



Saugerties, NY Run Course

1 K/2K / 3.1 miles / 6.2 miles / 13.1 miles

ALPHA SPRINT:

Monday, October 10, 2022

- Run: 3.1 miles (out-n-back)
- 1) - Exit T2 at Diamond Mills, L on Partition St
- 2) - Right on West Bridge St
- 3) - Right on Main St
- 4) - Left on Market St
- 5) - Right on Court Drive (Cantine)
- 6) - Left on Small World Avenue (Cantine)
- 7) - Turn around and return on same route to finish at Diamond Mills

ALPHA OLYMPIC:

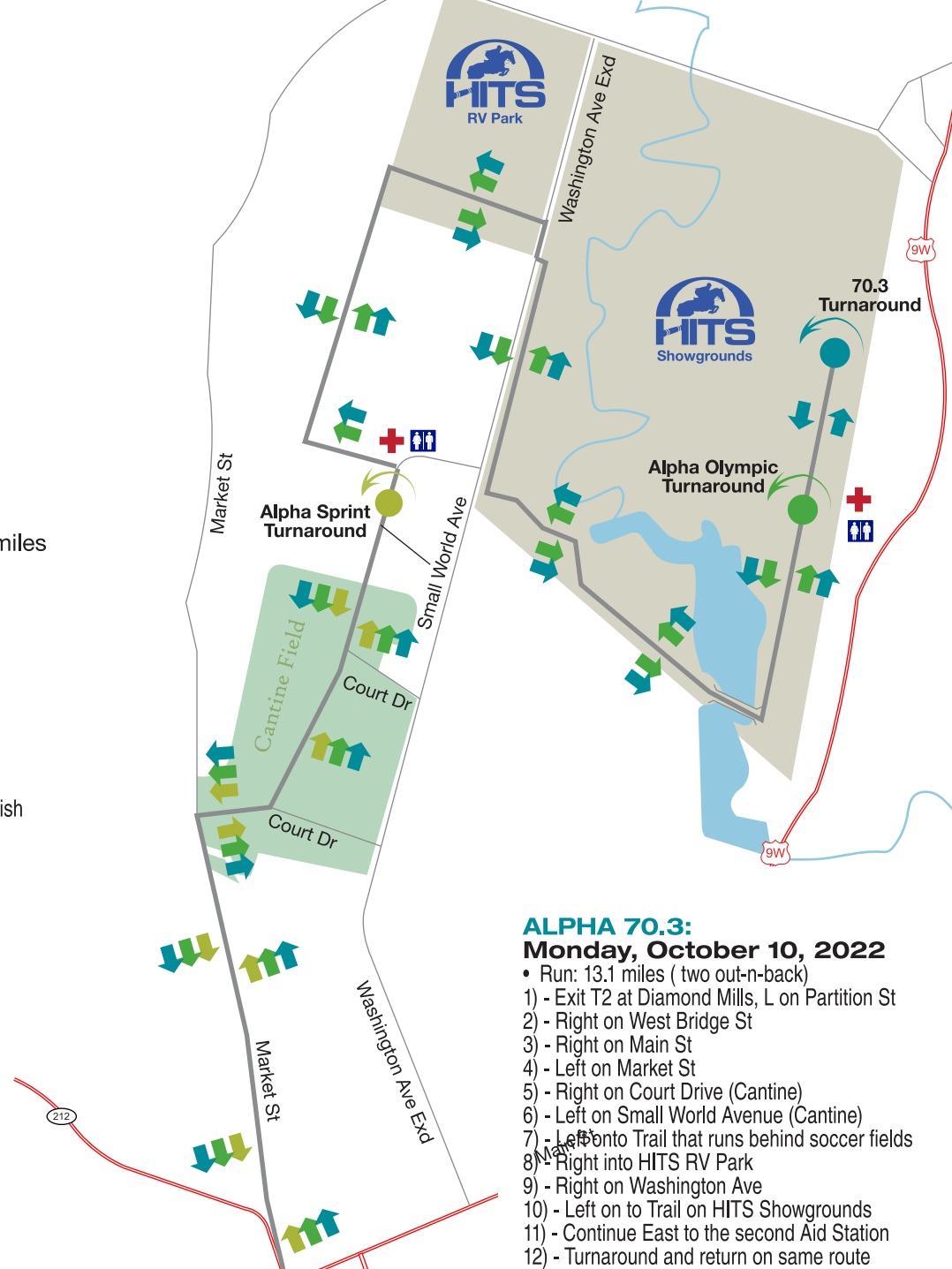
Monday, October 10, 2022

- Run: 6.2 miles (out-n-back)
- 1) - Exit T2 at Diamond Mills, L on Partition St
- 2) - Right on West Bridge St
- 3) - Right on Main St
- 4) - Left on Market St
- 5) - Right on Court Drive (Cantine)
- 6) - Left on Small World Avenue (Cantine)
- 7) - Left onto Trail that runs behind soccer fields
- 8) - Right into HITS RV Park
- 9) - Right on Washington Ave
- 10) - Left on to Trail on HITS Show Grounds
- 11) - Turn around and return on same route at Diamond Mills

ALPHA 70.3:

Monday, October 10, 2022

- Run: 13.1 miles (two out-n-back)
- 1) - Exit T2 at Diamond Mills, L on Partition St
