

# CanLake Ultras 2026

## Information for All Athletes

### Packet Pickup

#### Early packet pickup

**Date:** Friday, October 9

**Open:** 4:00 PM

**Close:** 7:00 PM

**Location:** Peacemaker Brewing, 39 Coach St, Canandaigua

#### Same-day packet pickup

**Date:** Friday, October 10

**Open:** 5:30 AM

**Close:** 7:15 AM for drop bags; 8:00 AM for just bib pickup

**Location:** FLCC Ewing Atrium, 3325 Marvin Sands Dr, Canandaigua

#### Important things to do at packet pick-up

- ☐ Get your bib and your shirt
- ☐ Hand in your properly labeled drop bags
- ☐ Ask any questions

### Location & Parking

The race is headquartered at Finger Lakes Community College 3325 Marvin Sands Dr, Canandaigua.

- **Parking is only allowed in Lot A.** Lot B is reserved for members of the FLCC community.
- The **Atrium** is the location for packet pickup, rest rooms, indoor space to gather, and post-race food.
- The start of the 50 miler, the finish line, and the pickup spot for the 50 km shuttle are all in the area.



## Race Rules

1. **Use the sidewalk** if one is available. After the start, runners will be directed to the sidewalk along Lakeshore Dr and will remain on paths through the City of Canandaigua.
2. If a sidewalk is not available, use the left shoulder facing traffic. **No roads are closed for the race.**
3. **Yield to all traffic** even if you have the right of way. Vehicles are big and solid; runners are small and squishy.
4. **Be considerate** of any other pedestrians. The sidewalks and shoulders are not closed for the race, so we'll be sharing.
5. **Follow instructions** of any police or road marshals, particularly at road crossings.
6. All runners and pacers on roads before sunrise or after sunset are required to **wear high visibility garments** such as reflective running vests or reflective running clothing. This applies to all early starters plus anyone who expects to be on the road past 6:30PM. Unlike previous years, the race shirt is not reflective, so all runners should bring their own gear.
7. **Do not litter.** There will be trash bins at aid stations to dispose of wrappers, etc. Do not drop anything along the course.
8. If using a **pacer and/or crew**, make sure they understand all race rules outlined here and below in their sections of the handbook.

## Drop Bags & Packing Suggestions

Athletes have the option to provide their own drop bags at check-in that will be transported to aid stations.

- Drop bags should be clearly labeled with **athlete name, bib number, and aid station number/name.**
- Drop bags will be returned to the finish as aid stations close. Depending on the needs of the racers, it may take time to return to the finish, so athletes should not expect drop bags back until 7:30 PM.
- Runners who may be on the road past 6:30 PM should pack reflective gear in the drop bag for AS 8 (Scenic View).
- All runners and pacers are strongly encouraged to carry water.

## Post-Race

The **post-race meal** will be served by AVI Fresh catering company from 3:00 PM until 7:30 PM in the Atrium. Finishers are encouraged to take their meals outside to the finish area to cheer on their fellow participants, but there will also be indoor options if the weather is poor. The meal will consist of deli sandwiches, including meat, veggie, and gluten-free options. Sandwiches will come with a side, hearty vegetable soup, and a dessert.

# 50 Mile Early Start Athletes

## Race Day Schedule

05:30 AM - Same-day packet pickup and check-in opens

06:15 AM - Same-day packet pickup and check-in closes

06:20 AM - Pre-race meeting at start line

06:30 AM - 50 mile early start

07:30 PM - Finish closes

## Special Instructions

**All participants are required to wear high visibility garments** such as reflective running vests or reflective running clothing. Participants without these items will not be allowed to start until 7:30 AM.

## Aid Stations

- There will be 9 Full Aid Stations along the course and 3 Water Stops.
- All stations will offer water, lemon-lime Skratch Labs Hydration, soda, and a selection of Gu Energy gels.
- Full Aid Stations will also have a selection of food that will vary by location. This will include fruit, cookies, salty snacks, and candy. Items like quesadillas and warm broth will become available at later stations.
- Full Aid Stations will have a restroom or porta-potty, the Water Stops will not.
- Due to space constraints, crew is not allowed to stop at Water Stops. Crew is allowed at any of the Full Aid Stations, but are encouraged to not stop at Lehigh Valley due to traffic and more limited space.

| Aid Station | Name          | Miles from start | Miles from prior AS | Drop bags | Restroom | Crew    |
|-------------|---------------|------------------|---------------------|-----------|----------|---------|
|             | 50 Mile Start | 0.0              | -na-                |           | Yes      |         |
| WS          | Pump Station  | 4.9              | 4.9                 |           | No       | No      |
| 1           | Onanda Park   | 9.7              | 4.8                 | Yes       | Yes      | Yes     |
| WS          | Seneca Point  | 13.4             | 3.6                 |           | No       | No      |
| 2           | Bopple Hill   | 16.0             | 2.6                 |           | Yes      | Yes     |
| 3           | Overlook      | 19.3             | 3.3                 | Yes       | Yes      | Yes     |
| 4           | Lehigh Valley | 22.4             | 3.2                 |           | Yes      | Limited |
| 5           | Sunnyside     | 27.4             | 4.9                 |           | Yes      | Yes     |
| 6           | Middlesex     | 31.7             | 4.4                 | Yes       | Yes      | Yes     |
| 7           | Vine Valley   | 35.6             | 3.9                 |           | Yes      | Yes     |
| 8           | Scenic View   | 38.8             | 3.1                 | Yes       | Yes      | Yes     |
| 9           | Run Deep      | 44.4             | 5.7                 |           | Yes      | Yes     |
| WS          | Lincoln Hill  | 47.7             | 3.3                 |           | No       | No      |
|             | Finish        | 50.0             | 2.2                 |           | Yes      |         |

## Time Limits

The only time limit that will be enforced is the 7:30 PM cutoff at the finish. Prior to that point it is the athlete's responsibility to determine if they will be able to make the cutoff. As a guide, these are the rough times that an athlete should be leaving each aid station if they are running a consistent pace (roughly 15:34 minutes per mile). Anyone entering an aid station after these times risks not making the cutoff and aid stations may no longer be staffed.

