



2024 CANLAKE50 RACE HANDBOOK

October 12, 2024

Finger Lakes Community College

3325 Marvin Sands Dr, Canandaigua, NY 14424

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BENEFICIARY – SERENITY HOUSE

 <p>The logo for Serenity House features a stylized blue figure with arms raised, holding a heart, with the words "serenity house" written below in a cursive font.</p>	<p>Proceeds from the 2024 race will be donated to Serenity House (www.serenity-house.org/) of Victor, New York. Serenity House provides specialized care for the terminally ill, their families and loved ones. Please consider including Serenity House in your own charitable giving. In 2023, the race donated \$2,200 to Serenity House.</p>
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SPONSORS

 <p>The logo consists of the letters "UP" stacked above "2U" in a bold, white, sans-serif font, all contained within a black square.</p> <p>RECOVER TODAY. TOMORROW IS WAITING.</p>	<p>UP2U - RECOVER TODAY. TOMORROW IS WAITING.</p> <p>https://up2u.co/</p>
 <p>The logo features a stylized brown fork, a bowl, and a glass, with the word "Wegmans" written in a cursive font below.</p>	<p>Wegmans Canandaigua 345 Eastern Blvd (Rte. 5 & 20), Canandaigua, NY 14424 (585)394-4820 www.wegmans.com/</p>
 <p>The logo features the words "FingerLakes" in a green, stylized font, with "COMMUNITY COLLEGE" in a smaller, blue, sans-serif font below.</p>	<p>Special thanks to Finger Lakes Community College www.fingerlakes.edu/ for letting the race use its facilities for the start and finish.</p>

ORGANIZED BY

 <p>The logo features a blue silhouette of a city skyline with a group of runners in front of it, and the letters "GRRC" in a large, bold, blue font below.</p>	<p>The Greater Rochester Running Club</p> <p>GRRC http://www.grtconline.org is the largest and oldest running club in Rochester, NY and our motto is "To Make Rochester the Best Place to Live for Runners!"</p>
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IN THE EVENT OF AN EMERGENCY

- **In the event of an emergency:** **Call 911**. We recommend runners carry a mobile phone.
- Remain at the scene and render aid until relieved by emergency personnel or a race official.
- When you can, report the emergency to the Race Director (585-703-6831)
- If responding to an emergency affects your race, you will be awarded a complimentary 2022 entry.

COVID 19 POLICIES

All CanLake 50 Ultra and MiniCan 25Km participants, their support crews, pacers, friends, and family members attending the race at any time between the start and finish, and race volunteers are accountable for their actions and behavior before the event, during travel, and participating in event-related activities and other activities around Canandaigua during the event weekend, and should follow current COVID-19 mandates and guidelines issued by Federal, State, local municipalities, including any mandates and requirements issued by the Finger Lakes Community College on the race day in order to access their facilities.

COVID 19 POLICIES FOR USING FLCC FACILITIES

According to their [website](#), as of October 12, 2024, FLCC COVID Policy regarding use of their facilities is that masks are encouraged, but optional. You will need to enter the FLCC to:

- Pick up bib and race t-shirt before the race;
- Use the bathroom before and after the race;
- Get post-race food.

RUNNER ADVISORIES

- **Roads are NOT closed**

All of the roads on the race route will be open to traffic. Watch for traffic and be careful at all turns and road crossings. Remember to be extra careful later in the race as your judgment and reaction times will be impaired by fatigue.

- **Carry Water!**

Although we will have an adequate supply of water at the aid stations, we strongly recommend that you carry at least one water bottle especially if temperatures exceed 70 degrees Fahrenheit.

- If the forecast is for High or Extreme Heat Risk, runners will be notified of the risk and advised to slow their pace and stress hydration.

- The Race Director reserves the right to modify the event in case of High or Extreme Heat Risk or the forecast of an electrical storm within the racecourse area during the race.

DISQUALIFYING EVENTS

Failing to follow the following safety procedures will result in the disqualification of a runner:

- Disobeying any COVID policy as listed in the COVID section of this handbook.
- Disobeying traffic laws by the runner and/or runner's Handlers (and family & Friends)
- Handlers (and family & Friends) cars driving along side of the runner
- Handlers (and family & Friends) members biking alongside of the runner
- Handlers (and family & Friends) cars parked in no parking zones (see 'Route Details and Driving Directions' for more details later in this section)
- Littering

Please note that it is the runner's responsibility to make sure that Handlers (and family & Friends) are familiar with and follow all the safety rules.

RACE DAY PROCEDURES

ALL RUNNERS MUST CHECK-IN AT FLCC EVEN IF THEY ALREADY HAVE A BIB

ALL RUNNERS

- Check in with a Race Official and pick up your race packet and bib if you have not done so already.
- Make sure your pacer has signed and turned in the waiver.
- Deposit any drop bags in the box for each drop bag station.

