



Hudson Valley at Williams Lake Run Course

1 mile/3.1 miles/5.2 miles/13.1 miles/26.2 miles

ALPHA OPEN: Saturday, June 25, 2022

- Run: 1 mile (one loop)
- 1) - Exit T2, R on Walkkill Valley Rail Trail
- 2) - Turn around at .5 miles
- 3) - Return on same route to Finish

ALPHA SPRINT: Saturday, June 25, 2022

- Run: 3.1 miles (out-n-back)
- 1) - Exit T2, R on Walkkill Valley Rail Trail
- 2) - Turn around at 1.55 miles
- 3) - Return on same route to Finish

ALPHA OLYMPIC: Saturday, June 25, 2022

- Run: 6.2 miles (out-n-back)
- 1) - Exit T2, R on Walkkill Valley Rail Trail
- 2) - Turn around at 3.1 miles
- 3) - Return on same route to Finish

ALPHA 70.3: Saturday, June 25, 2022

- Run: 13.1 miles (two out-n-backs)
- 1) - Exit T2, R on Walkkill Valley Rail Trail
- 2) - Turn around at 3.275 miles
- 3) - Return on same route to complete second out-n-back to Finish

ALPHA 140.6: Saturday, June 25, 2022

- Run: 26.2 miles (four out-n-backs)
- 1) - Exit T2, R on Walkkill Valley Rail Trail
- 2) - Turn around at 3.275 miles
- 3) - Return on same route to complete second, third and fourth out-n-back to Finish

Course Key

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|--|-----------------|--|---------------|
| | = Alpha Open | | = Trail |
| | = Alpha Sprint | | = Aid Station |
| | = Alpha Olympic | | = Medical |
| | = Alpha 70.3 | | = Porta-John |
| | = Alpha 140.6 | | = Mile Marker |

