



## Lake George, NY Run Course

3.1 miles/ 6.2 miles/ 13.1 miles

### 70.3 RUN:

**Saturday, September 4, 2021**

• Run: 13.1 miles (two out-n-backs)

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

### 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

Course Key			
Sprint =	→	Trail =	---
Olympic =	→	Aid Station =	💧
70.3 =	→	Medical =	+
Mile Marker =	5	Porta-Potty =	🚻

