

# HITS TRIATHLON SERIES

## Hudson Valley at Williams Lake Run Course

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

### OPEN: Saturday, June 26, 2021

- Run: 1 mile (one loop)
- 1) - Exit T2, R on Wallkill Valley Rail Trail
- 2) - Turn around at .5 miles
- 3) - Return on same route to Finish

### SPRINT: Saturday, June 26, 2021

- Run: 3.1 miles (out-n-back)
- 1) - Exit T2, R on Wallkill Valley Rail Trail
- 2) - Turn around at 1.55 miles
- 3) - Return on same route to Finish

### OLYMPIC: Saturday, June 26, 2021

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

### HALF: Saturday, June 26, 2021

- Run: 13.1 miles (two out-n-backs)
- 1) - Exit T2, R on Wallkill 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, June 26, 2021

- Run: 26.2 miles (four out-n-backs)
- 1) - Exit T2, R on Wallkill 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



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