



Lake George, NY Run Course

3.1 miles/ 6.2 miles/ 13.1 milest

SPRINT RUN:

Sunday, September 5, 2021

• Run: 3.1 miles (one out-n-back)

- 1) - Exit T2, R on Beach Rd
- 2) - R on Warren County Bikeway, then L on Warren County Bikeway
- 3) - Turnaround at 1.55 miles and return on same route to finish

OLYMPIC RUN:

Sunday, September 5, 2021

• Run: 6.2 miles (one out-n-back)

- 1) - Exit T2, R on Beach Rd
- 2) - R on Warren County Bikeway, then L on Warren County Bikeway
- 3) - Turnaround at 3.1 miles and return on same route to finish

70.3 RUN:

Saturday, September 4, 2021

• Run: 13.1 miles (two out-n-backs)

- 1) - Exit T2, R onto trail
- 2) - Continue past 2nd Aid Station
- 3) - Turn around at 3.275 miles
- 4) - Return on same route to begin second out-n-back to Finish

Course Key	
Sprint =	Trail = ---
Olympic =	Aid Station =
70.3 =	Medical =
Mile Marker =	Porta-Potty =

