



Hudson Valley at Williams Lake Run Course

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

OPEN: Saturday, July 11, 2020

- 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 11, 2020

- 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 11, 2020

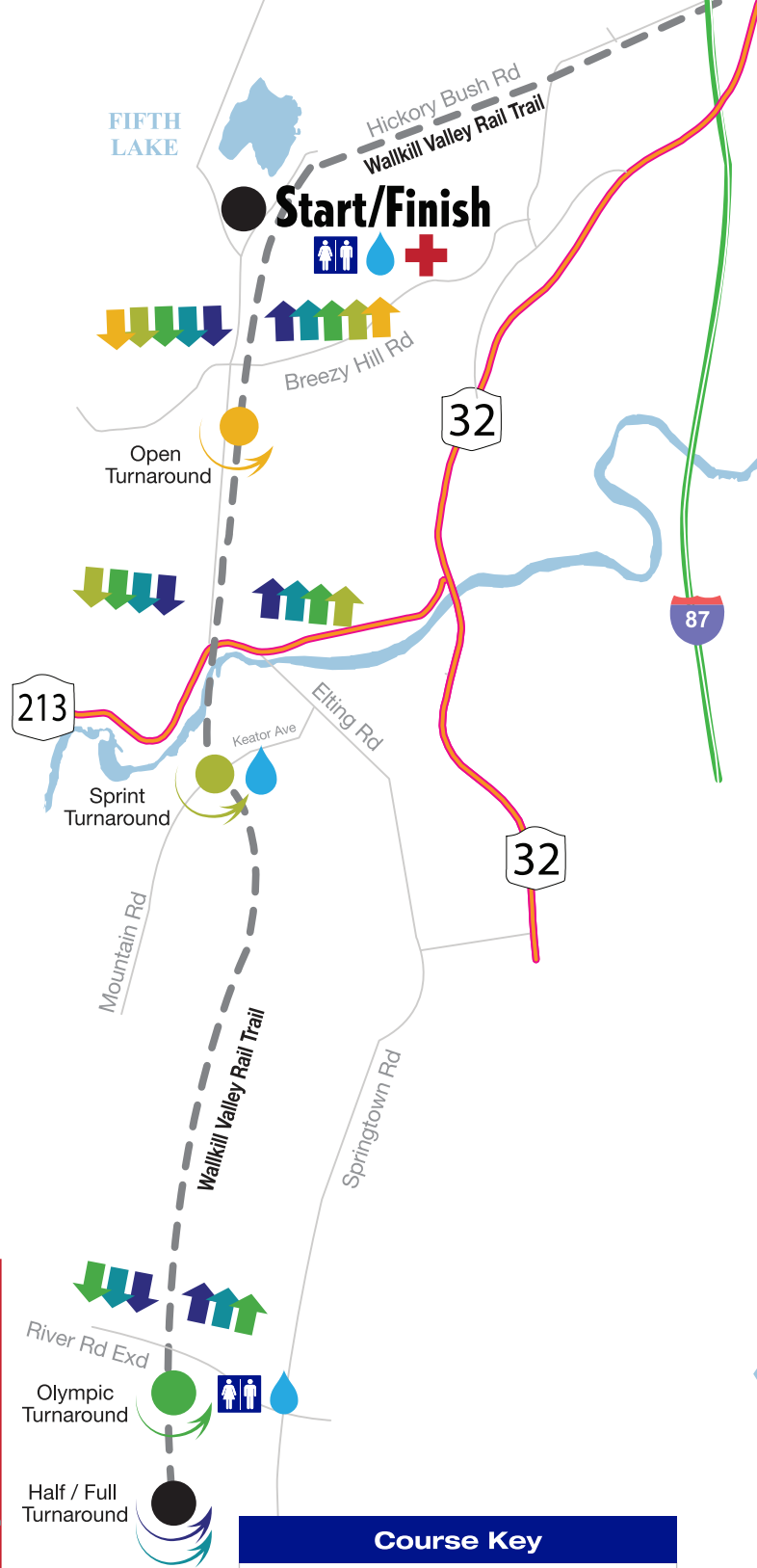
- Run: 6.2 miles (out-n-back)
- 1) - Exit T2, R on Walkkill Valley Rail Trail
- 2) - Turn around at 3.1 miles
- 3) - Return on same route to Finish

HALF: Saturday, July 11, 2020

- Run: 13.1 miles (two out-n-backs)
- 1) - Exit T2, R on Walkkill Valley Rail Trail
- 2) - Turn around at 3.275 miles
- 3) - Return on same route to complete second out-n-back to Finish

FULL: Saturday, July 11, 2020

- Run: 26.2 miles (four out-n-backs)
- 1) - Exit T2, R on Walkkill Valley Rail Trail
- 2) - Turn around at 3.275 miles
- 3) - Return on same route to complete second, third and fourth out-n-back to Finish

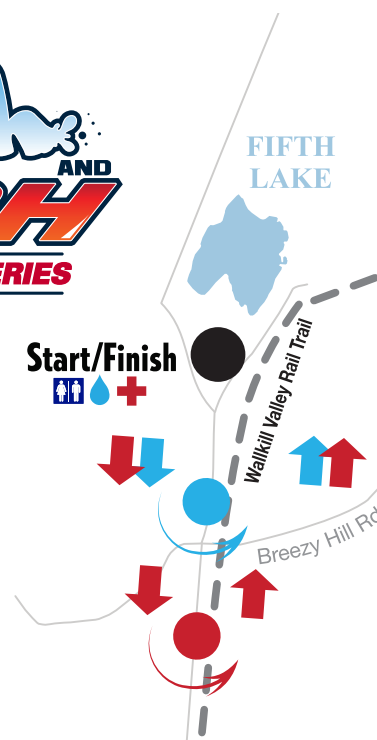


Ages 7-10: Friday, July 10, 2020

- Run: 1 kilometer (out-n-back)
- 1) - Exit T1
- 2) - R on Walkkill Valley Rail Trail
- 3) - Turn around at 0.5km
- 4) - Return on same route to Finish

Ages 11-15: Friday, July 10, 2020

- Run: 2 kilometer (out-n-back)
- 1) - Exit T1
- 2) - R on Walkkill Valley Rail Trail
- 3) - Turn around at 1.0km
- 4) - Return on same route to Finish



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



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