| <b>Aid Station</b> | <b>Name</b>   | <b>Miles from start</b> | <b>Time</b> |
|--------------------|---------------|-------------------------|-------------|
| WS                 | Pump Station  | 4.9                     | 7:46 AM     |
| 1                  | Onanda Park   | 9.7                     | 9:01 AM     |
| WS                 | Seneca Point  | 13.4                    | 9:57 AM     |
| 2                  | Bopple Hill   | 16.0                    | 10:38 AM    |
| 3                  | Overlook      | 19.3                    | 11:30 AM    |
| 4                  | Lehigh Valley | 22.4                    | 12:19 PM    |
| 5                  | Sunnyside     | 27.4                    | 1:35 PM     |
| 6                  | Middlesex     | 31.7                    | 2:42 PM     |
| 7                  | Vine Valley   | 35.6                    | 3:44 PM     |
| 8                  | Scenic View   | 38.8                    | 4:33 PM     |
| 9                  | Run Deep      | 44.4                    | 6:01 PM     |
| WS                 | Lincoln Hill  | 47.7                    | 6:52 PM     |
| 13                 | Finish        | 50.0                    | 7:30 PM     |

# 50 Mile Regular Start Athletes

## Race Day Schedule

05:30 AM - Same-day packet pickup and check-in opens

07:15 AM - Same-day packet pickup and check-in closes

07:20 AM - Pre-race meeting at start line

07:30 AM - 50 mile regular start

07:30 PM - Finish closes

## Aid Stations

- There will be 9 Full Aid Stations along the course and 3 Water Stops.
- All stations will offer water, lemon-lime Skratch Labs Hydration, soda, and a selection of Gu Energy gels.
- Full Aid Stations will also have a selection of food that will vary by location. This will include fruit, cookies, salty snacks, and candy. Items like quesadillas and warm broth will become available at later stations.
- Full Aid Stations will have a restroom or porta-potty, the Water Stops will not.
- Due to space constraints, crew is not allowed to stop at Water Stops. Crew is allowed at any of the Full Aid Stations, but are encouraged to not stop at Lehigh Valley due to traffic and more limited space.

| Aid Station | Name          | Miles from start | Miles from prior AS | Drop bags | Restroom | Crew    |
|-------------|---------------|------------------|---------------------|-----------|----------|---------|
|             | 50 Mile Start | 0.0              | -na-                |           | Yes      |         |
| WS          | Pump Station  | 4.9              | 4.9                 |           | No       | No      |
| 1           | Onanda Park   | 9.7              | 4.8                 | Yes       | Yes      | Yes     |
| WS          | Seneca Point  | 13.4             | 3.6                 |           | No       | No      |
| 2           | Bopple Hill   | 16.0             | 2.6                 |           | Yes      | Yes     |
| 3           | Overlook      | 19.3             | 3.3                 | Yes       | Yes      | Yes     |
| 4           | Lehigh Valley | 22.4             | 3.2                 |           | Yes      | Limited |
| 5           | Sunnyside     | 27.4             | 4.9                 |           | Yes      | Yes     |
| 6           | Middlesex     | 31.7             | 4.4                 | Yes       | Yes      | Yes     |
| 7           | Vine Valley   | 35.6             | 3.9                 |           | Yes      | Yes     |
| 8           | Scenic View   | 38.8             | 3.1                 | Yes       | Yes      | Yes     |
| 9           | Run Deep      | 44.4             | 5.7                 |           | Yes      | Yes     |
| WS          | Lincoln Hill  | 47.7             | 3.3                 |           | No       | No      |
|             | Finish        | 50.0             | 2.2                 |           | Yes      |         |

## Time Limits

The only time limit that will be enforced is the 7:30 PM cutoff at the finish. Prior to that point it is the athlete's responsibility to determine if they will be able to make the cutoff. As a guide, these are the rough times that an

athlete should be leaving each aid station if they are running a consistent pace (roughly 14:22 minutes per mile). Anyone entering an aid station after these times risks not making the cutoff and aid stations may no longer be staffed.

| <b>Aid Station</b> | <b>Name</b>   | <b>Miles from start</b> | <b>Time</b> |
|--------------------|---------------|-------------------------|-------------|
| WS                 | Pump Station  | 4.9                     | 8:40 AM     |
| 1                  | Onanda Park   | 9.7                     | 9:49 AM     |
| WS                 | Seneca Point  | 13.4                    | 10:41 AM    |
| 2                  | Bopple Hill   | 16.0                    | 11:19 AM    |
| 3                  | Overlook      | 19.3                    | 12:06 PM    |
| 4                  | Lehigh Valley | 22.4                    | 12:52 PM    |
| 5                  | Sunnyside     | 27.4                    | 2:03 PM     |
| 6                  | Middlesex     | 31.7                    | 3:04 PM     |
| 7                  | Vine Valley   | 35.6                    | 4:01 PM     |
| 8                  | Scenic View   | 38.8                    | 4:47 PM     |
| 9                  | Run Deep      | 44.4                    | 6:08 PM     |
| WS                 | Lincoln Hill  | 47.7                    | 6:55 PM     |
| 13                 | Finish        | 50.0                    | 7:30 PM     |

# 50 km Athletes

## Race Day Schedule

The race offers a shuttle from the finish line area to the start line of the 5k.

### ➡ If parking at the finish area and taking the shuttle:

05:30 AM - Same-day packet pickup and check-in opens  
07:15 AM - Drop bag drop-off closes  
08:00 AM - Packet pickup closes  
09:00 AM - Shuttle to start of race departs from bus loop  
09:50 AM - Pre-race meeting at start line  
10:00 AM - 50 km start  
07:30 PM - Finish closes

### ➡ If being dropped off directly at the 50k start line:

05:30 AM - Athletes can still stop by FLCC to pick up their bib  
07:15 AM - Drop bag drop-off closes  
08:30 AM - Bib will be available at start line for athletes who specified this option  
09:30 AM - All athletes should be at the start area. Earlier is better!  
09:50 AM - Pre-race meeting at start line  
10:00 AM - 50 km start  
07:30 PM - Finish closes

## Aid Stations

- There will be 9 Full Aid Stations along the course and 3 Water Stops.
- All stations will offer water, lemon-lime Skratch Labs Hydration, soda, and a selection of Gu Energy gels.
- Full Aid Stations will also have a selection of food that will vary by location. This will include fruit, cookies, salty snacks, and candy. Items like quesadillas and warm broth will become available at later stations.
- Full Aid Stations will have a restroom or porta-potty, the Water Stops will not.
- Due to space constraints, crew is not allowed to stop at Water Stops. Crew is allowed at any of the Full Aid Stations, but are encouraged to not stop at Lehigh Valley due to traffic and more limited space.

