

50 Mile Cue Sheet

Total	Lap	Turn	Note	For
0.00	0.00	S	stay on Marvin Sands Dr	0.22
0.22	0.22	L	onto Lakeshore Dr	1.63
1.85	1.85	R	slight turn onto S Main St	0.14
1.99	1.99	L	onto grass shoulder of SR 5 & US 20	0.26
2.25	2.25	L	to cross gully	0.02
2.27	2.27	R	to follow fence line	0.23
2.50	2.50	L	onto CR 16 (W Lake Rd)	2.15
4.65	4.65	S	Pump Aid Station	4.82
9.47	4.82	S	Onanda Park Aid Station (rest rooms)	0.83
10.30	0.83	L	onto Coye Rd	1.34
11.64	2.17	L	onto Seneca Point Rd	1.36
13.00	3.53	S	toward Bopple Hill Rd	0.13
13.13	3.66	S	Seneca Point Aid Station	1.78
14.91	1.78	L	onto SR 21	0.81
15.72	2.59	S	Top of Bopple Aid Station	0.61
16.33	0.61	L	to stay on SR 21	2.84
19.17	3.45	S	Boat Launch 50K Start (porta-potties)	0.65
19.82	4.10	S	Red Garage Aid Station	0.98
20.80	0.98	L	onto Parish Rd	0.83
21.63	1.81	L	onto SR 245	2.27
23.90	4.08	L	onto Sunnyside Rd	0.50
24.40	4.58	L	at Y - Sunnyside Aid Station	0.48
24.88	0.48	L	at fork (stay close to lake level)	0.98
25.86	1.46	U	turnaround on Sunnyside Rd	0.98
26.84	2.44	S	stay on Sunnyside	0.48
27.32	2.92	L	at Y - Sunnyside Aid Station	4.34
31.66	4.34	S	at Middlesex Aid Station (rest rooms)	0.05
31.71	0.05	S	onto SR 364	1.31
33.02	1.36	L	onto S Vine Valley Rd	2.40
35.42	3.76	R	onto S Lake Rd	0.06
35.48	3.82	L	onto N Vine Valley Rd	0.13
35.61	3.95	U	at Vine Valley Aid Station	0.13
35.74	0.13	L	onto N Vine Valley Rd	0.40
36.14	0.53	S	up N Vine Valley Rd	1.52
37.66	2.05	L	onto Bare Hill Rd	0.67
38.33	2.72	S	Bear Hill Aid Station	1.02
39.35	1.02	R	onto Town Line Rd	0.92
40.27	1.94	L	onto Twitchell Rd	2.12
42.39	4.06	S	cross SR 364 (name change to Green Rd)	0.43
42.82	4.49	L	onto Arnold Rd at Aid Station	1.23
44.05	1.23	R	onto CR 1	0.07
44.12	1.30	L	onto Conklin Rd	0.59
44.71	1.89	L	onto Middle Rd	1.85
46.56	3.74	S	Kipp Rd Aid Station	1.56
48.12	1.56	L	onto CR 18	1.13
49.25	2.69	R	onto Lincoln Hill Rd	0.39
49.64	3.08	S	around barrier & down hill on grass	0.15
49.79	3.23	R	onto Marvin Sands Drive	0.29
50.08	3.52	R	onto Lot A road toward Laker Lane	0.06
50.14	3.58	S	Finish	

Total = cumulative distance from Start.

Lap = distance from last aid station.

For = distance to next turn (or aid station if no turn).

L = Left Turn; **R** = Right Turn; **S** = Go Straight