

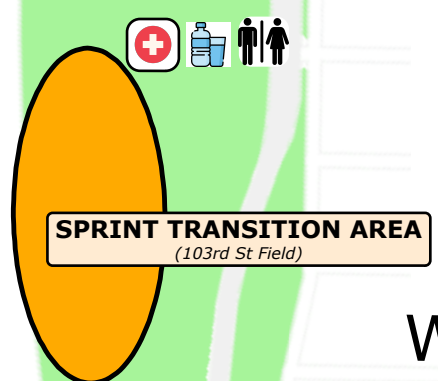
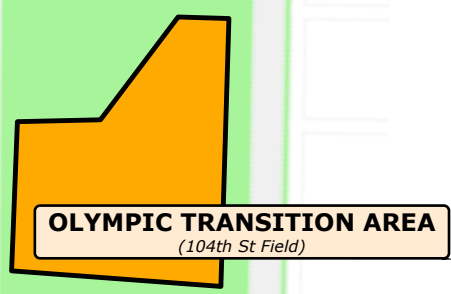


***BIG APPLE
TRIATHLON
NEW YORK CITY***

Swim, Bike, Run: Course Maps

**ALPHA SPRINT AND
ALPHA OLYMPIC SWIM:**

- Swim: 1500 meters
- 1) Time trial start at W 81st St
 - 2) Swim straight North
 - 3) Finish at W 99th St



Swim Finish
(W 99th St)

Swim Start
(W 81st St)

Henry Hudson Pkwy

W End Ave

Columbus Ave

W 101st St

W 99th St

W 98th St

W 96th St

W 94th St

W 92nd St

W 89th St

W 86th St

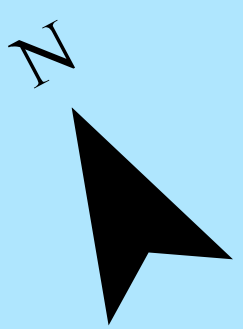
W 84th St

W 82nd St

W 79th St

W 77th

**HUDSON
RIVER**



0 0.1 0.2 0.3 0.4 Miles

NYC BIG APPLE TRIATHLON (SWIM)