| Aid Station | Name          | Miles from start | Miles from prior AS | Drop bags | Restroom | Crew    |
|-------------|---------------|------------------|---------------------|-----------|----------|---------|
|             | 50 km Start   | 0.0              | -na-                |           | Yes      |         |
| 4           | Lehigh Valley | 3.2              | 3.2                 |           | Yes      | Limited |
| 5           | Sunnyside     | 8.1              | 4.9                 |           | Yes      | Yes     |
| 6           | Middlesex     | 12.5             | 4.4                 | Yes       | Yes      | Yes     |
| 7           | Vine Valley   | 16.4             | 3.9                 |           | Yes      | Yes     |
| 8           | Scenic View   | 19.5             | 3.1                 | Yes       | Yes      | Yes     |
| 9           | Run Deep      | 25.2             | 5.7                 |           | Yes      | Yes     |
| WS          | Lincoln Hill  | 28.5             | 3.3                 |           | No       | No      |
|             | Finish        | 30.7             | 2.2                 |           | Yes      |         |

## Time Limits

The only time limit that will be enforced is the 7:30 PM cutoff at the finish. Prior to that point it is the athlete's responsibility to determine if they will be able to make the cutoff. As a guide, these are the rough times that an athlete should be leaving each aid station if they are running a consistent pace (roughly 18:19 minutes per mile). Anyone entering an aid station after these times risks not making the cutoff and aid stations may no longer be staffed.

| Aid Station | Name          | Miles from start | Time     |
|-------------|---------------|------------------|----------|
| 4           | Lehigh Valley | 3.2              | 12:52 PM |
| 5           | Sunnyside     | 8.1              | 2:03 PM  |
| 6           | Middlesex     | 12.5             | 3:04 PM  |
| 7           | Vine Valley   | 16.4             | 4:01 PM  |
| 8           | Scenic View   | 19.5             | 4:47 PM  |
| 9           | Run Deep      | 25.2             | 6:08 PM  |
| WS          | Lincoln Hill  | 28.5             | 6:55 PM  |
| 13          | Finish        | 30.7             | 7:30 PM  |

# Relay Athletes

## Race Day Schedule

05:30 AM - Same-day packet pickup and check-in opens

07:15 AM - Same-day packet pickup and check-in closes

07:20 AM - Pre-race meeting at start line

07:30 AM - 50 mile relay start (with the 50 mile solo regular start)

07:30 PM - Finish closes

## Aid Stations

- There will be 9 Full Aid Stations along the course and 3 Water Stops.
- All stations will offer water, lemon-lime Skratch Labs Hydration, soda, and a selection of Gu Energy gels.
- Full Aid Stations will also have a selection of food that will vary by location. This will include fruit, cookies, salty snacks, and candy. Items like quesadillas and warm broth will become available at later stations.
- Full Aid Stations will have a restroom or porta-potty, the Water Stops will not.
- Due to space constraints, crew is not allowed to stop at Water Stops. Crew is allowed at any of the Full Aid Stations, but are encouraged to not stop at Lehigh Valley due to traffic and more limited space.

| Aid Station | Name          | Miles from start | Miles from prior AS | Drop bags | Restroom | Crew    |
|-------------|---------------|------------------|---------------------|-----------|----------|---------|
|             | 50 Mile Start | 0.0              | -na-                |           | Yes      |         |
| WS          | Pump Station  | 4.9              | 4.9                 |           | No       | No      |
| 1           | Onanda Park   | 9.7              | 4.8                 | Yes       | Yes      | Yes     |
| WS          | Seneca Point  | 13.4             | 3.6                 |           | No       | No      |
| 2           | Bopple Hill   | 16.0             | 2.6                 |           | Yes      | Yes     |
| 3           | Overlook      | 19.3             | 3.3                 | Yes       | Yes      | Yes     |
| 4           | Lehigh Valley | 22.4             | 3.2                 |           | Yes      | Limited |
| 5           | Sunnyside     | 27.4             | 4.9                 |           | Yes      | Yes     |
| 6           | Middlesex     | 31.7             | 4.4                 | Yes       | Yes      | Yes     |
| 7           | Vine Valley   | 35.6             | 3.9                 |           | Yes      | Yes     |
| 8           | Scenic View   | 38.8             | 3.1                 | Yes       | Yes      | Yes     |
| 9           | Run Deep      | 44.4             | 5.7                 |           | Yes      | Yes     |
| WS          | Lincoln Hill  | 47.7             | 3.3                 |           | No       | No      |
|             | Finish        | 50.0             | 2.2                 |           | Yes      |         |

## Relay Exchanges

There are five relay legs and thus four relay exchanges.

| <b>Leg</b> | <b>Start</b>  | <b>Distance<br/>(miles)</b> | <b>Elevation</b> |
|------------|---------------|-----------------------------|------------------|
| 1          | 50 Mile Start | 9.7                         | 375'             |
| 2          | Onanda Park   | 9.5                         | 1,387'           |
| 3          | Overlook      | 12.3                        | 525'             |
| 4          | Middlesex     | 7.0                         | 1,000'           |
| 5          | Scenic View   | 11.2                        | 565'             |

- Teams are responsible for tracking their athletes and providing transportation.
- It is up to the team to decide which leg each member will be doing. Please provide this information to the race directors at check-in, or at least prior to the race start.
- Each team will be provided a single bib and (optional) bib belt. At the exchange, team members will hand off the bib to the next athlete.

