



Course Description and Maps



About the Pine Bush Preserve - The Albany Pine Bush represents one of the best remaining examples of an inland pine barrens ecosystem left in the world. This gently rolling sand plain is home to a variety of rare plants and animals, including the endangered Karner Blue butterfly. Visitors are provided with an assortment of non motorized recreational opportunities including hiking, jogging, nature study, cross-country skiing, horseback riding, mountain biking and hunting. There are over 20 miles of marked multiple use trails, some of which are paved. Efforts by the Albany Pine Bush Preserve Commission have protected over 2750 acres of this beautiful ecosystem. Learn more about the Pine Bush by visiting the Commission's web site at www.albanypinebush.org.



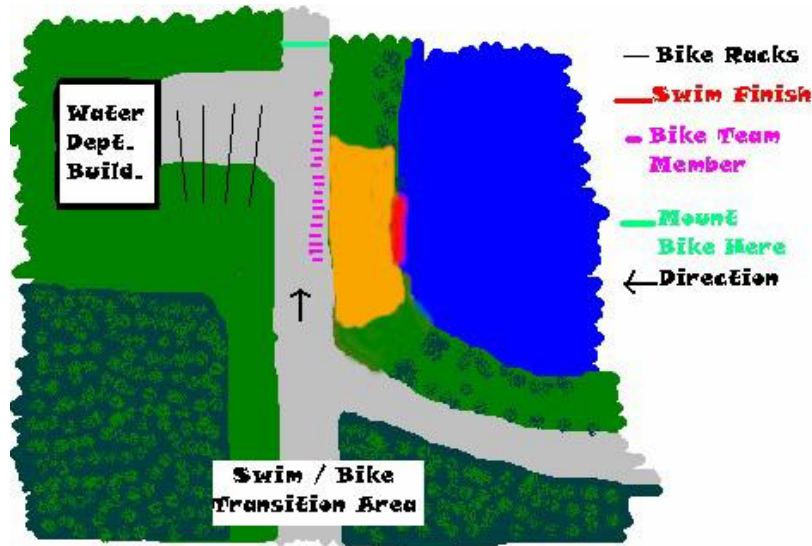
The Swim — The event starts with a 325-yard swim at the City of Albany's Six Mile Waterworks also known as Rensselaer Lake, which is part of the Pine Bush Preserve. The Pine Bush Preserve is a rare inland pine barren ecosystem. The Lake previously was the Albany Reservoir and now is a reserve system for the City of Albany's Water Department. Swimming is allowed in the Lake under a special permit. The swim will be conducted with "heats" of approximately 50 people each. The course is an L-shaped route, which starts at the gazebo. It travels north to a 90 degree left turn at a buoy. Then the swimmers go the length of the lake past the west side of the pump house to the water's edge.

A separate water exit is available for wheelchair athletes. This is a step riser and platform. The system was designed with the assistance of our special friend and wheelchair athlete, April Coughlin.