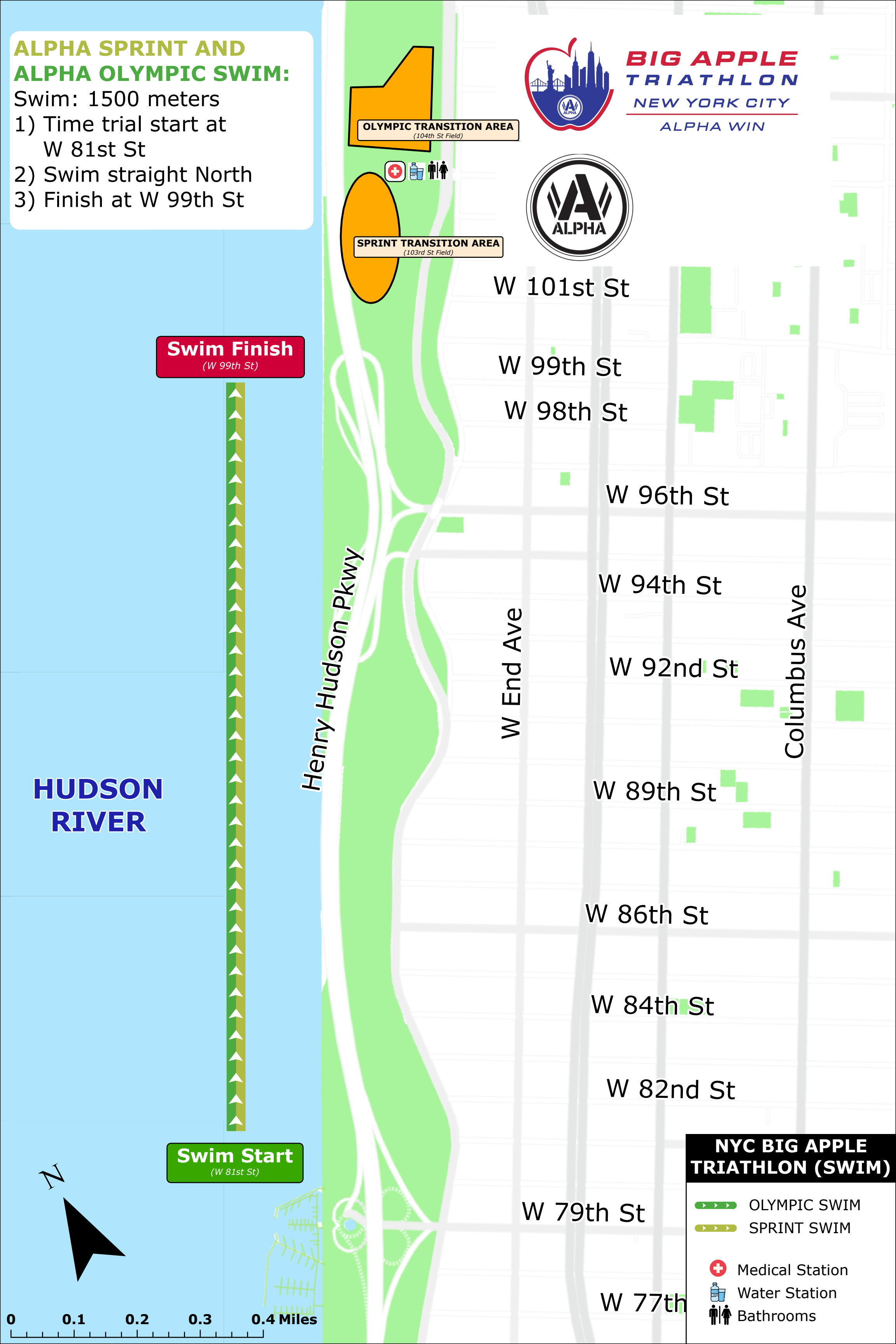
OLYMPIC SWIM

SPRINT SWIM

Medical Station

Water Station

Bathrooms





BIG APPLE
TRIATHLON
NEW YORK CITY
ALPHA WIN



OLYMPIC TURNAROUND
at Gun Hill Rd

SPRINT TURNAROUND
at W 181st St

ALPHA SPRINT BIKE: 12.4 MILES

1. Exit transition and turn right onto Henry Hudson Pkwy
2. Turn around at George Washington Bridge
3. Continue South on the Pkwy
4. Turn around at W 56th St and return North on same route
5. Turn right into transition

ALPHA OLYMPIC BIKE: 24.8 MILES

1. Exit transition and turn right onto Henry Hudson Pkwy
2. Continue onto Mosholu Pkwy
3. Turn around at Gun Hill Rd
4. Continue South on Henry Hudson Pkwy
5. Turn around at W 56th St and return North on same route
6. Turn right into transition

BIKE MOUNT
ZONE

BIKE DISMOUNT
ZONE

TRANSITION

W 96th St

Central Park

OLYMPIC & SPRINT
TURNAROUND
at W 56th St

NYC BIG APPLE
TRIATHLON (BIKE)

- OLYMPIC BIKE
- SPRINT BIKE

- Aid Stations Inc.
- Medical Station
- Water Station
- Bathrooms



0 1 2 3 Miles



BIG APPLE
TRIATHLON
NEW YORK CITY
ALPHA WIN



ALPHA SPRINT RUN: 2.7 MILES

1. Exit transition and head South
2. Turn left onto W 96th St
3. Turn right onto West Dr
4. Turn left onto Terrace Dr (72nd St Transverse)
5. Turn right on Former Dr (Dead Rd) to Finish

ALPHA OLYMPIC RUN: 6.2 MILES

1. Exit transition and head South
2. Turn left onto W 96th St
3. Turn right onto West Dr
4. Continue right on East Dr
5. Turnaround and return on same route
6. Turn right on Terrace Dr (72nd St Transverse)

NYC BIG APPLE TRIATHLON (RUN)

- OLYMPIC RUN
- SPRINT RUN
- Aid Stations Inc.
- Medical Station
- Water Station
- Bathrooms
- Lactation Tent