50-MILE EARLY START RUNNERS

- See All Runners instructions for race day instructions that apply to all runners
- 50M race day packet pickup and check-in is from 5:30 AM until 6:15 AM
- 50M Start is at 6:30 AM.
- Assemble by 6:25 AM in bus loop in front of Student Center.
See 'Safety requirement for running before sunrise and after sunset' below

50-MILE REGULAR RUNNERS

- See All Runners instructions for race day instructions that apply to all runners
- 50M race day packet pickup and check-in is from 6:30 AM until 7:15 AM
- 50M Start is at 7:30 AM.
- Assemble by 7:25 AM in bus loop in front of Student Center.
See 'Safety requirement for running before sunrise and after sunset' below

50K RUNNERS

- See All Runners instructions for race day instructions that apply to all runners
- 50K Runner race day packet pickup and check-in is from 7:30AM until 8:45AM
- If you are riding the bus to the 50K start, boarding begins at 8:45 am.
- The bus departs promptly at 9:00 a.m.** (Make sure you have your bib before you board the bus!)
- If you are being driven to the 50K start, allow 50 minutes driving time. Maps to the 50k start will be available at check-in. If the 50K start parking lot is full, parking is available on Parish Rd.
- The race starts at 10:00am in Boat Launch parking lot.
- See 'Safety requirement for running before sunrise and after sunset' below.

MINICAN 25 KM RUNNERS

- See All Runners instructions for race day instructions that apply to all runners
- MiniCan 25 Km Runner race day packet pickup and check-in is from 11:00 AM until 11:45 AM
- If you are riding the bus to the MiniCan 25 Km start, boarding begins at 11:45 am.
- The bus departs promptly at noon.** (Make sure you have your bib before you board the bus!)
- If you are being driven to the 25K start, allow 50 minutes driving time. 25 Km race starts from the Vine Valley Aid stations at the following address - [6385 Vine Valley Rd, Middlesex, NY 14507](https://www.google.com/maps/place/6385+Vine+Valley+Rd,+Middlesex,+NY+14507)
- The race starts at 1 PM from about 150 yards from the Vine Valley aid stations.
- You will meet the 25 Km starter at the Vine Valley aid station after exiting the bus who will take you to the starting line and give you pre-race instructions.
- See 'Safety requirement for running before sunrise and after sunset' below.

SAFETY REQUIREMENT FOR RUNNING BEFORE SUNRISE AND AFTER SUNSET

- High visibility garment is required when running before sunrise - 7:19 AM - and after sunset - 6:30 PM.

- Runners affected by this safety requirement are
 - All 50M Starters
 - 50M Starters with estimated finish time longer than 12 hours and 07 minutes
 - 50K Runners with estimated finish time longer than 8 hours and 37 minutes
 - Pacers pacing runners after 6:30 PM
- Reflective running vests or other reflective running clothing are acceptable
- Included with the race packets are CanLake50 t-shirts that have the reflective material which will satisfy the high visibility garment requirement for running in the dark. CanLake50 will NOT be providing vests or any other high visibility garments.
- 50M Starters are required to wear reflective garment or they will not be allowed to start the race
- Runners on public roads after 6:38 PM and not wearing reflective garment will be asked to withdraw from the race

ONCE YOU HAVE FINISHED

- Pick up your Age-Graded medal at the finish line.
- If case you used drop bags - pick up your drop bags.
 - All the drop bags should be delivered to the finish line by 5 PM
- Get a post-race meal.
- Congratulations, and have a safe trip home!

POST-RACE MEAL

The Post-race meal will be served by AVI Fresh catering company from 2:30 PM until 7:30 PM. AVI Fresh will serve a Classic Deli Buffet with an option of having a Turkey and Provolone, Roast Beef and Cheddar Sandwiches, Roast Veggie Sandwiches, Gluten Free Bread, choice of Potato Salad or Garden Side Salad, small bag of chips, choice of Cookie or Brownie, Canned Soda or Bottled Water.

The post-race meal is for the race participants and volunteers only.

The location where the post-race meal will be served will depend on weather conditions. This is to minimize the time race participants need to spend indoors.

PLAN-A FOR POST-RACE MEAL – GOOD WEATHER CONDITIONS

The food will be served in the Atrium. Once you get your food, take it outside for consumption.

There are few benches near the entrance of the Atrium that you can use to sit on, or you can use a curb by the finish line to sit on and cheer on finishing runners while enjoying your meal.

PLAN-B FOR POST-RACE MEAL – BAD WEATHER CONDITIONS

The food will be served in the FLCC Student cafeteria. Please use the side door to enter the cafeteria. Ask race volunteers for directions to the college's cafeteria. Please note that the FLCC COVID 19 rules recommend (not require) that you wear masks indoors at all times regardless of your vaccination status unless you are eating.

CANLAKE ULTRAMARATHON RACE RULES

Note: Flagrant and/or repeat violations of these rules will result in disqualification of the runner.

