



**ALPHA OPEN:**

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: 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: 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 LONG COURSE:**

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

**2x**  
LONG COURSE  
ATHLETES  
ONLY

LONG COURSE  
Turnaround

OLYMPIC  
Turnaround

SPRINT  
Turnaround

**LAKE  
BERRYESSA**

**NAPA VALLEY TRIATHLON  
(RUN)**

- ALPHA OPEN
- ALPHA SPRINT
- ALPHA OLYMPIC
- ALPHA LONG COURSE

MILE MARKERS

MEDICAL

AID STATION

BATHROOMS

**START** **FINISH**

0 0.1 0.2 0.3 0.4 Miles