## Time Limits

The only time limit that will be enforced is the 7:30 PM cutoff at the finish. Prior to that point it is the athlete's responsibility to determine if they will be able to make the cutoff. As a guide, these are the rough times that an athlete should be leaving each aid station if they are running a consistent pace (roughly 14:22 minutes per mile). Anyone entering an aid station after these times risks not making the cutoff and aid stations may no longer be staffed.

| <b>Aid<br/>Station</b> | <b>Name</b>   | <b>Miles from<br/>start</b> | <b>Time</b> |
|------------------------|---------------|-----------------------------|-------------|
| WS                     | Pump Station  | 4.9                         | 8:40 AM     |
| 1                      | Onanda Park   | 9.7                         | 9:49 AM     |
| WS                     | Seneca Point  | 13.4                        | 10:41 AM    |
| 2                      | Bopple Hill   | 16.0                        | 11:19 AM    |
| 3                      | Overlook      | 19.3                        | 12:06 PM    |
| 4                      | Lehigh Valley | 22.4                        | 12:52 PM    |
| 5                      | Sunnyside     | 27.4                        | 2:03 PM     |
| 6                      | Middlesex     | 31.7                        | 3:04 PM     |
| 7                      | Vine Valley   | 35.6                        | 4:01 PM     |
| 8                      | Scenic View   | 38.8                        | 4:47 PM     |
| 9                      | Run Deep      | 44.4                        | 6:08 PM     |
| WS                     | Lincoln Hill  | 47.7                        | 6:55 PM     |
| 13                     | Finish        | 50.0                        | 7:30 PM     |

## Pacers

Pacers are allowed starting at AS 7 Vine Valley (mile 35.6). Pacers must follow race rules including:

- Register and sign a waiver, either online or in-person at check-in.
- Pacers will receive a wristband that they should wear while running.
- Provide their own transportation to Vine Valley.
- Follow the rules of the road by always running in the left hand shoulder facing traffic and following any directions of marshals and officials.
- Pacers can not "mule", by carrying food, water, or gear for their runner.

## Crew, Family & Friends

Anyone driving around the course in support of athletes needs to be safe and considerate of other drivers and athletes. A few general directions include:

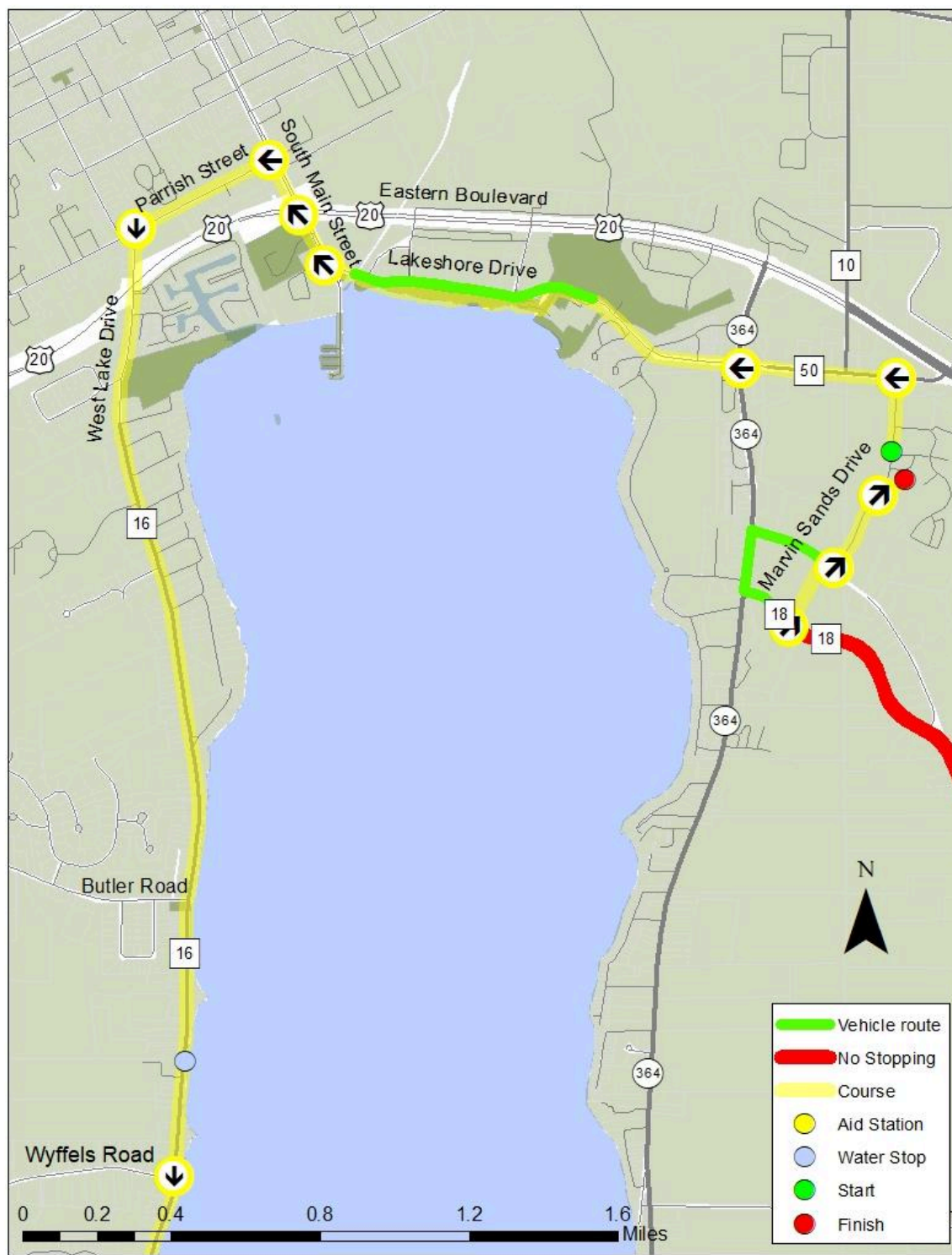
- Follow all of the standard rules of the road, ex. speed limit/minimum and not blocking traffic.
- Do not drive alongside your athlete. Stop your car in a safe spot before interacting with your athlete.
- Do not block the race course. If stopping in a shoulder, use the right side of the road.
- Due to narrow roads and high speed traffic, we request that drivers do not stop on the following roads:
  - State Route 21
  - State Route 245
  - State Route 364
  - Middle Road
  - County Road 18 / Lincoln Hill Road
- We strongly encourage crew to mainly stop at Aid Stations. Due to limited space, we request that drivers do not stop at Water Stops or Aid Station 4 (Lehigh Valley).