RUNNERS

- *Run on the left-hand side of the road facing oncoming traffic, unless otherwise directed.*
- *Cross other roads where indicated and follow the instructions of Road Marshals and Race Officials.*

PACERS

- *Pacers are allowed for both races after the Vine Valley Aid Station (35.6 miles/16.5 miles). Pacers do not pay an entry fee, but must read, sign and turn in the waiver before the race start.*
- *The race does not provide transportation to/from the Vine Valley for pacers. It is the runner's responsibility to arrange transportation for the pacer to Vine Valley.*
- *Pacers are not allowed to "mule" for their runners, i.e. the runner must still carry his/her own water bottles, food, spare clothes, etc.*

HANDLERS (AND FAMILY & FRIENDS)

- *Runners may have personal handlers and receive aid at any point along the course where it is safe to do so.*
- *Handler vehicle is to display "Caution Runners on Road" sign provided at Race Day Check In. Tape sign inside rear window or driver's side rear window.*
- ***Do not drive or cycle alongside the runners. This is a Disqualifying Event*** for the runner you are supporting even if you are the violator. *Park at a safe place on the right-hand side of the road; then safely cross the road and hand off drink, food, or clothing to the runner. No parking on the left-hand side of the road!*
- ***Do not park on the shoulders of Rte. 21, Rte. 245, and Middle Rd. This is a Disqualifying Event*** for the runner you are supporting even if you are the violator. *See special parking instructions for these busy roads in the Driving Directions section of this handbook.*
- *Handlers must not park along roads within 100 yards of aid stations. See special parking instructions in the Race Handbook and follow any instructions of the Aid Station volunteers.*
- *Handlers are encouraged to be alert to the condition of other runners besides their own and offer aid or assistance. This will help ensure the health and safety of all runners.*
- *TIP: Don't forget to pack plenty of food and drink for yourself in the vehicle. There are very few services on the race route*

EVERYONE – NO LITTERING!

- *Each aid station will have a trash bag for your use. Anyone caught littering will be disqualified.*

TIME LIMITS

The following mid-race limits posted below are primarily for your reference since cut-off times vary by the course. The published cut-off times have been calculated based on the average pace the race participant must maintain to finish before the finish closes. The Middlesex aid station will be closing shortly after 3 PM, and if you are still approaching the aid station, regardless of the course, you are at risk of not making it to the finish line at the FLCC by 7:30 PM.

ALL RACES

- *The finish closes at 7:30 PM for all races.*

50-MILE REGULAR STARTERS

- *Must finish within 12hr after race start or by 7:30 PM, averaging 14:24 per mile or better over 12 hours*
- *Should exit the Middlesex aid station at 31.7 miles by 7hr35min after race start or by 3:05 PM*

50-MILE EARLY STARTERS

- *Must finish within 13hr after race start or by 7:30 PM, averaging 15:36 per mile or better over 13 hours*
- *Should exit the Middlesex aid station at 31.7 miles by 8hr13min after race start or by 2:45 PM*

50K RUNNERS

- *Must finish within 9hr30min after race start or by 7:30 PM, averaging 18:23 per mile or better over 9 ½ hours*
- *Must exit the Middlesex aid station at 12.6 miles by 3hr51min after race start or by 1:50 PM*

25K MINICAN RUNNERS

- *Must finish within 6hr30min after race start or by 7:30 PM, averaging 25:06 per mile or better over 6 ½ hours*

OTHER USEFUL INFORMATION

RESTROOMS / PORTA-POTTIES

- *Start/Finish at FLCC*
- *Onanda Park (9.5 miles) – restrooms*
- *Top of Bopple (15.7 miles) – porta-potty*
- *Boat Launch / 50k start (19.2 miles) – porta-potty*
- *Sunnyside (24.4 & 27.3 miles) – porta-potty*
- *Middlesex Aid Station (31.7 miles) –restrooms in Teen Center*
- *Vine Valley Aid Station / Boat Launch (35.6 miles) – porta-potty*
- *Arnold Road (42.8 miles) – porta-potty*

AID STATIONS

Each aid station will have PowerBar ISO Active Isotonic Sports Drink Raspberry Pomegranate and water. In addition there will be a small supply of emergency supplies (Band-Aids, Vaseline, and Ibuprofen).

ROUTE FINDING

The course will be marked with yellow and white spray chalk on the roadway at each turn. The marks will be on the left shoulder of the road (sidewalk in Canandaigua).

Here is how the course will markings will look like at every road crossing you will encounter on the course



Continue straight ahead



Turn left at the intersection



Turn right at the intersection



STOP! WRONG TURN or MISSED TURN

The only exception from this rule is between miles 2-10 on the 50M mile course when you get on the East Lake Road and continue straight until the Aid Station #2 Onanda Park. You will see some of the intersections still marked with the directional signs directing

you to go straight at major intersections but not all the smaller residential streets intersections will be marked. After Onanda Park AS, every turn and every intersection will have markings until the finish line.

