

CanLake Ultras 2025

The following document contains details for runners, pacers, and crew. Please see the 2025 Operation and Safety Plan for details on:

- Course maps
- Turn-by-turn directions
- Course marking
- Safety procedures

Information for All Athletes

Packet Pickup

Early packet pickup

Date: Friday, October 10

Time: 1:00 PM to 4:00 PM

Location: Project Lean Nation, 107 Eastern Blvd, Canandaigua

Same-day packet pickup

Date: Friday, October 10

Time: 5:30 AM to 8:30 AM

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

Important things to do at packet pick-up

- ☐ Get your bib and your shirt
- ☐ Put any drop bags in bins labeled with aid station names
- ☐ 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.** A portion of the lot is reserved for race organization. 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 10 (Bare Hill).
- 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

Since the early start is prior to sunrise, **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.

May want extra shoes and/or socks in AS 2 Onanda Park Drop Bag. At around 2 miles you will be running through a grassy section that could be wet from rain or dew.

Aid Stations

- There will be 11 aid stations along the course, including one that will be available twice, for a total of 12 possible stops.
- All stations will offer water, lemon-lime Skratch Labs Hydration, soda, and a selection of Gu Energy gels.
- 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 later in the day.
- Select stations will be offering good stuff from local businesses like Project Lean Nation, Plenty the Bakery, and Old School Cafe.

Aid Station	Name	Miles from start	Miles from prior AS	Drop bags	Restroom	Porta-potty
	50 Mile Start	0.00	-na-		Yes	
1	Pump Station	4.61	4.61			
2	Onanda Park	9.44	4.83	Yes	Yes	
3	Seneca Point	13.09	3.65			
4	Bopple Hill	15.71	2.62			Yes
5	Red Garage	20.29	4.58	Yes		Yes*
6	Sunnyside	24.38	4.09			Yes
7		27.42	3.04			
8	Middlesex	31.76	4.34	Yes	Yes	
9	Vine Valley	35.71	3.95			Yes
10	Bare Hill	38.42	2.71	Yes		
11	Arnold Road	42.90	4.48			Yes

12	Kipp Road	46.67	3.77			
13	Finish	50.10	3.43		Yes	
* Porta-potty available at the 50k start at approximately 19 miles.						

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.

Aid Station	Name	Miles from start	Time
	50 Mile Start	0.00	6:30 AM
1	Pump Station	4.61	7:41 AM
2	Onanda Park	9.44	8:56 AM
3	Seneca Point	13.09	9:53 AM
4	Bopple Hill	15.71	10:34 AM
5	Red Garage	20.29	11:45 AM
6	Sunnyside	24.38	12:49 PM
7	Sunnyside	27.42	1:36 PM
8	Middlesex	31.76	2:44 PM
9	Vine Valley	35.71	3:45 PM
10	Bare Hill	38.42	4:28 PM
11	Arnold Road	42.90	5:37 PM
12	Kipp Road	46.67	6:36 PM
13	Finish	50.10	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

Special Instructions

May want extra shoes and/or socks in AS 2 Onanda Park Drop Bag. At around 2 miles you will be running through a grassy section that could be wet from rain or dew.

Aid Stations

- There will be 11 aid stations along the course, including one that will be available twice, for a total of 12 possible stops.
- All stations will offer water, lemon-lime Skratch Labs Hydration, soda, and a selection of Gu Energy gels.
- 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 later in the day.
- Select stations will be offering good stuff from local businesses like Project Lean Nation, Plenty the Bakery, and Old School Cafe.

Aid Station	Name	Miles from start	Miles from prior AS	Drop bags	Restroom	Porta-potty
	50 Mile Start	0.00	-na-		Yes	
1	Pump Station	4.61	4.61			
2	Onanda Park	9.44	4.83	Yes	Yes	
3	Seneca Point	13.09	3.65			
4	Bopple Hill	15.71	2.62			Yes
5	Red Garage	20.29	4.58	Yes		Yes*
6	Sunnyside	24.38	4.09			Yes
7		27.42	3.04			
8	Middlesex	31.76	4.34	Yes	Yes	
9	Vine Valley	35.71	3.95			Yes
10	Bare Hill	38.42	2.71	Yes		
11	Arnold Road	42.90	4.48			Yes
12	Kipp Road	46.67	3.77			
13	Finish	50.10	3.43		Yes	

* Porta-potty available at the 50k start at approximately 19 miles.

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.