- 2) - Right on West Bridge St
- 3) - Right on Main St
- 4) - Left on Market St
- 5) - Right on Court Drive (Cantine)
- 6) - Left on Small World Avenue (Cantine)
- 7) - Left onto Trail that runs behind soccer fields
- 8) - Right into HITS RV Park
- 9) - Right on Washington Ave
- 10) - Left on to Trail on HITS Show Grounds
- 11) - Continue East to the second Aid Station
- 12) - Turnaround and return on same route
- 13) - Turnaround near transition area and start second loop

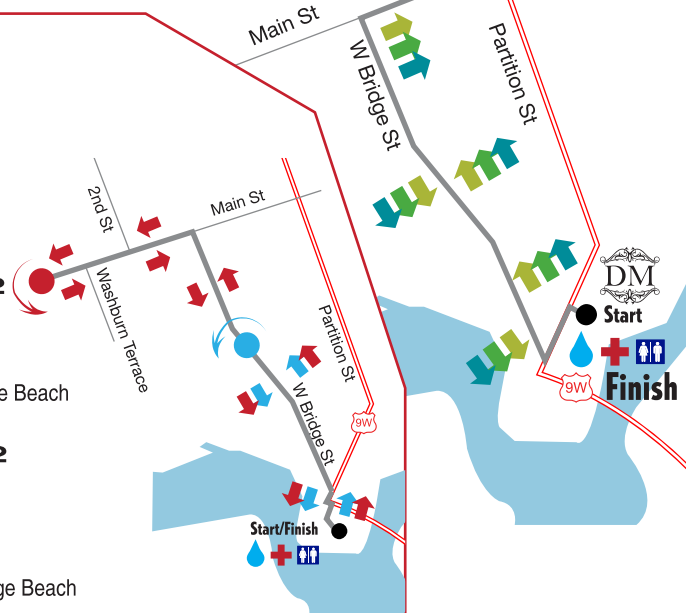


Ages 7-10: Monday, October 10, 2022

- Run: 1 kilometer (out-n-back)
- 1) - Exit Swim, L on W Bridge St
- 2) - Turnaround at 0.5 km and return on same route to finish at Saugerties Village Beach

Ages 11-15: Monday, October 10, 2022

- Run: 2 kilometer (two out-n-backs)
- 1) - Exit Swim, L on W Bridge St
- 2) - Left on Main St
- 3) - Turnaround at 1 km and return on same route to finish at Saugerties Village Beach



Course Key			
	= Alpha Sprint		= Trail
	= Alpha Olympic		= Aid Station
	= Ages 7-10		= Medical
	= Ages 11-15		= Porta-Potty
	= Mile Marker		