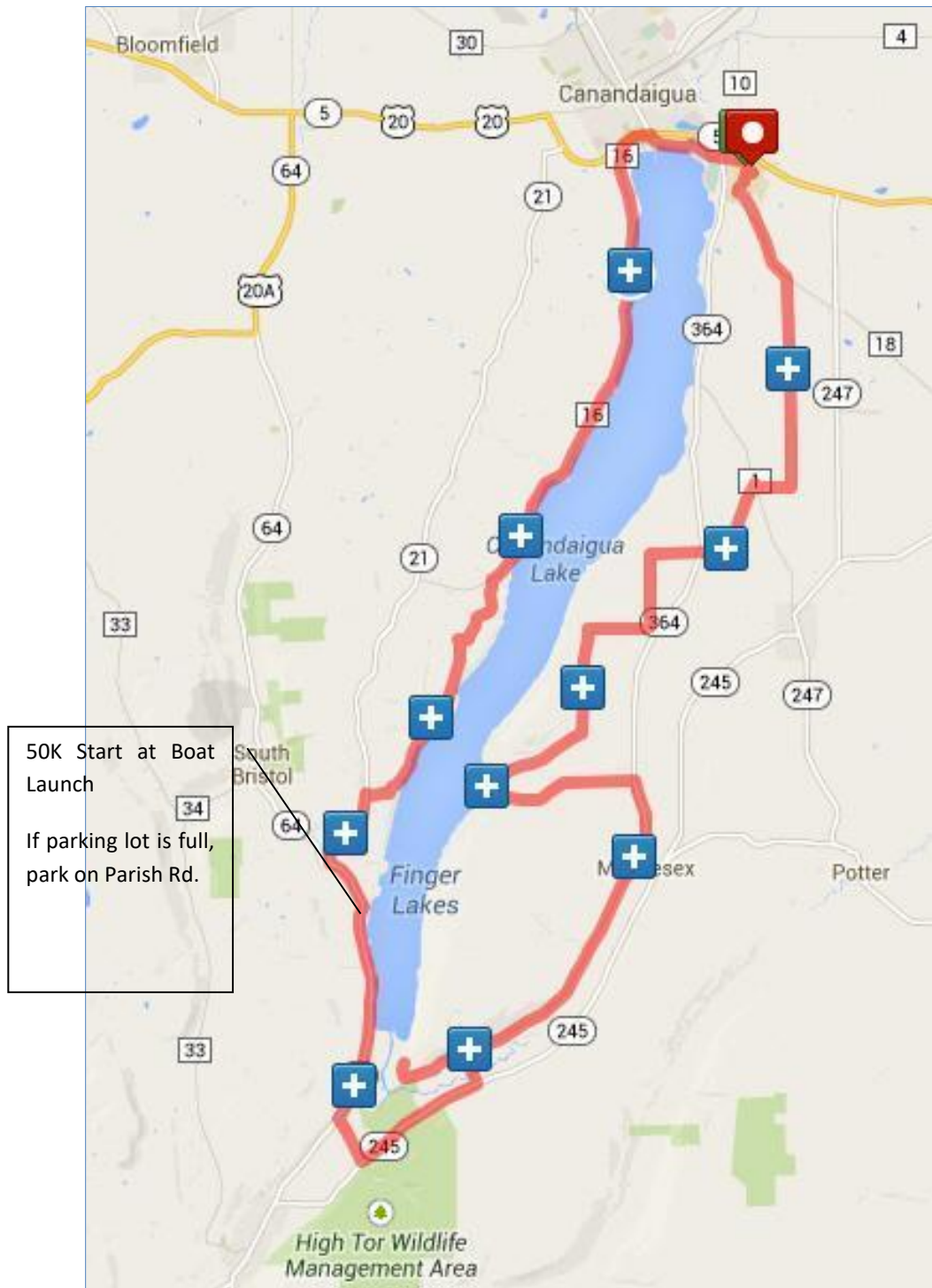
Carry the Cue Sheet for your race just in case. The Sheet lists complete running directions (see Route Details page on race web site for links to printable Cue Sheets). Tip: Fold & carry in a Ziploc baggie so it stays dry.

HANDLERS, FAMILY & FRIENDS:

Have a roadmap and/or GPS in your vehicle. The Route Details starting on the next page give the address and GPS coordinates of each aid station. You will also find complete driving directions between each aid station.

OVERVIEW MAP

[CAN LAKE 50 MILE RACE COURSE - MAPMYRUN](#)