Aid Station	Name	Miles from start	Time
	50 Mile Start	0.00	7:30 AM
1	Pump Station	4.61	8:36 AM
2	Onanda Park	9.44	9:45 AM
3	Seneca Point	13.09	10:38 AM
4	Bopple Hill	15.71	11:15 AM
5	Red Garage	20.29	12:21 PM
6	Sunnyside	24.38	1:20 PM
7	Sunnyside	27.42	2:04 PM
8	Middlesex	31.76	3:06 PM
9	Vine Valley	35.71	4:03 PM
10	Bare Hill	38.42	4:42 PM
11	Arnold Road	42.90	5:46 PM
12	Kipp Road	46.67	6:40 PM
13	Finish	50.10	7:30 PM

50 km Athletes

Race Day Schedule

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

09:00 AM - Shuttle to start of

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 7 aid stations along the course, including one that will be available twice, for a total of 8 possible stops.
- All stations will offer water, lemon-lime Skratch Labs Hydration, soda, and a selection of Gu Energy gels.
- 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 later in the day.
- Select stations will be offering good stuff from local businesses like Project Lean Nation, Plenty the Bakery, and Old School Cafe.

Aid Station	Name	Miles from start	Miles from prior AS	Drop bags	Restroom	Porta-potty
	50 km Start	0.00	-na-			Yes
5	Red Garage	1.30	1.30			
6	Sunnyside	5.39	4.09			Yes
7		8.43	3.04			
8	Middlesex	12.77	4.34	Yes	Yes	
9	Vine Valley	16.72	3.95			Yes
10	Bare Hill	19.43	2.71	Yes		
11	Arnold Road	23.91	4.48			Yes
12	Kipp Road	27.68	3.77			
13	Finish	31.11	3.43		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
	50 Mile Start	0.00	10:00 AM
5	Red Garage	1.30	10:23 AM
6	Sunnyside	5.39	11:38 AM
7	Sunnyside	8.43	12:34 PM
8	Middlesex	12.77	1:53 PM
9	Vine Valley	16.72	3:06 PM
10	Bare Hill	19.43	3:56 PM
11	Arnold Road	23.91	5:18 PM
12	Kipp Road	27.68	6:27 PM
13	Finish	31.11	7:30 PM

Pacers

Pacers are allowed starting at AS 9 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 highways:
 - State Route 21 from Bopple Hill Road to Parish Road
 - State Route 245 from Parish Road to Sunnyside Road
 - Middle Road from Conklin Road to CR 18
- We strongly encourage crew to mainly stop in areas around Aid Stations. Due to very limited space, we request that drivers do not stop at Aid Stations 3 (Seneca Point), and 10 (Bare Hill), and AS 12 (Kipp Road).

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	0.00	-na-	42.869082, -77.243186	Marvin Sands at intersection with Fraley Ln	
1	Pump Station	4.61	-na-	42.845048, -77.280421	Canandaigua Water Treatment Plant, 3772 CR 16	Yes
2	Onanda Park	9.44	-na-	42.782763, -77.315304	Onanda Park, 4965 CR 16	Yes
3	Seneca Point	13.09	-na-	42.739786, -77.344472	Seneca Point Rd just past intersection with Hicks Rd	No
4	Bopple Hill	15.71	-na-	42.712313, -77.371790	6346 State Route 21	Yes
	Boat Launch	-na-	0.00	42.667741, -77.364158	South End Boat Launch, Woodville	Yes
5	Red Garage	20.29	1.30	42.651607, -77.370083	7525 State Route 21	Yes
6	Sunnyside	24.38	5.39	42.661101, -77.331918	Sunnyside Rd at intersection with West Ave	Yes
7		27.42	8.43			
8	Middlesex	31.76	12.77	42.707579, -77.278639	Middlesex Baptist Church, 1158 West Ave	Yes
9	Vine Valley	35.71	16.72	42.723549, -77.326722	Vine Valley Store, 6385 Vine Valley Rd	Yes
10	Bare Hill	38.42	19.43	42.746866, -77.295932	Bare Hill Road st intersection with Van Epps Rd	Limited
11	Arnold Road	42.90	23.91	42.779499, -77.249570	Arnold Rd at intersection with Green Rd	Yes
12	Kipp Road	46.67	27.68	42.821867, -77.229734	Middle Rd at intersection with Kipp Rd	Limited

AS1 - Pump Station

Starting from Lakeshore Dr, runners will be on sidewalks. Crew can follow in parallel on Lakeshore and South Main Street up to the intersection with US 20. At this point the runners will be taking a trail to connect to West Lake Drive, so drivers will need to stay on South Main to Parish and then turn onto West Lake.