The remainder of this section provides driving maps and detailed suggestions for parking areas. They are split into sections between aid stations.

| AS | Name          | 50 mile | 50 km | Coordinates & Google map              | Description                                 | Crew    |
|----|---------------|---------|-------|---------------------------------------|---------------------------------------------|---------|
|    | 50 Mile Start | 0.0     | -na-  | <a href="#">42.869082, -77.243186</a> | Marvin Sands at intersection with Fraley Ln |         |
| 1  | Onanda Park   | 9.7     | -na-  | <a href="#">42.782763, -77.315304</a> | Onanda Park, 4965 County Road 16            | Yes     |
| 2  | Bopple        | 16.0    | -na-  | <a href="#">42.712313, -77.371790</a> | 6346 State Route 21, Naples                 | Yes     |
| 3  | Overlook      | 19.3    | 0.0   | <a href="#">42.667741, -77.364158</a> | Lake View Point Scenic Overlook, Naples     | Yes     |
| 4  | Lehigh Valley | 22.4    | 3.2   | <a href="#">42.631022, -77.391486</a> | 7825 State Route 21, Naples                 | Limited |
| 5  | Sunnyside     | 27.4    | 8.1   | <a href="#">42.661101, -77.331918</a> | Sunnyside Rd at intersection with West Ave  | Yes     |
| 6  | Middlesex     | 31.7    | 12.5  | <a href="#">42.707579, -77.278639</a> | Middlesex Baptist Church, 1158 West Ave     | Yes     |
| 7  | Vine Valley   | 35.6    | 16.4  | <a href="#">42.723549, -77.326722</a> | Vine Valley Store, 6385 Vine Valley Rd      | Yes     |
| 8  | Scenic View   | 38.8    | 19.5  | <a href="#">42.752506, -77.295703</a> | Scenic View Greenhouse, 217 Bare Hill Road  | Yes     |
| 9  | Run Deep      | 44.4    | 25.2  | <a href="#">42.820181, -77.259353</a> | Deep Run Park, 4323 Deep Run Cove           | Yes     |

## City of Canandaigua

Starting from Lakeshore Dr, runners will be on sidewalks. Crew can follow in parallel on Lakeshore, South Main Street, and Parrish. Pay attention to any police or marshals at the turn onto Parrish because the course crosses the street. Starting on West Lake Drive the course moves to the shoulder of the road. Runners will reach a water stop just before mile 5. Please no crew stopping at the water stops.



## AS 1 - Onanda Park

The section to Onanda Park is just a straight drive down County Road 16.

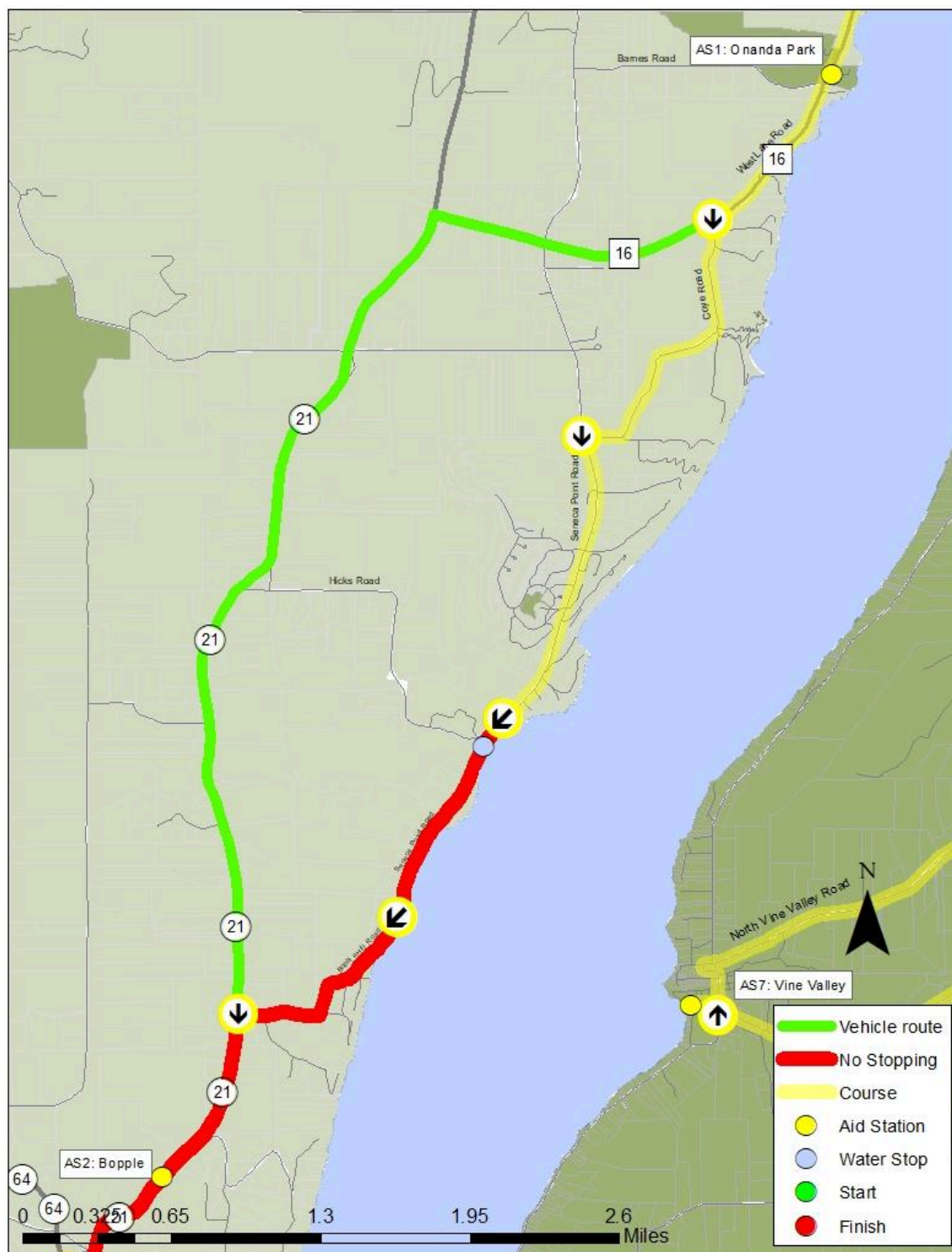


**Parking:** Drive into the park (second entrance on the left). Park in the main parking lot. **DO NOT** park on West Lake Road or in the park entryway. Please watch for runners when turning into the parking lot.



## AS 2 - Bopple

This section will wind through a heavily residential area and then up Bopple Hill. Due to the narrow, winding roads, we recommend that vehicles bypass this section completely, for example by continuing on County Road 16 to State Route 21. Runners will reach a water stop around mile 13.5. Please no crew stopping at the water stops.