ROUTE DETAILS AND DRIVING DIRECTION

Race Distance			Location Parking Notes	Driving Directions																																								
Leg	50m	50K																																										
1	4.6	---	<p>From: 50 Mile Start at FLCC, Lot A</p> <p>To: Pump Station Aid Station #1 3789 W Lake Rd Canandaigua, NY 14424 GPS coord: 42.844852, -77.280437</p> <p><u>Parking:</u> Use the Pump Station parking lot on the right.</p> <p>Please do not block Municipal vehicles parked in the lot. Additional parking is available up the hill behind the Pump Station.</p> <p>Be careful crossing the road to handle your runner.</p>	<p>Note: You <u>cannot follow part of the running route</u> on this leg. Driving distance is 0.3 miles longer than race distance.</p> <table border="1"> <thead> <tr> <th>Total</th> <th>Lap</th> <th>Turn</th> <th>Note</th> <th>For</th> </tr> </thead> <tbody> <tr> <td>0.0</td> <td>0.0</td> <td>S</td> <td>stay on Marvin Sands Dr</td> <td>0.2</td> </tr> <tr> <td>0.2</td> <td>0.2</td> <td>L</td> <td>onto Lakeshore Dr</td> <td>1.6</td> </tr> <tr> <td>1.8</td> <td>1.8</td> <td>R</td> <td>slight turn onto S Main St</td> <td>0.1</td> </tr> <tr> <td>2.0</td> <td>2.0</td> <td>S</td> <td>through light to stay on Main St</td> <td>0.2</td> </tr> <tr> <td>2.2</td> <td>2.2</td> <td>L</td> <td>onto Parrish St</td> <td>0.4</td> </tr> <tr> <td>2.6</td> <td>2.6</td> <td>L</td> <td>onto West Lake Rd (CR 16)</td> <td>2.3</td> </tr> <tr> <td>4.9</td> <td>4.9</td> <td>S</td> <td>Pump Aid Station</td> <td></td> </tr> </tbody> </table>	Total	Lap	Turn	Note	For	0.0	0.0	S	stay on Marvin Sands Dr	0.2	0.2	0.2	L	onto Lakeshore Dr	1.6	1.8	1.8	R	slight turn onto S Main St	0.1	2.0	2.0	S	through light to stay on Main St	0.2	2.2	2.2	L	onto Parrish St	0.4	2.6	2.6	L	onto West Lake Rd (CR 16)	2.3	4.9	4.9	S	Pump Aid Station	
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Race Distance			Location Parking Notes	Driving Directions																			
Leg	50m	50K																					
2	9.5	---	<p>From: Pump Station Aid Station</p> <p>To: Onanda Park Aid Station #2 4959 W Lake Road Canandaigua, NY 14424 GPS Coord: 42.783564, -77.314728</p> <p><u>Parking:</u> Drive into the park (second driveway on the left). Park in the main parking lot. Do not park on West Lake Road. Do not park in the driveway</p> <p>Porta-potties or restrooms will be available (depends on permitting).</p> <p>Drop bag station for 50-mile runners.</p>	<table border="1"> <thead> <tr> <th>Total</th> <th>Lap</th> <th>Turn</th> <th>Note</th> <th>For</th> </tr> </thead> <tbody> <tr> <td>4.9</td> <td>0.0</td> <td>S</td> <td>stay on West Lake Rd (CR 16)</td> <td>4.8</td> </tr> <tr> <td>9.7</td> <td>4.8</td> <td>S</td> <td>Onanda Park Aid Station</td> <td></td> </tr> </tbody> </table> <p>Aid station opens at 8:00am.</p>					Total	Lap	Turn	Note	For	4.9	0.0	S	stay on West Lake Rd (CR 16)	4.8	9.7	4.8	S	Onanda Park Aid Station	
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3	13.1	---	<p>From: Onanda Park Aid Station</p> <p>To: Seneca Point Aid Station #3 5670 Bopple Hill Rd Naples, NY 14512 GPS Coord: 42.739067, -77.345081</p> <p><u>Parking:</u> Parking is very limited at this station; if you must stop here, drive past the aid station and park in the wide shoulder on the left.</p>	<table border="1"> <thead> <tr> <th>Total</th> <th>Lap</th> <th>Turn</th> <th>Note</th> <th>For</th> </tr> </thead> <tbody> <tr> <td>9.7</td> <td>0.0</td> <td>S</td> <td>stay on West Lake Rd (CR 16)</td> <td>0.9</td> </tr> <tr> <td>10.6</td> <td>0.9</td> <td>L</td> <td>onto Coye Rd</td> <td>1.3</td> </tr> <tr> <td>11.9</td> <td>2.2</td> <td>L</td> <td>onto Seneca Point Rd</td> <td>1.3</td> </tr> <tr> <td>13.3</td> <td>3.6</td> <td>S</td> <td>toward Bopple Hill Rd</td> <td>0.1</td> </tr> <tr> <td>13.4</td> <td>3.7</td> <td>S</td> <td>Seneca Point Aid Station</td> <td></td> </tr> </tbody> </table>					Total	Lap	Turn	Note	For	9.7	0.0	S	stay on West Lake Rd (CR 16)	0.9	10.6	0.9	L	onto Coye Rd	1.3	11.9	2.2	L	onto Seneca Point Rd	1.3	13.3	3.6	S	toward Bopple Hill Rd	0.1	13.4	3.7	S	Seneca Point Aid Station	
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4	16.4	---	<p>From: Seneca Point Aid Station</p> <p>To: Top of Bopple Aid Station #4 6528 State Rte 21 Naples, NY 14512 GPS Coord: 42.712189, -77.371806</p> <p>DO NOT PARK ALONG RTE 21 to service your runner. There is too much traffic and too little shoulder.</p> <p><u>Parking</u>: Follow directions of marshal to park in the aid station lot.</p> <p>Porta-potty will be at this station.</p>	<p>DO NOT PARK ALONG RTE 21 – Disqualifying Event</p> <table border="1"> <thead> <tr> <th>Total</th> <th>Lap</th> <th>Turn</th> <th>Note</th> <th>For</th> </tr> </thead> <tbody> <tr> <td>13.4</td> <td>0.0</td> <td>S</td> <td>stay on Seneca Point / Bopple Hill Rd</td> <td>1.8</td> </tr> <tr> <td>15.2</td> <td>1.8</td> <td>L</td> <td>onto Rte. 21</td> <td>0.8</td> </tr> <tr> <td>16.0</td> <td>2.6</td> <td>S</td> <td>Top of Bopple Aid Station</td> <td></td> </tr> </tbody> </table>					Total	Lap	Turn	Note	For	13.4	0.0	S	stay on Seneca Point / Bopple Hill Rd	1.8	15.2	1.8	L	onto Rte. 21	0.8	16.0	2.6	S	Top of Bopple Aid Station	
