

HITS TRIATHLON SERIES

Hague, New York Run Course

1 mile/3.1 miles/6.2 miles/13.1 miles/26.2 miles

OPEN: Sunday, June 19, 2016

- Run: 1 mile (out-n-back)
 - 1) – Exit T2, L on 9N
 - 2) – Turn around at .5 miles and return on same route to Finish

SPRINT: Sunday, June 19, 2016

- Run: 3.1 miles (out-n-back)
 - 1) – Exit T2, L on 9N
 - 2) – Turn around at 1.55 miles and return on same route to Finish

OLYMPIC: Sunday, June 19, 2016

- Run: 6.2 miles (out-n-back)
 - 1) – Exit T2, L on 9N
 - 2) – L on Pudding Island Rd.
 - 3) – L on 9N
 - 4) – L on Silver Bay Rd.
 - 5) – Turn around at 3.1 miles and return on same route to Finish


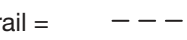







HALF: Saturday, June 18, 2016

- Run: 13.1 miles (two out-n-backs)
 - 1) – Exit T2, L on 9N
 - 2) – L on Pudding Island Rd.
 - 3) – L on 9N
 - 4) – L on Silver Bay Rd.
 - 5) – Turn around at 3.275 miles and return on same route and begin second out-n-back to Finish

FULL: Saturday, June 18, 2016

- Run: 26.2 miles (four out-n-backs)
 - 1) – Exit T2, L on 9N
 - 2) – L on Pudding Island Rd.
 - 3) – L on 9N
 - 4) – L on Silver Bay Rd.
 - 5) – Turn around at 3.275 miles and return on same route and begin second, third and fourth out-n-backs to Finish

Course Key

Open =		Trail =	
Sprint =		Aid Station =	
Olympic =		Medical =	
Half =		Porta-John =	
Full =		Mile Marker =	