



Lake George, NY
Run Course
13.1 miles

70.3 RUN:

Saturday, September 3, 2022

• Run: 13.1 miles (two out-n-backs)

- 1) - Exit T2, proceed to Warren Co. Bikeway
- 2) - Turnaround at 2nd Aid Station 3.275 miles
- 3) - Return on same route to begin second out-n-back to Finish

Course Key

70.3 =  Aid Station = 
Porta-Potty  Medical = 

VISIT THE
Lake George Area
IN NEW YORK'S ADIRONDACKS

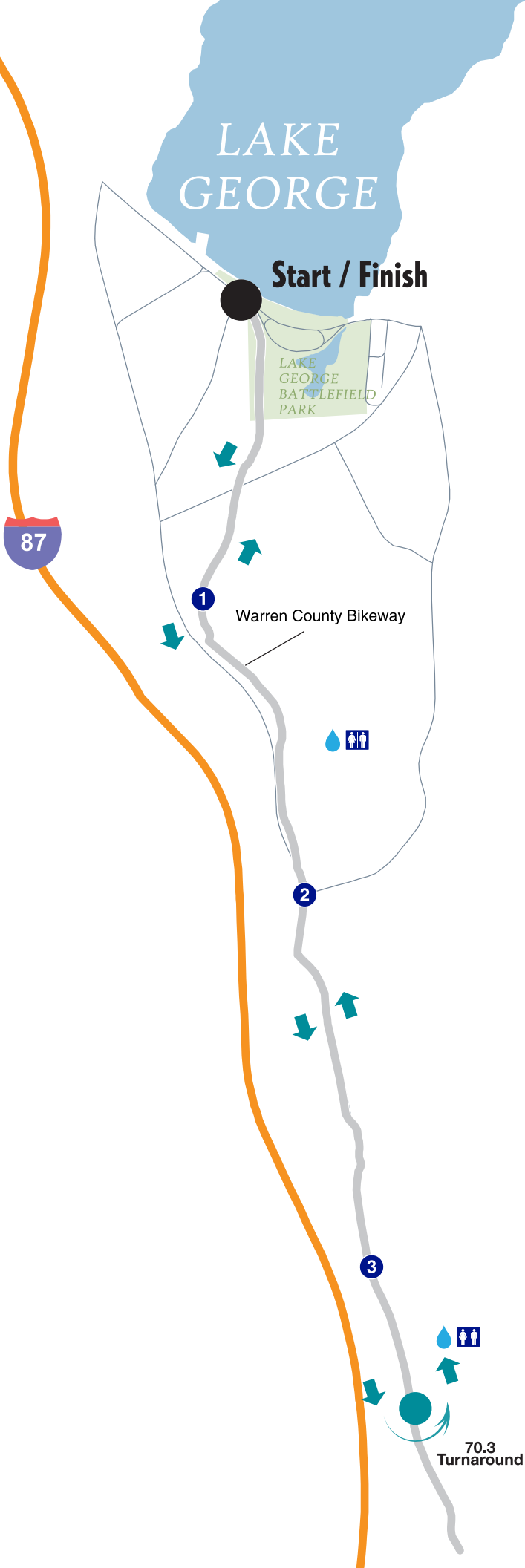


NEW YORK

STATE CHAMPIONSHIPS

AGE GROUP * HIGH SCHOOL

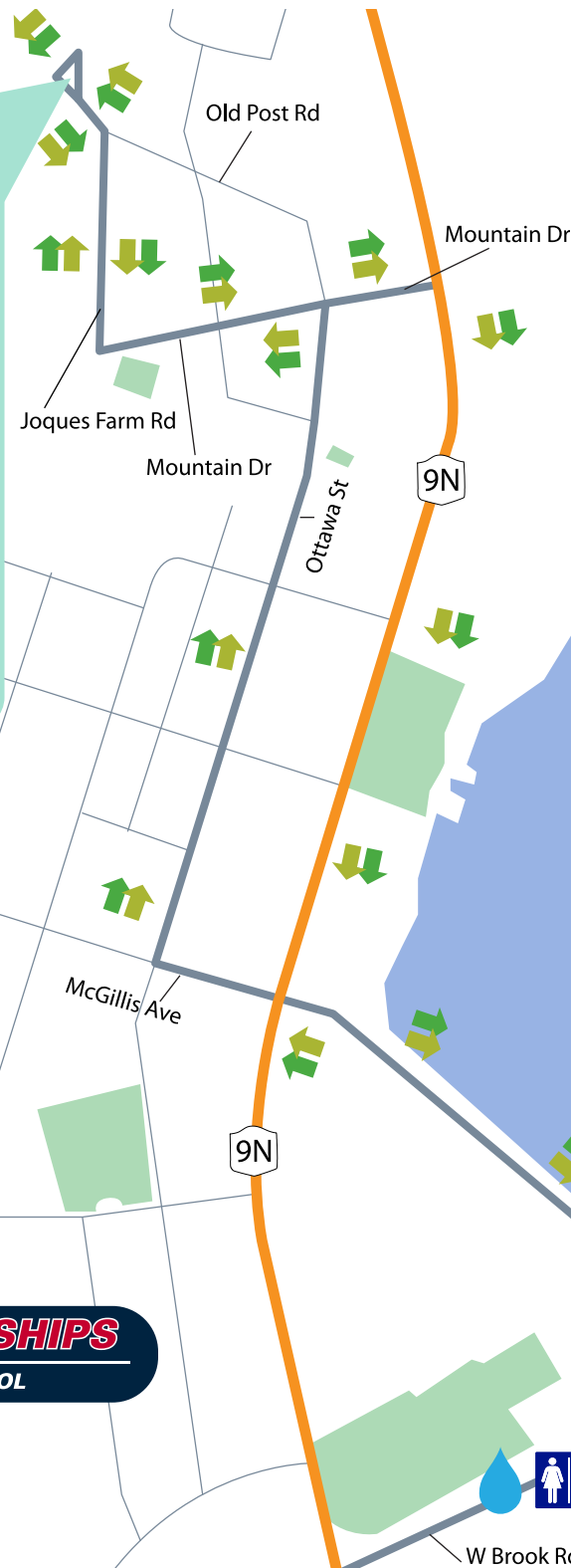
2022





VISIT THE
Lake George Area
IN NEW YORK'S ADIRONDACKS

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



Lake George, NY Run Course 3.1 miles/ 6.2 miles

SPRINT RUN:

Sunday, September 4, 2022

• 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

OLYMPIC RUN:

Sunday, September 4, 2022

• 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



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2022