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5	20.6	1.5	<p>From: Top of Bopple Aid Station</p> <p>To: Red Garage Aid Station #5 7548 State Rte 21, Naples, NY 14512 GPS Coord: 42.652161, -77.369571</p> <p>DO NOT PARK ALONG RTE 21 to service your runner. There is too much traffic and too little shoulder.</p> <p><u>Parking</u>: Park at Boat Launch or follow directions of marshal to park at Aid Station.</p> <p>Porta-potties will be available at Boat Launch.</p> <p>Drop bag station for 50-mile runners.</p>	<p>DO NOT PARK ALONG RTE 21 – Disqualifying Event</p> <table border="1"> <thead> <tr> <th>Total</th> <th>Lap</th> <th>Turn</th> <th>Note</th> <th>For</th> </tr> </thead> <tbody> <tr> <td>16.0</td> <td>0.0</td> <td>S</td> <td>Stay on Rte. 21</td> <td>0.6</td> </tr> <tr> <td>16.6</td> <td>0.6</td> <td>S</td> <td>Stay left on Rte. 21</td> <td>2.8</td> </tr> <tr> <td>19.4</td> <td>3.4</td> <td>S</td> <td>Boat Launch & 50K Start</td> <td>1.2</td> </tr> <tr> <td>20.6</td> <td>4.6</td> <td>S</td> <td>Red Garage Aid Station</td> <td></td> </tr> </tbody> </table> <p>Note: 50K Start is at Woodville Boat Launch 7142 State Rte 21, Naples, NY 14512 GPS Coord: 42.668693, -77.364202</p> <p>50K Handlers: If Boat Launch parking lot is full, drop off 50K runner and park on Parish Road to wait.</p>	Total	Lap	Turn	Note	For	16.0	0.0	S	Stay on Rte. 21	0.6	16.6	0.6	S	Stay left on Rte. 21	2.8	19.4	3.4	S	Boat Launch & 50K Start	1.2	20.6	4.6	S	Red Garage Aid Station	
Total	Lap	Turn	Note	For																									
16.0	0.0	S	Stay on Rte. 21	0.6																									
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Race Distance			Location Parking Notes	Driving Directions																														
Leg	50m	50K																																
6, 7	24.4, 27.3	5.4, 8.3	<p>From: Red Garage Aid Station</p> <p>To: Sunnyside Aid Station #6 & #7 Sunnyside Rd & West Avenue Italy, NY 14507 GPS Coord: 42.660926, -77.331900</p> <p>DO NOT PARK ALONG RTE 21 OR RTE 245 to service your runner. There is too much traffic and too little shoulder.</p> <p><u>Parking</u>: Park on the right along Parish or Sunnyside. Alternatively, there is a small parking lot just before the intersection of Sunnyside and West Avenue.</p> <p>DO NOT PARK ON THE BRIDGE on Sunnyside Road.</p> <p>Porta-potty will be at this station.</p>	<p>DO NOT PARK ALONG RTE 21 OR RTE 245 Runners pass the Sunnyside Aid Station twice... once on the way out to the Turnaround and again on the way back 2.9 miles later. Driving distance is 2.9 miles shorter than race distance.</p> <p>NO SUPPORT VEHICLES ARE ALLOWED ON THE OUT-AND-BACK section on Sunnyside Road. The road quickly gets narrow, has no shoulders, and has two-way runner traffic.</p> <table border="1"> <thead> <tr> <th>Total</th> <th>Lap</th> <th>Turn</th> <th>Note</th> <th>For</th> </tr> </thead> <tbody> <tr> <td>20.6</td> <td>0.0</td> <td>S</td> <td>stay on Rte. 21</td> <td>0.5</td> </tr> <tr> <td>21.1</td> <td>0.5</td> <td>L</td> <td>onto Parish Rd</td> <td>0.8</td> </tr> <tr> <td>21.9</td> <td>1.3</td> <td>L</td> <td>onto Rte. 245</td> <td>2.3</td> </tr> <tr> <td>24.2</td> <td>3.6</td> <td>L</td> <td>onto Sunnyside Rd</td> <td>0.5</td> </tr> <tr> <td>24.7</td> <td>4.1</td> <td>S</td> <td>Sunnyside Aid Station</td> <td></td> </tr> </tbody> </table>	Total	Lap	Turn	Note	For	20.6	0.0	S	stay on Rte. 21	0.5	21.1	0.5	L	onto Parish Rd	0.8	21.9	1.3	L	onto Rte. 245	2.3	24.2	3.6	L	onto Sunnyside Rd	0.5	24.7	4.1	S	Sunnyside Aid Station	
Total	Lap	Turn	Note	For																														
20.6	0.0	S	stay on Rte. 21	0.5																														
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Race Distance			Location Parking Notes	Driving Directions																			
Leg	50m	50K																					
8	31.7	12.6	<p>From: Sunnyside Aid Station</p> <p>To: Middlesex Aid Station #8 1158 West Ave Middlesex, NY 14507 GPS Coord: 42.707495, -77.278841</p> <p><u>Parking:</u> DO NOT PARK AT THE AID STATION in front of the Youth Center Building.</p> <p>Drive past the aid station and church and park in the church parking lot immediately on your left. It is a short walk back to the Youth Center.</p> <p>Porta-potties or restrooms will be available (depends on permitting).</p> <p>Drop bag station for all runners.</p>	<table border="1"> <thead> <tr> <th>Total</th> <th>Lap</th> <th>Turn</th> <th>Note</th> <th>For</th> </tr> </thead> <tbody> <tr> <td>24.7</td> <td>0.0</td> <td>S</td> <td>stay on West Avenue</td> <td>4.3</td> </tr> <tr> <td>29.0</td> <td>4.3</td> <td>S</td> <td>Middlesex Aid Station</td> <td></td> </tr> </tbody> </table>					Total	Lap	Turn	Note	For	24.7	0.0	S	stay on West Avenue	4.3	29.0	4.3	S	Middlesex Aid Station	
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24.7	0.0	S	stay on West Avenue	4.3																			
29.0	4.3	S	Middlesex Aid Station																				

