



Saugerties, NY Bike Course

1.4 miles/12.4 miles/24.8 miles/56 miles

ALPHA OPEN:

- Bike: 1.4 miles (2 out-n-backs)
- 1) - Exit T1 at Waterside Spa, R on 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, R on 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) - Turnaround and return on same course to T2

ALPHA OLYMPIC:

- Bike: 24.8 miles (out-n-back)
- 1) - Exit T1 at Waterside Spa, R on 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) - Turnaround and return on same course to T2

ALPHA LONG COURSE:

- Bike: 56 miles (2 out-n-backs)
- 1) - Exit T1 at Waterside Spa, R on 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) - Turnaround and return on same course
 - 14) - Turnaround at Diamond Mills for 2nd out-n-back

