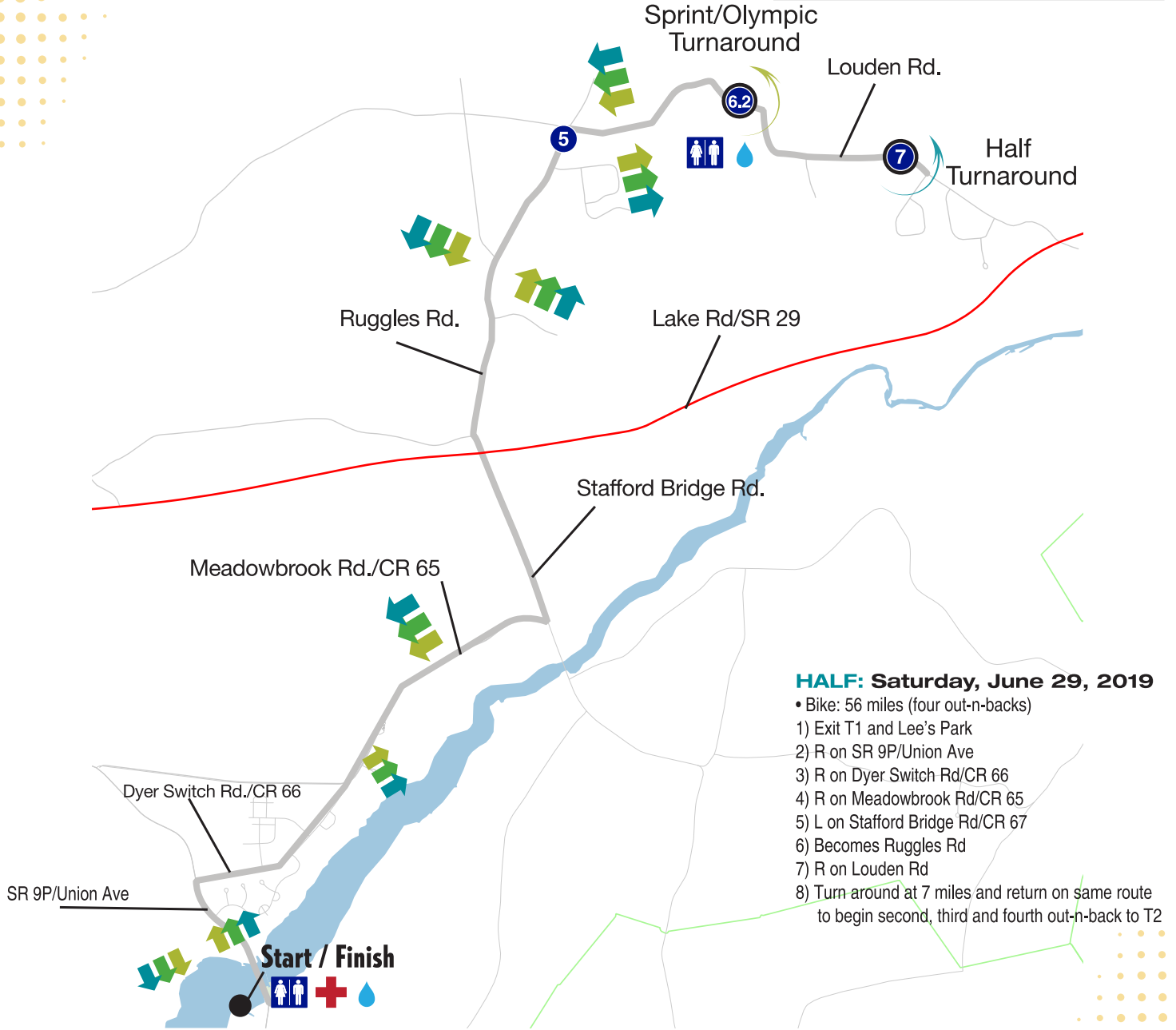


HITS TRIATHLON SERIES

Saratoga, New York Bike Course

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

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



HALF: Saturday, June 29, 2019

• Bike: 56 miles (four out-n-backs)

- 1) Exit T1 and Lee's Park
- 2) R on SR 9P/Union Ave
- 3) R on Dyer Switch Rd./CR 66
- 4) R on Meadowbrook Rd./CR 65
- 5) L on Stafford Bridge Rd./CR 67
- 6) Becomes Ruggles Rd
- 7) R on Louden Rd
- 8) Turn-around at 7 miles and return on same route to begin second, third and fourth out-n-back to T2

SPRINT: Saturday, June 29, 2019

• Bike: 12.4 miles (out-n-back)

- 1) Exit T1 and Lee's Park
- 2) R on SR 9P/Union Ave
- 3) R on Dyer Switch Rd./CR 66
- 4) R on Meadowbrook Rd./CR 65
- 5) L on Stafford Bridge Rd./CR 67
- 6) Becomes Ruggles Rd
- 7) R on Louden Rd
- 8) Turn-around at 6.2 miles and return on same route to T2

OLYMPIC: Saturday, June 29, 2019

• Bike: 24.8 miles (2 out-n-backs)

- 1) Exit T1 and Lee's Park
- 2) R on SR 9P/Union Ave
- 3) R on Dyer Switch Rd./CR 66
- 4) R on Meadowbrook Rd./CR 65
- 5) L on Stafford Bridge Rd./CR 67
- 6) Becomes Ruggles Rd
- 7) R on Louden Rd
- 8) Turn-around at 6.2 miles and return on same route to begin second out-n-back to T2