



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)

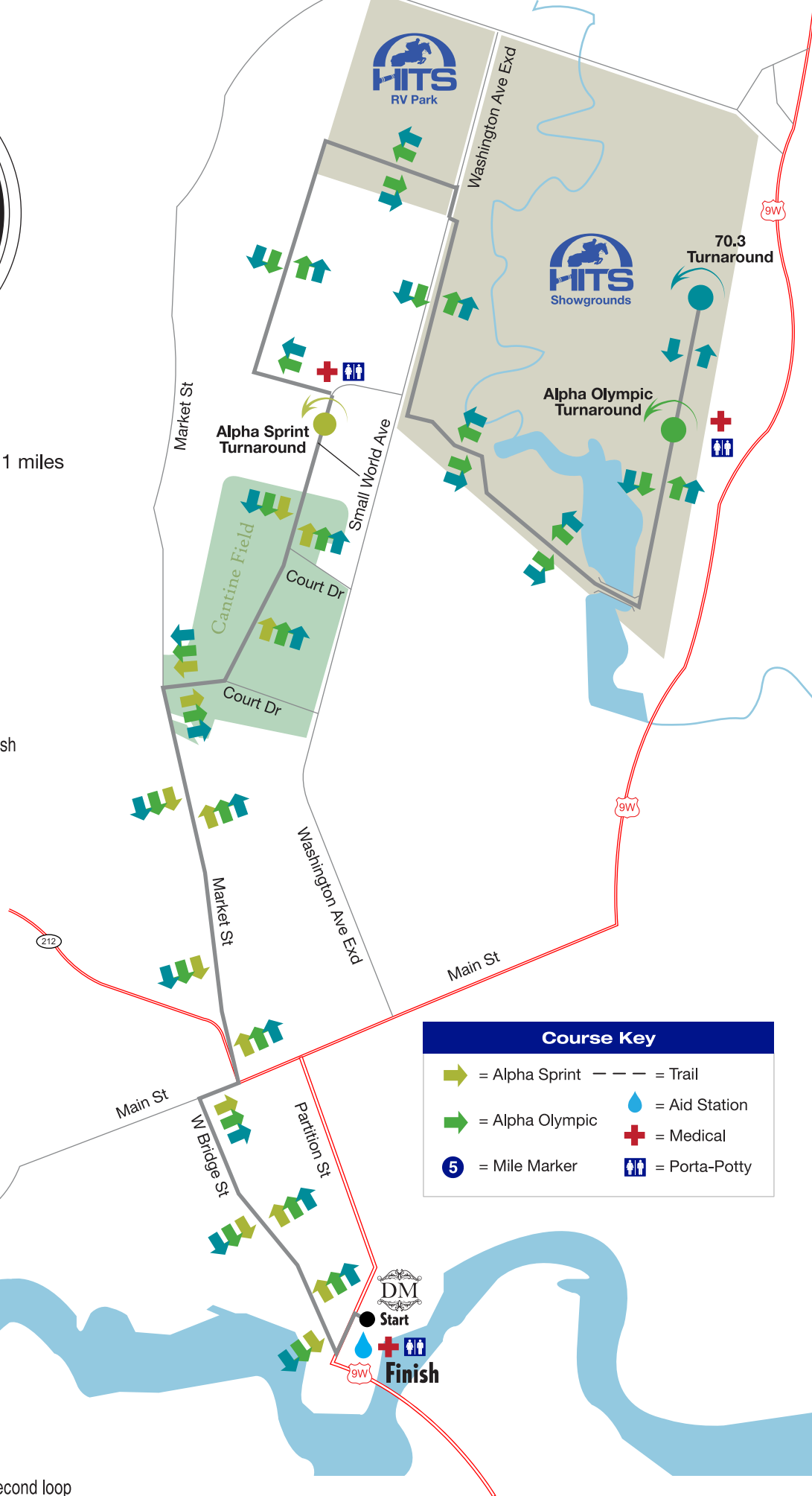
- 1) - Exit T2 at Diamond Mills, L on Partition St
- 2) - Right on West Bridge St
- 3) - Right on Main St
- 4) - Left on Market St
- 5) - Right on Court Drive (Cantine)
- 6) - Left on Small World Avenue (Cantine)
- 7) - Left onto Trail that runs behind soccer fields
- 8) - Right into HITS RV Park
- 9)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



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