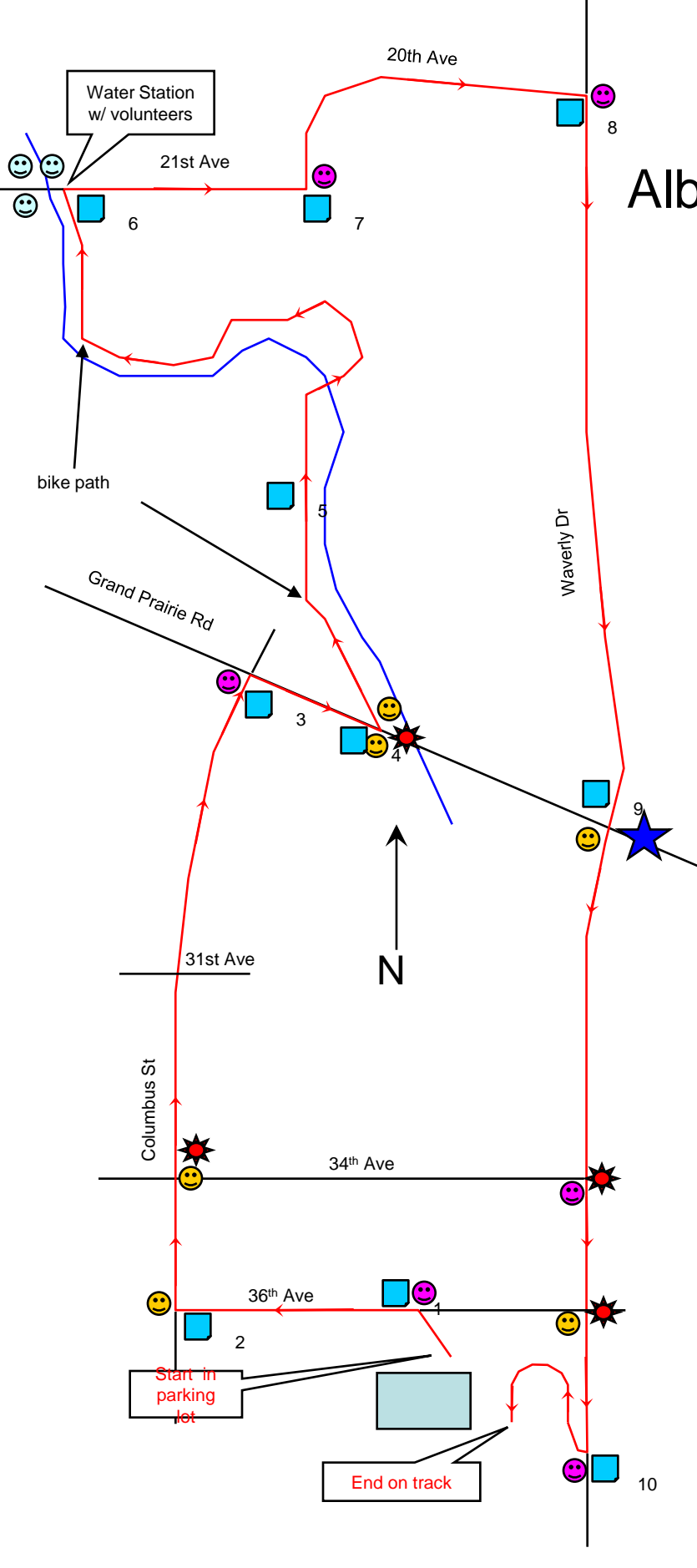







Albany Sprint Triathlon Run Course Map



Approx times:

First runner - 9:00am
 Last runner - 10:45am

-  -Water station volunteer
-  -
-  -Volunteers at corners WITH VEST
-  - Stopping traffic
-  - 15
- 