ALPHA OLYMPIC:

Bike: 24.8 miles (out-n-back)

1) Exit T1 at Waterside Spa, Ron Ferry St
2) Right on East Bridge St
3) Right on Hill St
4) Right on Partition St
5) Right on Main St
6) Left on 9W
7) Left on Lauren Tice Rd
8) Right on John Shultz Rd
9) Left on W Camp Rd
10) Left on Old Kings Highway
11) Right on Dave Elliot Rd
12) Right on High Falls Rd
13) Turn around and return on same course to T2

ALPHA LONG COURSE:

Bike: 56 miles (2 out-n-backs)

1) Exit T1 at Waterside Spa, Ron Ferry St
2) Right on East Bridge St
3) Right on Hill St
4) Right on Partition St
5) Right on Main St
6) Left on 9W
7) Left on Lauren Tice Rd
8) Right on John Shultz Rd
9) Left on W Camp Rd
10) Left on Old Kings Highway
11) Right on Dave Elliot Rd
12) Right on High Falls Rd
13) Turn around and return on same course
14) Turn around at Cahill School for 2nd out-n-back

ALPHA OPEN:

Bike: 1.4 miles (2 out-n-backs)

1) Exit T1 at Waterside Spa, Ron Ferry St
2) Right on East Bridge Street
3) Turn around at bridge and return on same route
4) Turn around near transition area for 2nd out-n-back

ALPHA SPRINT:

Bike: 12.4 miles (out-n-back)

1) Exit T1 at Waterside Spa, Ron Ferry St
2) Right on East Bridge St
3) Right on Hill St
4) Right on Partition St
5) Right on Main St
6) Left on 9W
7) Left on Lauren Tice Rd
8) Right on John Shultz Rd
9) Left on W Camp Rd
10) Turn around and return on same course to T2