



***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



BIG APPLE
TRIATHLON
NEW YORK CITY
ALPHA WIN



Swim Finish
(W 99th St)

**HUDSON
RIVER**

Swim Start
(W 81st St)

Henry Hudson Pkwy

0 0.1 0.2 0.3 0.4 0.5 Miles

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

Columbus Ave

N

**NYC BIG APPLE
TRIATHLON (SWIM)**

OLYMPIC SWIM

SPRINT SWIM

Medical Station

Water Station

Bathrooms





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ALPHA WIN



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

NYC BIG APPLE TRIATHLON (BIKE)

- OLYMPIC BIKE (Green dashed line)
- SPRINT BIKE (Yellow dashed line)
- Aid Stations Inc.
- Medical Station (Red cross)
- Water Station (Water bottle)
- Bathrooms (Person icon)

0 1 2 3 Miles

OLYMPIC & SPRINT TURNAROUND at W 56th St

W 111th St

W 109th St

W 107th St

W 105th St

W 103rd St

TRANSITION AREA

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 St

W 75th St

W 72nd St

W 70th St

W 66th St

W 62nd St

W 58th St

W 56th St

ALPHA SPRINT RUN: 2.5 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)

HUDSON RIVER



0

0.2

0.4

0.6

0.8

1 Miles

**BIG APPLE****TRIATHLON**

NEW YORK CITY

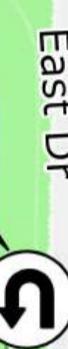
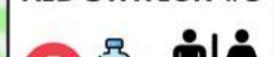
ALPHA WIN



The Pool

OLYMPIC TURNAROUND

Jacqueline Kennedy Onassis Reservoir

**AID STATION #5**

Park Ave

E 84th St

E 82nd St

E 80th St

E 78th St

E 76th St

E 74th St

E 72nd St

E 70th St

E 68th St

E 66th St

NYC BIG APPLE TRIATHLON (RUN)

OLYMPIC RUN

SPRINT RUN

Aid Stations Inc.

Medical Station

Water Station

Bathrooms

Lactation Tent

**RUN FINISH**

(Former Dr (Dead Rd))

West Dr

Center Dr

The Pond

