



***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



TRANSITION  
AREA



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

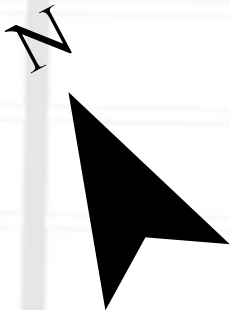
W 84th St

W 82nd St

W 79th St

W 77th

HUDSON  
RIVER



**NYC BIG APPLE  
TRIATHLON (SWIM)**

OLYMPIC SWIM  
SPRINT SWIM

Medical Station  
Water Station  
Bathrooms



0 0.1 0.2 0.3 0.4 0.5 Miles





**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**

**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



  
**TRANSITION AREA**  
W 103rd St  
W 101st St  
W 99th St  
W 98th St  
W 96th 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)

**AID STATION #1**  


**OLYMPIC TURNAROUND**

**AID STATION #5**  


**AID STATION #2**  


**AID STATION #4**  


**RUN FINISH**  
(Former Dr (Dead Rd))

**AID STATION #3**  





**HUDSON RIVER**



0 0.2 0.4 0.6 0.8 1 Miles

**NYC BIG APPLE TRIATHLON (RUN)**

-  OLYMPIC RUN
-  SPRINT RUN

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