Pine Bush Triathlon 325 Yard Swim Route

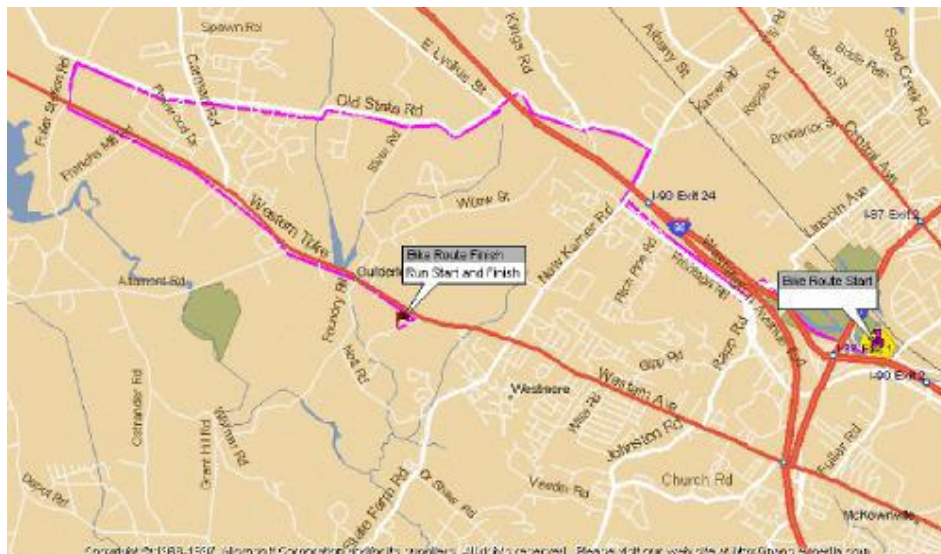


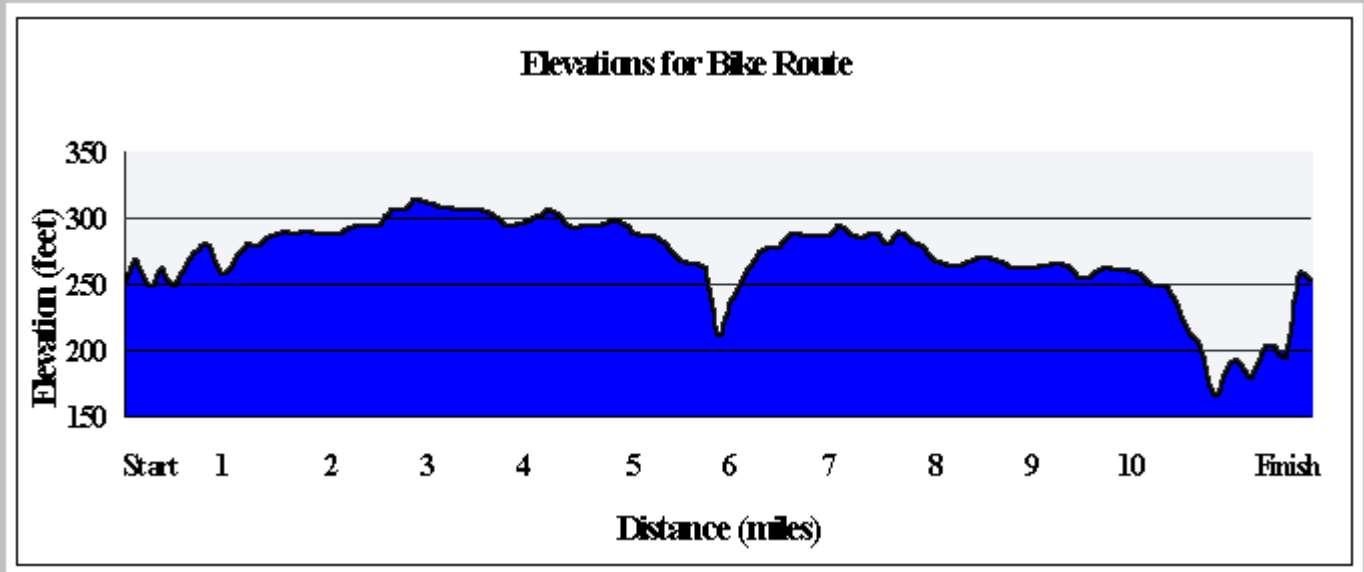
The Swim/Bike Transition Area - Swimmers exit the water onto a 40-ft. long, sandy incline that leads to the paved path. The pathway is 12 ft. wide and 400 ft. long to the bike mounting sign. Bike team members will be lined up on the pavement on the right side of the pathway. A hand slap and passing of the timing chip completes the team member exchange. Individual participant's bikes are racked on the left side of the transition area on the grass and paved surface.