Race Distance			Location Parking Notes	Driving Directions				
Leg	50m	50K						
9	35.6	16.6	<p>From: Middlesex Aid Station</p> <p>To: Vine Valley Aid Station #9 800 Green Cove Dr Rushville, NY 14544 GPS Coord: 42.723488, -77.326985</p> <p><u>Parking</u>: Park along the road to the boat launch or at the General Store.</p> <p>Porta-potty should be available behind the General Store.</p>	Do not obstruct traffic on the road to the boat launch; be mindful of vehicles with trailers.				
				Total	Lap	Turn	Note	For
				29.0	0.0	S	on West Ave	0.1
				29.1	0.1	S	onto Rte. 364	1.2
				30.3	1.3	L	onto S Vine Valley Rd	2.4
				32.7	3.7	R	onto S Lake Rd	0.1
				32.8	3.8	L	onto road to boat launch	0.1
				32.9	3.9	U	park at General Store or along road	

Race Distance			Location Parking Notes	Driving Directions																																		
Leg	50m	50K																																				
10	38.3	19.3	<p>From: Vine Valley Aid Station</p> <p>To: Bare Hill Aid Station #10 352 Bare Hill Rd Rushville, NY 14544 GPS Coord: 42.746667, -77.295999</p> <p><u>Parking</u>: Parking is very limited at this aid station. Do NOT park on Bare Hill Rd. Turn left onto Van Epps Rd and park on the right-hand side of the road.</p> <p>Drop bag station for all runners.</p>	<table border="1"> <thead> <tr> <th>Total</th> <th>Lap</th> <th>Turn</th> <th>Note</th> <th>For</th> </tr> </thead> <tbody> <tr> <td>32.9</td> <td>0.0</td> <td>U</td> <td>return to S Lake Rd</td> <td>0.1</td> </tr> <tr> <td>33.0</td> <td>0.1</td> <td>L</td> <td>onto S Lake Rd</td> <td>0.3</td> </tr> <tr> <td>33.3</td> <td>0.4</td> <td>S</td> <td>up N Vine Valley Rd (CR 10)</td> <td>1.6</td> </tr> <tr> <td>35.0</td> <td>2.0</td> <td>L</td> <td>onto Bare Hill Rd</td> <td>0.7</td> </tr> <tr> <td>35.5</td> <td>2.6</td> <td>S</td> <td>Bare Hill Aid Station</td> <td></td> </tr> </tbody> </table>	Total	Lap	Turn	Note	For	32.9	0.0	U	return to S Lake Rd	0.1	33.0	0.1	L	onto S Lake Rd	0.3	33.3	0.4	S	up N Vine Valley Rd (CR 10)	1.6	35.0	2.0	L	onto Bare Hill Rd	0.7	35.5	2.6	S	Bare Hill Aid Station					
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Race Distance			Location Parking Notes	Driving Directions																																		
Leg	50m	50K																																				
11	42.8	23.8	From: Bare Hill Aid Station To: Arnold Road Aid Station #11 5045 Arnold Rd Rushville, NY 14544 GPS Coord: 42.779369, -77.249669 <u>Parking:</u> Park in the gravel area to the right of the aid station. Porta-potty will be at this station.	<table border="1"> <thead> <tr> <th>Total</th> <th>Lap</th> <th>Turn</th> <th>Note</th> <th>For</th> </tr> </thead> <tbody> <tr> <td>35.5</td> <td>0.0</td> <td>S</td> <td>toward Town Line Rd</td> <td>1.0</td> </tr> <tr> <td>36.5</td> <td>1.0</td> <td>R</td> <td>onto Town Line Rd</td> <td>1.0</td> </tr> <tr> <td>37.4</td> <td>1.9</td> <td>L</td> <td>onto Twitchell Rd</td> <td>2.1</td> </tr> <tr> <td>39.6</td> <td>4.0</td> <td>S</td> <td>across 364 (name change to Green Rd)</td> <td>0.4</td> </tr> <tr> <td>40.0</td> <td>4.5</td> <td>L</td> <td>Arnold Road Aid Station</td> <td></td> </tr> </tbody> </table>	Total	Lap	Turn	Note	For	35.5	0.0	S	toward Town Line Rd	1.0	36.5	1.0	R	onto Town Line Rd	1.0	37.4	1.9	L	onto Twitchell Rd	2.1	39.6	4.0	S	across 364 (name change to Green Rd)	0.4	40.0	4.5	L	Arnold Road Aid Station					
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Race Distance			Location Parking Notes	Driving Directions				
Leg	50m	50K						
12	46.6	27.5	<p>From: Arnold Road Aid Station</p> <p>To: Kipp Road Aid Station #12 4298 Middle Rd Canandaigua, NY 14424 GPS Coord: 42.821623, -77.229932</p> <p>DO NOT PARK ALONG MIDDLE ROAD to service your runner. There is too much traffic and too little shoulder. Park on intersecting side roads, e.g., Conklin and Lake to Lake Rd.</p> <p>Parking: Do NOT park on Middle Road. Turn right onto Powell or left onto Kipp Rd. Park and walk back to the aid station.</p>	DO NOT PARK ALONG MIDDLE ROAD – Disqualifying Event				
				Total	Lap	Turn	Note	For
				40.0	0.0	L	onto Arnold Rd	1.2
				41.2	1.2	R	onto CR 1	0.1
				41.3	1.3	L	onto Conklin Rd	0.6
				41.9	1.9	L	onto Middle Rd	1.9
				43.8	3.8	S	Kipp Road Aid Station	

