



Course Key			
	= Alpha Open		= Aid Station
	= Alpha Sprint		= Medical
	= Alpha Olympic		= Porta-Potty
	= Alpha 70.3		= Buoy
	= Alpha 140.6		

Napa Valley, California Run Course

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

ALPHA OPEN RUN:

Sunday, April 10, 2022

- Run: 1 mile (out-n-back)
 - 1) - Exit T2, R onto Berryessa Knoxville Rd.
 - 2) - Turn around at .5 miles and return on same route to Finish

ALPHA SPRINT RUN:

Sunday, April 10, 2022

- Run: 3.1 miles (out-n-back)
 - 1) - Exit T2, R onto Berryessa Knoxville Rd.
 - 2) - Turn around at 1.55 miles and return on same route to Finish

ALPHA OLYMPIC RUN:

Sunday, April 10, 2022

- Run: 6.2 miles (out-n-back)
 - 1) - Exit T2, R onto Berryessa Knoxville Rd.
 - 2) - Turn around at 3.1 miles and return on same route to Finish

ALPHA 70.6 RUN:

Saturday, April 9, 2022

- Run: 13.1 miles (two out-n-backs)
 - 1) - Exit T2, R onto Berryessa Knoxville Rd.
 - 2) - Turn around at 3.275 miles and return on same route to begin second out-n-back to Finish

ALPHA 140.6 RUN:

Saturday, April 9, 2022

- Run: 26.2 miles (four out-n-backs)
 - 1) - Exit T2, R onto Berryessa Knoxville Rd.
 - 2) - Turn around at 3.275 miles and return on same route to begin second, third, and fourth out-n-back to Finish

