



BOLTON LANDING TRIATHLON (BIKE)	
	<b>SPRINT</b> 12.4 MILES
	<b>OLYMPIC</b> 24.8 MILES
	<b>MILE MARKERS</b>
	<b>AID STATIONS</b>
	<b>MEDICAL</b>
	<b>BATHROOMS</b>



# Bolton Landing, NY

## Bike Course

### SPRINT BIKE

Bike: 12.4 Miles (Out and Back)

- 1) Right turn to head North on Lake Shore Drive
- 2) Turnaround at 6.2 miles and continue south to turn left back into transition

### OLYMPIC BIKE

Bike: 24.8 Miles (Out and Back)

- 1) Right turn to head North on Lake Shore Drive
- 2) Turn left onto Bolton Landing Riverbank Rd
- 3) Turn Left onto Schroon River Rd
- 4) Turnaround at 12.4 Miles and follow same route back to transition area