ALPHA OLYMPIC:
Run: 6.2 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) Left on West Bridge Street
6) Right on Main St
7) Left on Market St
8) Right on Court Drive (Cantine)
9) Left on Small World Avenue (Cantine)
10) Left onto Trail that runs behind soccer fields
11) Right on Skatepark Trail
12) Left onto Washington Ave
13) Left onto Mike Krout Rd
14) Turn around and return on same route to finish at Waterside Spa

ALPHA LONG COURSE:
Run: 12.2 miles (two 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) Left on West Bridge Street
6) Right on Main St
7) Left on Market St
8) Right on Court Drive (Cantine)
9) Left on Small World Avenue (Cantine)
10) Left onto Trail that runs behind soccer fields
11) Right on Skatepark Trail
12) Left onto Washington Ave
13) Left onto Mike Krout Rd
14) Turn around and return on same route
15) Turnaround at Diamond Mills and start second loop

ALPHA OPEN:
Run: 1 mile (2 out-n-backs)

1) Exit T1 at Waterside Spa, L on Ferry St
2) Turn around and return on same route
3) Turn around near transition area for 2nd out-n-back

ALPHA SPRINT:
Run: 3.1 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) Left on West Bridge Street
6) Right on Main St
7) Left on Market St
8) Right on Court Drive (Cantine)
9) Left on Small World Avenue (Cantine)
10) Turn around and return on same route to finish at Waterside Spa