

## 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
<b>4.65</b>	<b>4.65</b>	<b>S</b>	<b>Pump Aid Station</b>	4.82
<b>9.47</b>	<b>4.82</b>	<b>S</b>	<b>Onanda Park Aid Station (rest rooms)</b>	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
<b>13.13</b>	<b>3.66</b>	<b>S</b>	<b>Seneca Point Aid Station</b>	1.78
14.91	1.78	L	onto SR 21	0.81
<b>15.72</b>	<b>2.59</b>	<b>S</b>	<b>Top of Bopple Aid Station</b>	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
<b>19.82</b>	<b>4.10</b>	<b>S</b>	<b>Red Garage Aid Station</b>	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
<b>24.40</b>	<b>4.58</b>	<b>L</b>	<b>at Y - Sunnyside Aid Station</b>	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
<b>27.32</b>	<b>2.92</b>	<b>L</b>	<b>at Y - Sunnyside Aid Station</b>	4.34
<b>31.66</b>	<b>4.34</b>	<b>S</b>	<b>at Middlesex Aid Station (rest rooms)</b>	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
<b>35.61</b>	<b>3.95</b>	<b>U</b>	<b>at Vine Valley Aid Station</b>	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
<b>38.33</b>	<b>2.72</b>	<b>S</b>	<b>Bear Hill Aid Station</b>	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
<b>42.82</b>	<b>4.49</b>	<b>L</b>	<b>onto Arnold Rd at Aid Station</b>	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
<b>46.56</b>	<b>3.74</b>	<b>S</b>	<b>Kipp Rd Aid Station</b>	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
<b>50.14</b>	<b>3.58</b>	<b>S</b>	<b>Finish</b>	

**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