

## 50K Cue Sheet

Total	Lap	Turn	Note	For
0.00	0.00	S	Boat Launch 50K Start (porta-potties)	1.74
1.74	1.74	L	onto Parish Rd	0.83
2.57	2.57	L	onto SR 245	2.27
4.84	4.84	L	onto Sunnyside Rd	0.50
<b>5.34</b>	<b>5.34</b>	L	<b>at Y - Sunnyside Aid Station</b>	0.48
5.82	0.48	L	at fork (stay close to lake level)	0.98
6.80	1.46	U	turnaround on Sunnyside Rd	0.98
7.78	2.44	S	stay on Sunnyside	0.48
<b>8.26</b>	<b>2.92</b>	L	<b>at Y - Sunnyside Aid Station</b>	4.34
<b>12.60</b>	<b>4.34</b>	S	<b>at Middlesex Aid Station (rest rooms)</b>	0.05
12.65	0.05	S	onto SR 364	1.31
13.96	1.36	L	onto S Vine Valley Rd	2.40
16.36	3.76	R	onto S Lake Rd	0.06
16.42	3.82	L	onto N Vine Valley Rd	0.13
<b>16.55</b>	<b>3.95</b>	U	<b>at Vine Valley Aid Station</b>	0.13
16.68	0.13	L	onto N Vine Valley Rd	0.40
17.08	0.53	S	up N Vine Valley Rd	1.52
18.60	2.05	L	onto Bare Hill Rd	0.67
<b>19.27</b>	<b>2.72</b>	S	<b>Bear Hill Aid Station</b>	1.02
20.29	1.02	R	onto Town Line Rd	0.92
21.21	1.94	L	onto Twitchell Rd	2.12
23.33	4.06	S	cross SR 364 (name change to Green Rd)	0.43
<b>23.76</b>	<b>4.49</b>	L	<b>onto Arnold Rd at Aid Station</b>	1.23
24.99	1.23	R	onto CR 1	0.07
25.06	1.30	L	onto Conklin Rd	0.59
25.65	1.89	L	onto Middle Rd	1.85
<b>27.50</b>	<b>3.74</b>	S	<b>Kipp Rd Aid Station</b>	1.56
29.06	1.56	L	onto CR 18	1.13
30.19	2.69	R	onto Lincoln Hill Rd	0.39
30.58	3.08	S	around barrier & down hill on grass	0.15
30.73	3.23	R	onto Marvin Sands Drive	0.29
31.02	3.52	R	onto Lot A road toward Laker Lane	0.06
<b>31.08</b>	<b>3.58</b>	S	<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