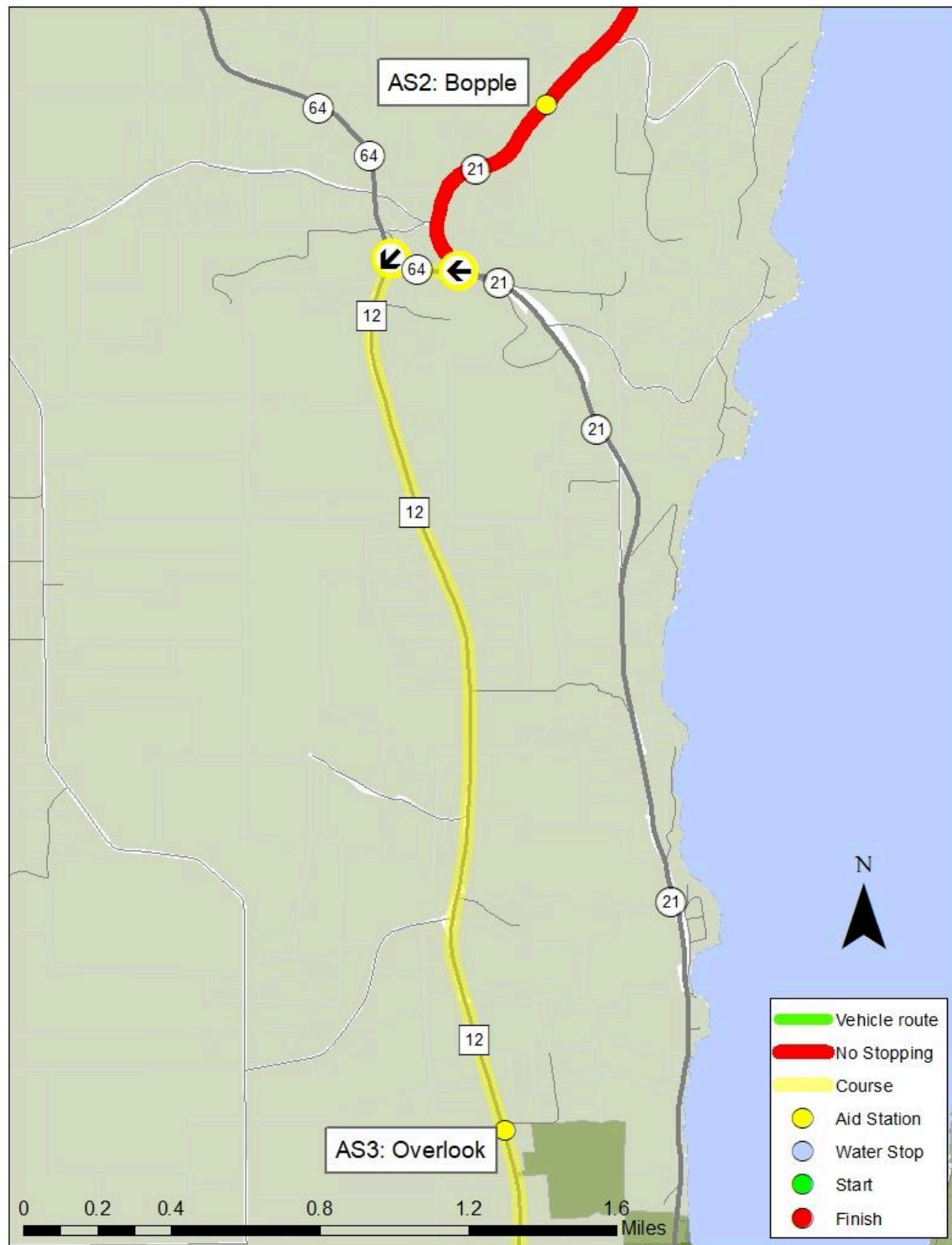


**Parking:** Follow directions of marshal to park in the aid station lot. **DO NOT** park along State Route 21. Please watch for runners when turning into the parking area.



## AS 3 - Overlook

After Bopple, State Route 21 intersects with State Route 64 in a tricky area. Runners will be directed to cross and make a sharp right onto SR 64 and then a left onto County Road 12. Visibility isn't great in this area so take extra time. We suggest that you take the right onto Torrence before this intersection to avoid the crossing.

