

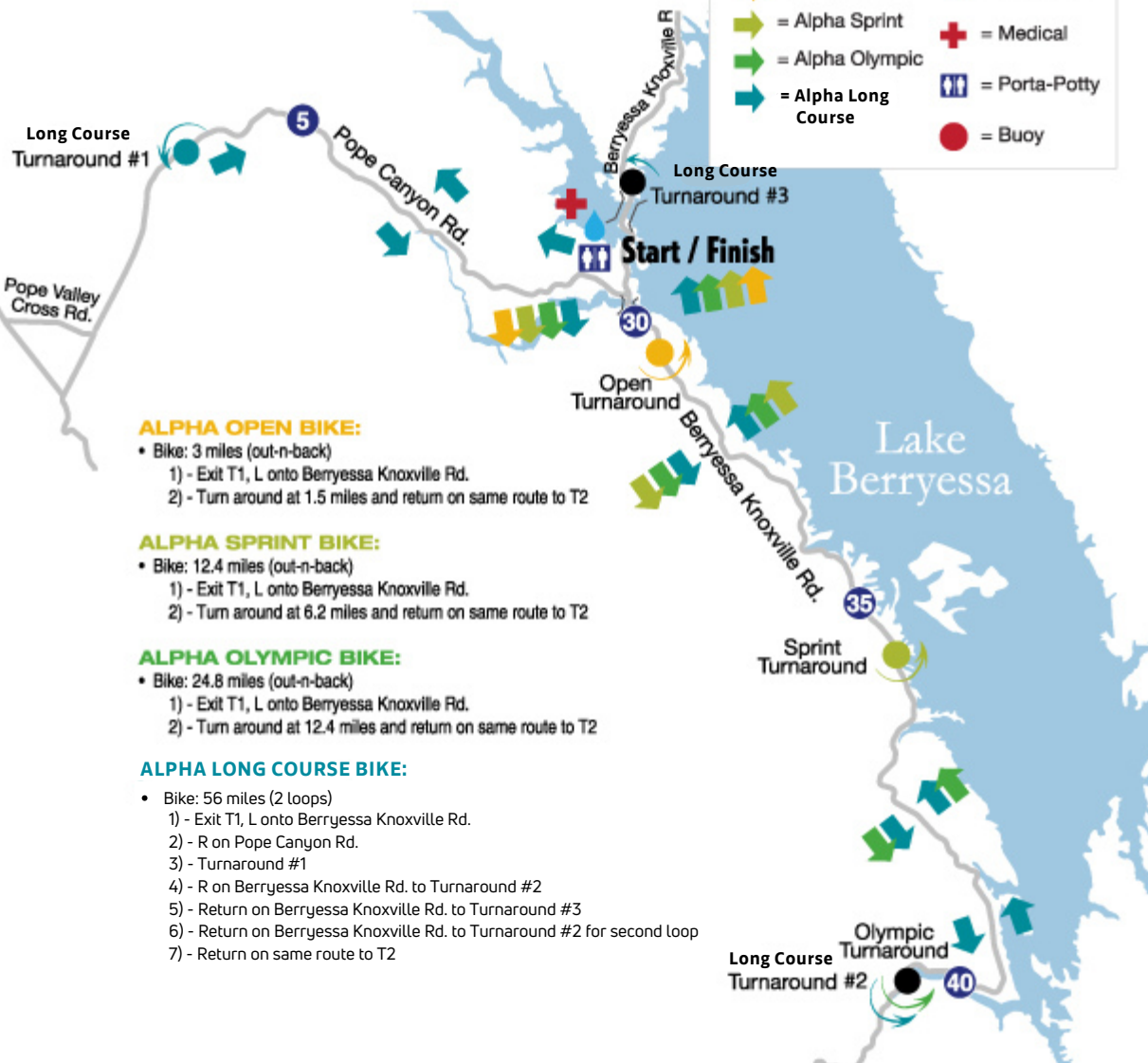


Napa Valley, California Bike Course

3 miles/12.4 miles/24.8 miles/56 miles



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



ALPHA OPEN BIKE:

- Bike: 3 miles (out-n-back)
 - 1) - Exit T1, L onto Berryessa Knoxville Rd.
 - 2) - Turn around at 1.5 miles and return on same route to T2

ALPHA SPRINT BIKE:

- Bike: 12.4 miles (out-n-back)
 - 1) - Exit T1, L onto Berryessa Knoxville Rd.
 - 2) - Turn around at 6.2 miles and return on same route to T2

ALPHA OLYMPIC BIKE:

- Bike: 24.8 miles (out-n-back)
 - 1) - Exit T1, L onto Berryessa Knoxville Rd.
 - 2) - Turn around at 12.4 miles and return on same route to T2

ALPHA LONG COURSE BIKE:

- Bike: 56 miles (2 loops)
 - 1) - Exit T1, L onto Berryessa Knoxville Rd.
 - 2) - R on Pope Canyon Rd.
 - 3) - Turnaround #1
 - 4) - R on Berryessa Knoxville Rd. to Turnaround #2
 - 5) - Return on Berryessa Knoxville Rd. to Turnaround #3
 - 6) - Return on Berryessa Knoxville Rd. to Turnaround #2 for second loop
 - 7) - Return on same route to T2