUP * HIGH SCHOOL



Lake George, NY
Run Course
 3.1 miles/ 6.2 miles

ALPHA SPRINT RUN:

- Run: 3.1 miles (one loop)
- 1) - Exit Transition
- 2) - L on Beach Rd
- 3) - Cross over 9N onto McGillis Ave
- 4) - R on Ottawa St
- 5) - L on Mountain Dr
- 6) - R Joques Farm Rd
- 7) - L Old Post Rd
- 8) - Turnaround in parking lot
- 9) - R Joques Farm Rd
- 10) - L on Mountain Dr
- 11) - R on 9N into village
- 12) - L on Beach Rd
- 13) - R into Finish

ALPHA OLYMPIC RUN:

- Run: 6.2 miles (two loops)
- 1) - Exit Transition
- 2) - L on Beach Rd
- 3) - Cross over 9N onto McGillis Ave
- 4) - R on Ottawa St
- 5) - L on Mountain Dr
- 6) - R Joques Farm Rd
- 7) - L Old Post Rd
- 8) - Turnaround in parking lot
- 9) - R Joques Farm Rd
- 10) - L on Mountain Dr
- 11) - R on 9N into village
- 12) - L on Beach Rd
- 13) - R into Finish

Course Key	
Sprint =	Aid Station =
Olympic =	Medical =
	Porta-Potty =