

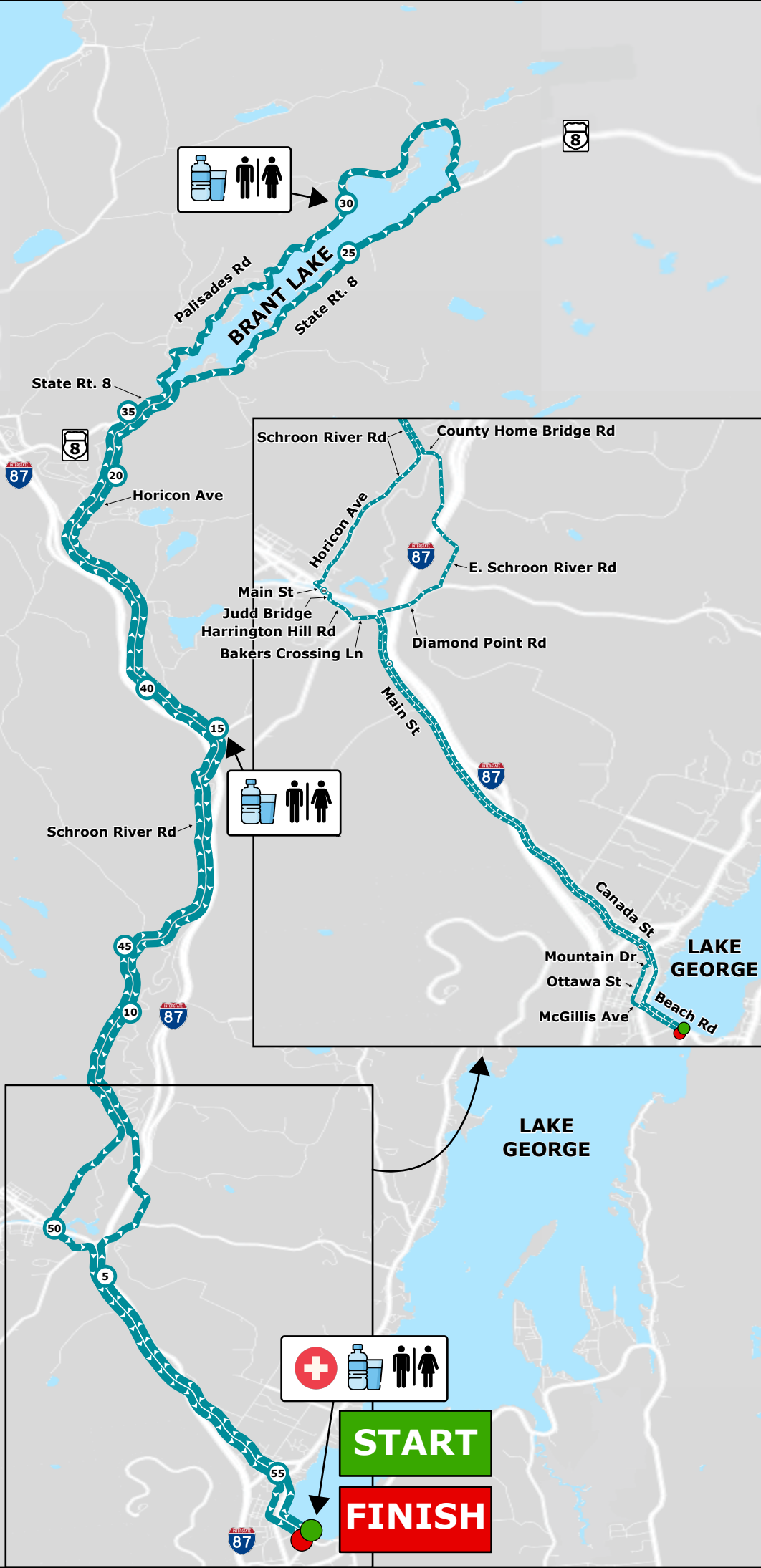
ALPHA LONG COURSE BIKE:

- Bike: 56 miles (one out-n-back)
- 1) Exit T1, L on Beach Rd
  - 2) R on Canada St
  - 3) L on US 9
  - 4) R on Diamond Pt Rd
  - 5) L on E Schroon River Rd
  - 6) L on County Home Bridge Rd
  - 7) R on Schroon River Rd
  - 8) R on Horicon Ave
  - 9) R on SR 8
  - 10) Continue past first intersection with Palisades Rd
  - 11) L on second intersection with Palisades Rd
  - 12) R on SR 8
  - 13) L on Horicon Ave
  - 14) L on Schroon River Rd, become Horicon Ave
  - 15) L on Main St / US 9
  - 16) R on Judd Bridge / Perry Dr
  - 17) L on Harrington Hills Rd
  - 18) L on Bakers Crossing
  - 19) R on US 9
  - 20) R on Mountain Dr
  - 21) L on Ottawa St
  - 22) L on McGillis Ave
  - 23) Cross Route 9 to Beach Rd to T2



LAKE GEORGE TRIATHLON (LONG COURSE BIKE)

- ▶▶▶ ALPHA LONG COURSE
- # MILE MARKERS
- + MEDICAL
- 💧 AID STATION
- 🚻 BATHROOMS



START  
FINISH

LAKE GEORGE TRIATHLON (SPRINT & OLYMPIC BIKE)

- ▶▶▶ ALPHA SPRINT
- ▶▶▶ ALPHA OLYMPIC
- ▶▶▶ SPRINT & OLYMPIC COURSE OVERLAP
- # MILE MARKERS
- + MEDICAL
- 💧 AID STATION
- 🚻 BATHROOMS