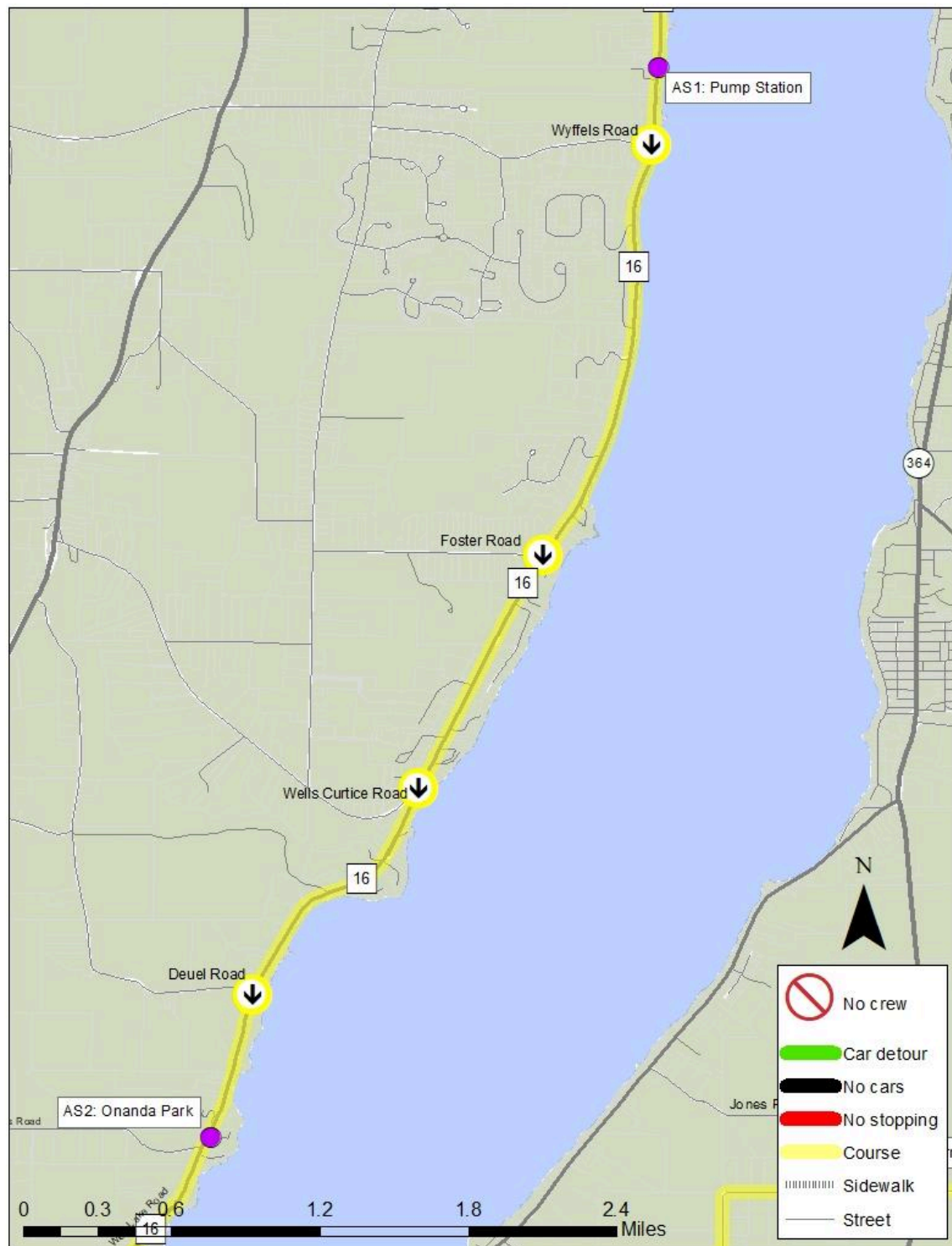


Parking: Use the Pump Station parking lot on the right. **DO NOT** block Municipal vehicles parked in the lot. Additional parking is available up the hill behind the Pump Station. Be careful crossing the road.