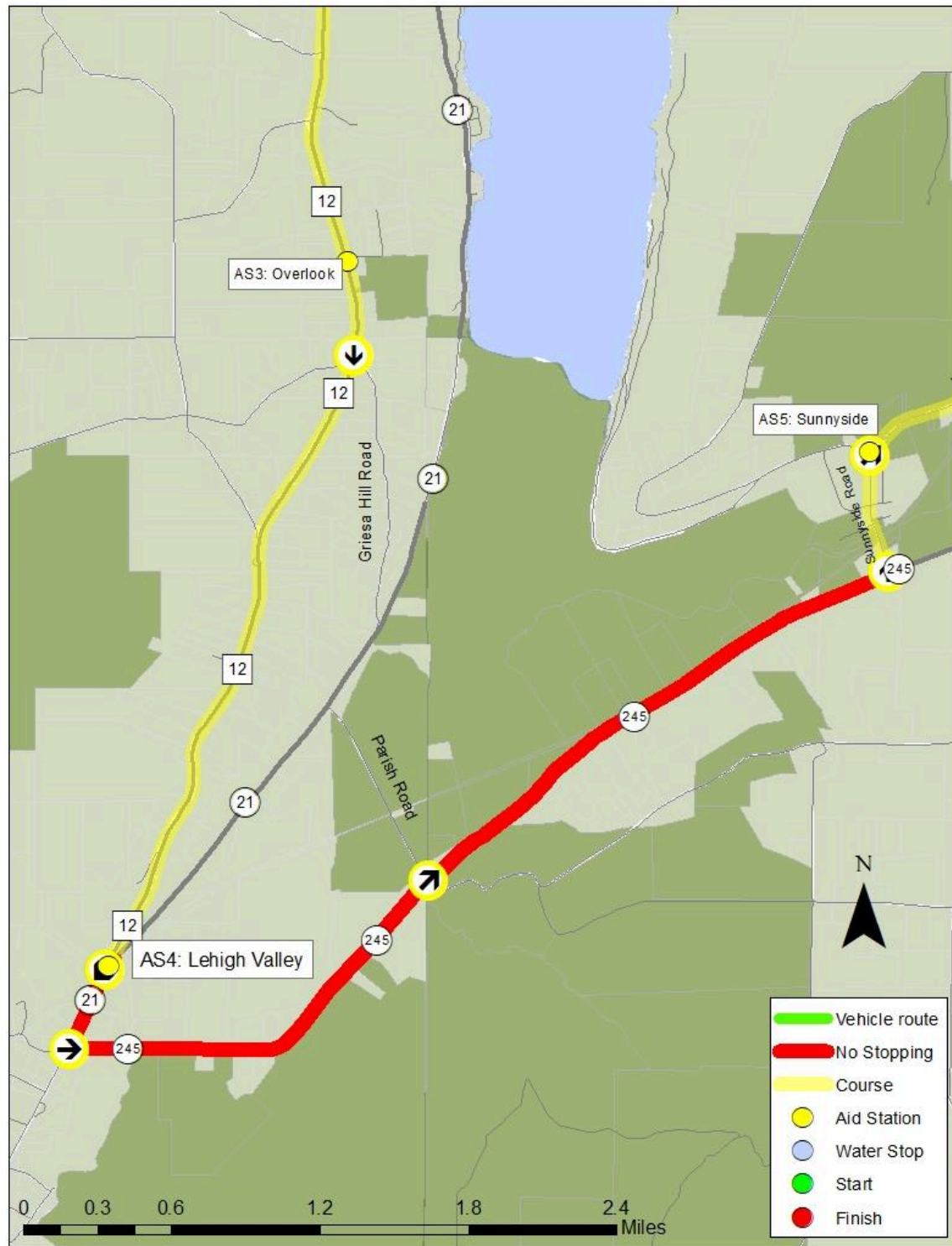


**Parking:** Follow directions of marshal to park in the aid station lot. **DO NOT** park along County Road 12. If getting to this area between 9:30 - 10:00 AM, it will be especially hectic because this is the start line for the 50km. Try to avoid this timeframe if possible.

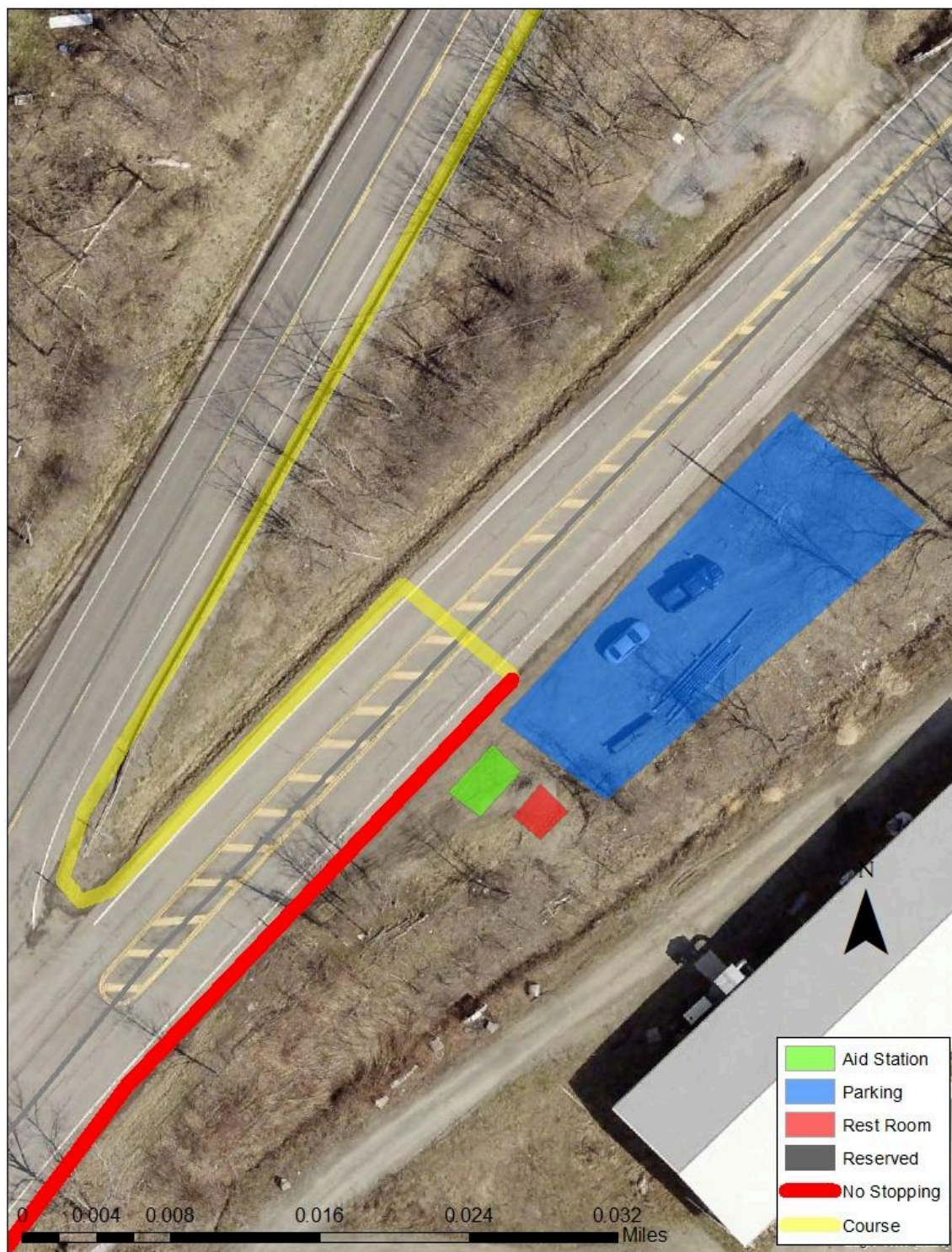


## AS 5 - Lehigh Valley

The course continues down County Road 12 and down into Naples. CR12 will terminate at State Route 21. Be especially careful at this intersection as runners will be crossing SR21 here to get to Lehigh Valley Aid Station.



**Parking:** Because of the course crossing and a small parking area, we recommend against crew stopping at this aid station. Follow directions of marshal to park in the aid station lot. **DO NOT** park along State Route 21.



## AS 5 - Sunnyside

After Lehigh Valley, the course goes into the Village of Naples and then turns onto State Route 245.