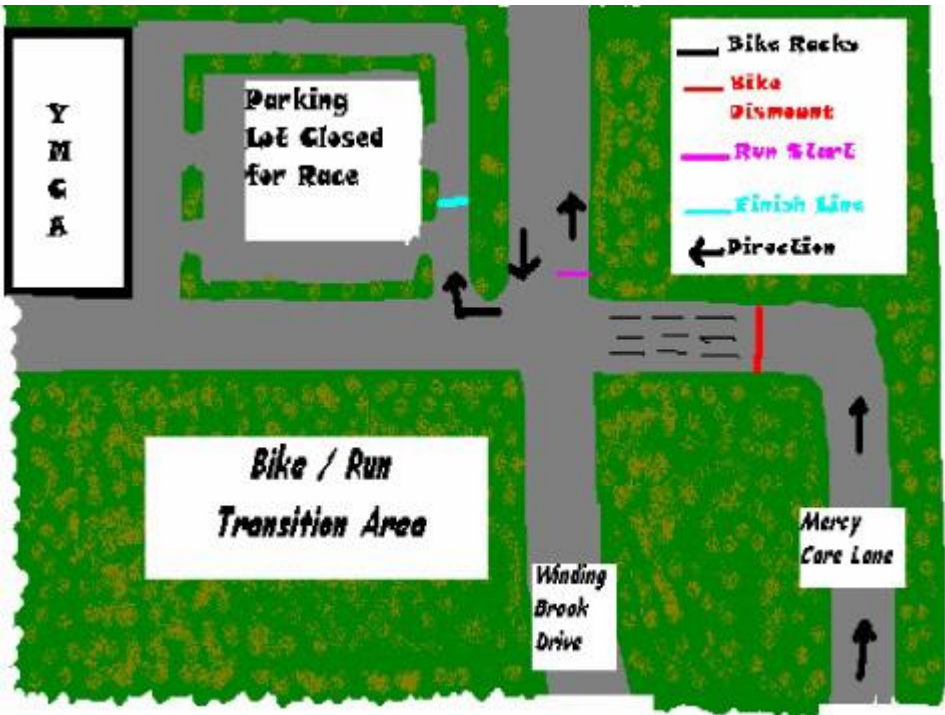
The Bike -- The biking leg of the triathlon is 11.5 miles. It begins at the southern end of the lake and follows the paved path west. It turns south on Rapp Road going over the Thruway then turns west on Washington Ave. Extension. At the end of Washington Ave. Extension it turns north on Route 155 / New Karner Road and then west onto Old State Road. Here it re-enters parts of the scenic Pine Bush Preserve and leaves the City of Albany into the Town of Guilderland. The course continues west on Old State Road through the intersection of Route 146 / Carmen Road. It turns south on Fuller Station Road and then east on Route 20 / Western Ave. It follows Western Ave. east past Route 146 and turns south on Mercy Care Lane which leads into the transition area.

Pine Bush Triathlon 11.5 Mile Bike Route





The Bike/Run Transition Area - Bike riders turn onto Mercy Care Lane to the transition area. The bike dismount sign is visible at the first bend in the road. Team members should be waiting at the beginning of the transition area. Team members will transfer the timing chip and a hand slap will complete the exchange. The bike member will exit the transition area with their bike. Individual participants can rack their bikes and start the run at the other end of the transition area on Winding Brook Drive. A center lane of Winding Brook Drive will be opened for local traffic. The run is an "out and back" staying on the right side of the road moving with the traffic direction.





The Run — The last leg is the 3.25 mile run which is an out and back route with the finish line at the YMCA. The run starts south on Winding Brook Drive to Nott Road when it turns left proceeding eastward. It takes a left turn into a residential neighborhood at Campus Club Drive and left again onto Hiawatha Drive. This is the halfway point of the run. Hiawatha Drive loops around and meets again with Campus Club Drive. The course follows the same route backward to the YMCA and to the Finish Line! Enter the race chutes and at the end of the chute remove the timing chip and strap and hand it to the race official.

Pine Bush Triathlon 3.25 Mile Run Route

