



Lake George, NY Run Course

3.1 miles/ 6.2 miles/ 13.1 miles

70.3 RUN:

Saturday, September 3, 2022

• Run: 13.1 miles (two out-n-backs)

- 1) - Exit T2, proceed to Warren Co. Bikeway
- 2) - Turnaround at 2nd Aid Station 3.275 miles
- 3) - Return on same route to begin second out-n-back to Finish

SPRINT RUN:

Sunday, September 4, 2022

• Run: 3.1 miles (one out-n-back)









- 1) - Exit T2, proceed to Warren Co. Bikeway
- 2) - Turnaround at 1st Aid Station, 1.55 miles and return on same route to finish

OLYMPIC RUN:

Sunday, September 4, 2022

• Run: 6.2 miles (one out-n-back)

- 1) - Exit T2, proceed to Warren Co. Bikeway
- 3) - Turnaround at 2nd Aid Station, 3.1 miles and return on same route to finish

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

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