**DO NOT** stop on State Route 245. Either continue on to Sunnyside Aid Station or there are several areas near the course where crew can park and maybe take a side-quest:

- Plenty the Diner, 202 N Main St.
- Old School Cafe, 196 N Main St.
- Naples Community Park
- Conklin's Gully
- High Tor West River Unit

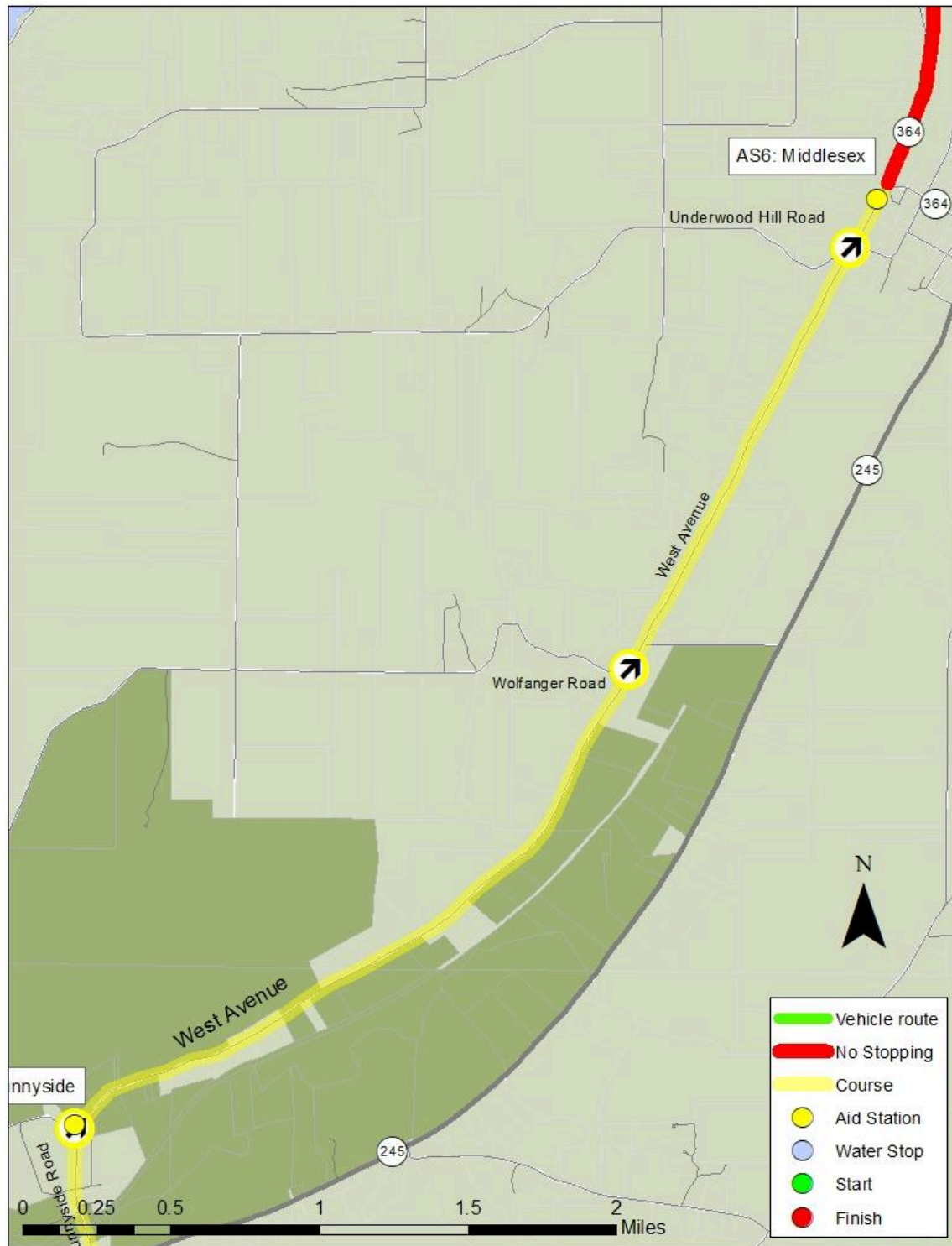
The course will continue on SR 245 to Sunnyside Road, which will lead right to Sunnyside Aid Station

**Parking:** There is a parking lot just before the intersection of Sunnyside and West Avenue. **DO NOT** stop on the side of State Route 21, State Route 245, or on Sunnyside Road.



## AS 6 - Middlesex

After Sunnyside, the course follows the relatively peaceful West Ave. Crew could also use the speedier SR 245 to get to Middlesex Aid Station, especially if skipping Sunnyside.



**Parking:** Drive past the aid station and park in the Middlesex Baptist Church parking lot immediately on your left. **DO NOT** park at the aid station.



## AS 7 - Vine Valley

Vine Valley is a good place to stop, especially if you have a pacer who will be joining at this point. There is an out-and-back to reach the aid station, so be careful of runners on both sides of the road.



**Parking:** Park along the road to the boat launch or at the General Store.



## AS 8 - Scenic View

Coming out of Vine Valley, runners will get to enjoy a long uphill to Scenic View Aid Station on Bare Hill Road.

**Parking:** Park along the long Greenhouse driveway or along the right side of Bare Hill. **DO NOT** park in the parking lot for the Greenhouse, block the driveway, or block the course.



## AS 9 - Run Deep

After Scenic View, there is a long section along East Lake Road. Much like West Lake Road early in the course, there are a lot of lakehouses and drives along this stretch. Because it is later in the day, this area may be more active, so be cautious. Please do not stop on East Lake Road or in private drives. There are not a lot of other options on this stretch, so we recommend just going directly to Run Deep.



**Parking:** There is a large parking area attached to Deep Run Park. **DO NOT** stop on State Route 364.



## Finish

The course will go down Kipp Road to get to Middle Road. Middle Road has essentially no shoulder, so please do not stop. Runners will hit another water stop at the end of Middle Road, but please no crew stopping at the water stops. County Road 18 has a wide shoulder, but cars are going fast. We recommend no stopping and just head to the finish. The course will run through a large parking lot to get to the finish. Vehicles can continue to SR 364 to loop into the FLCC campus. Alternatively, a good option would be to skip this stretch and just take SR 364 from Deep Run to the finish.

