



**Saugerties, NY**  
**Bike Course**  
 12.4 miles/24.8 miles

**ALPHA SPRINT:**

**Monday, October 10, 2022**

• Bike: 12.4 miles (out-n-back)

- 1) - Exit T1 at Diamond Mills, R on Partition St
- 2) - Right on Main St
- 3) - Left on 9W
- 4) - Left on Lauren Tice Rd
- 5) - Right on John Shults Rd
- 6) - Left on W Camp Rd
- 7) - Turnaround and return on same course to T2

**ALPHA OLYMPIC:**

**Monday, October 10, 2022**

• Bike: 24.8 miles (out-n-back)

- 1) - Exit T1 at Diamond Mills, R on Partition St
- 2) - Right on Main St
- 3) - Left on 9W
- 4) - Left on Lauren Tice Rd
- 5) - Right on John Shults Rd
- 6) - Left on W Camp Rd
- 7) - Right onto Old Kings Highway
- 8) - Left onto School Rd
- 9) - Right onto Charles Smith Rd
- 10) - Right on High Falls Rd
- 11) - Right on Old Kings Highway
- 12) - Turnaround and return on same course to T2



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