

BIKE COURSE

- 112 Miles
- 2 Loops
- Lake Placid, New York

MM MILE MARKERS

T TRANSITION AREA

1 AID STATIONS

The two loop bike course takes place on state, county, and local roads.

TURN BY TURNS

- Exit transition down the school bus ramp, crossing School Street onto Colden Avenue
- Left at the bottom of the hill on Mill Pond Drive
- Right on Sentinel Road (State Route 73)
- Follow Route 73 toward the ski jumps
- East on Route 73, you will see the ski jump on your right, climb approximately 1 mile followed by rolling hills past the Mt. Van Hoevenberg Olympic complex. The long descent into Keene begins at the Cascade Mountain trailhead and passes the Cascade Lakes.
- Turn left on State Route 9N in Keene
- North on Route 9N to Upper Jay
- Follow Route 9N to Jay
- Continue through Jay on Route 9N toward Ausable Forks. The turnaround is approximately 5.6 miles, just before College Street in Ausable Forks
- Return to Jay via Route 9N, making a right on State Route 86 in Jay
- Follow Route 86 to Wilmington and turn right on Haselton Road
- Head out 1 mile on Haselton Road to a turnaround point and return to Route 86
- Right on Route 86
- Turn left to stay on Route 86 in Wilmington towards Whiteface Mountain
- Right on Northwood Road
- Left on Mirror Lake Drive
- Right on Parkside Drive
- Left on Main Street
- Right on Cummins Road
- Left on Lake Placid High School access drive
- Repeat loop
- After second loop, enter transition from behind the high school