Race Distance			Location Parking Notes	Driving Directions																																								
Leg	50m	50K																																										
13	50.1	31.1	<p>From: Kipp Road Aid Station</p> <p>To: Finish at FLCC 4355 Lakeshore Drive Canandaigua, NY 14424 GPS Coord: 42.871938, -77.242941</p> <p><u>Parking:</u> Turn L onto Laker Lane and take immediate R into Parking Lot A.</p>	<p>DO NOT PARK ALONG MIDDLE ROAD Disqualifying Event</p> <p>DO NOT FOLLOW RUNNERS ONTO LINCOLN HILL ROAD. Road dead ends at a barrier that runners go around to enter the FLCC campus.</p> <table border="1"> <thead> <tr> <th>Total</th> <th>Lap</th> <th>Turn</th> <th>Note</th> <th>For</th> </tr> </thead> <tbody> <tr> <td>43.8</td> <td>0.0</td> <td>S</td> <td>Kipp Rd Aid Station</td> <td>1.6</td> </tr> <tr> <td>45.4</td> <td>1.6</td> <td>L</td> <td>onto CR 18</td> <td>1.8</td> </tr> <tr> <td>47.2</td> <td>3.4</td> <td>R</td> <td>onto Rte. 364</td> <td>0.6</td> </tr> <tr> <td>47.8</td> <td>4.0</td> <td>R</td> <td>onto Lakeshore Dr</td> <td>0.4</td> </tr> <tr> <td>48.2</td> <td>4.4</td> <td>R</td> <td>onto Marvin Sands Drive</td> <td>0.1</td> </tr> <tr> <td>48.3</td> <td>4.5</td> <td>L</td> <td>onto Laker Lane</td> <td>0.0</td> </tr> <tr> <td>48.3</td> <td>4.5</td> <td>R</td> <td>into Parking Lot A</td> <td></td> </tr> </tbody> </table>	Total	Lap	Turn	Note	For	43.8	0.0	S	Kipp Rd Aid Station	1.6	45.4	1.6	L	onto CR 18	1.8	47.2	3.4	R	onto Rte. 364	0.6	47.8	4.0	R	onto Lakeshore Dr	0.4	48.2	4.4	R	onto Marvin Sands Drive	0.1	48.3	4.5	L	onto Laker Lane	0.0	48.3	4.5	R	into Parking Lot A	
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AID STATIONS AT-A-GLANCE

aid station #	1	2	3	4	5	6, 7	8	9	10	11	12
aid station name	Pump Station	Onanda Park	Seneca Point	Top of Bopple	Red Garage	Sunnyside & West	Middlesex	Vine Valley	Bare Hill	Arnold Road	Kipp Road
opens at	7:20 am	8:17 am	8:55 am	9:20 am	9:42 am	10:13 am	11:04 am	11:31 am	11:50 pm	12:21 pm	12:47 pm
closes at	8:36 am	9:45 am	10:38 am	11:10 am	12:14 pm	2:02 pm	3:04 pm	4:02 pm	4:41 pm	5:45 pm	6:39 pm
water	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Sports Drink ¹	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cola	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
'Oreos'	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
fig bars	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Chips	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pretzels	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
M&M's	-	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Bananas	-	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Oranges	-	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Pickles	-	-	✓	✓	✓	✓	✓	✓	✓	✓	✓
p'nut butter & jelly sandwiches	-	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
restrooms	-	✓	-	-	-	-	✓	-	-	-	-
porta-pottie	-	-	-	✓	-	✓	-	✓	-	✓	-
drop bags	-	✓	-	-	✓	-	✓	-	✓	-	-
aid station name	Pump Station	Onanda Park	Seneca Point	Top of Bopple	Red Garage	Sunnyside & West	Middlesex	Vine Valley	Bare Hill	Arnold Road	Kipp Road
aid station #	1	2	3	4	5	6, 7	8	9	10	11	12

¹ PowerBar ISO Active Isotonic Sports Drink – Raspberry Pomegranate