AS2 - Onanda Park

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

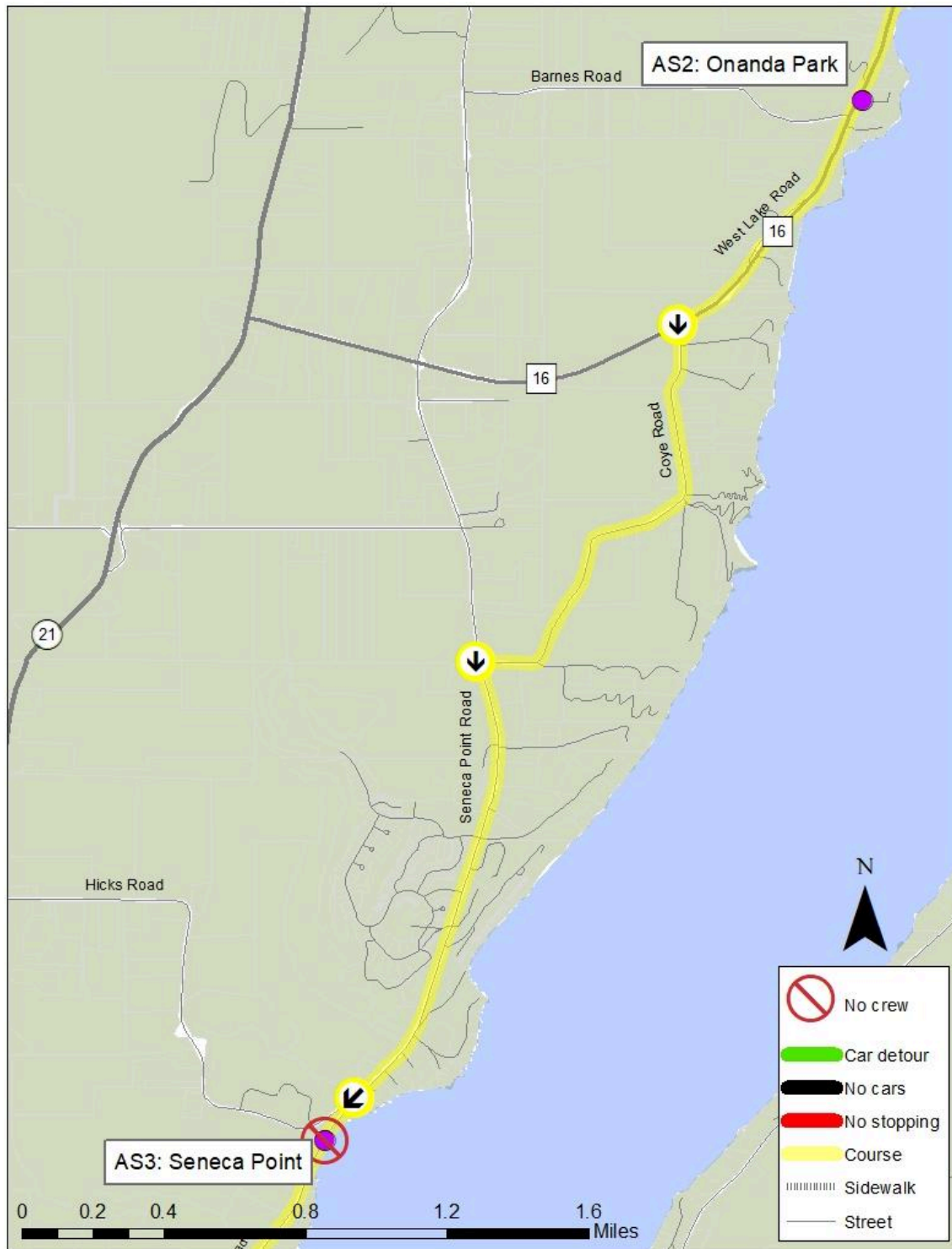


Parking: Drive into the park (second entrance on the left). Park in the main parking lot. **DO NOT** park on West Lake Road or in the park entryway.



AS3 - Seneca Point

The section after Seneca Point will wind slowly through a heavily residential area and then up Bopple Hill. Due to the narrow, winding roads, it may be preferable to bypass this section completely, for example by not turning onto Coye Rd and taking County Road 16 to State Route 21.



Parking: We request that crew **DO NOT** stop at Aid Station 3 due to narrow residential roads and limited space.



AS4 - Bopple Hill

This section will wind slowly through a heavily residential area and then up Bopple Hill. Due to the narrow, winding roads, it may be preferable to bypass this section completely, for example by not turning onto Coye Rd and taking County Road 16 to State Route 21.



Parking: Follow directions of marshal to park in the aid station lot. **DO NOT** park along State Route 21.



AS 5 - Red Garage / 50 km Start

Be particularly cautious in the Woodville area. There are often cars parked in or near the shoulder, which can make this spot tricky for runners. The 50 km will start at the South End Boat Launch at 10 AM, so be extra particularly cautious if you are driving through around then. If you are in the area after 10 AM, the large parking lot at the Boat Launch would be a better spot to connect with a runner rather than Red Garage.



Parking: Park at Boat Launch or follow directions of marshal to park at Aid Station. **DO NOT** block any vehicles - Red Garage is an active business (which is kind enough to let us use their property), so there may not be a lot of space. **DO NOT** park along State Route 21.



AS 6/7 - Sunnyside

After Red Garage, there are opportunities to stop along Parish Road. State Route 245 is too busy to stop, so we recommend just going to Sunnyside. There is a larger parking area and runners will go through the station twice.



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



AS 8 - Middlesex



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 9 - 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 10 - Bare Hill

We suggest that crew do not stop at Aid Station 10 due to narrow roads and limited space. If you need to stop, **DO NOT** park on Bare Hill Rd. Turn left onto Van Epps Rd and park on the right-hand side of the road.



AS 11 - Arnold Rd



Parking: Park in the gravel area to the right of the aid station.

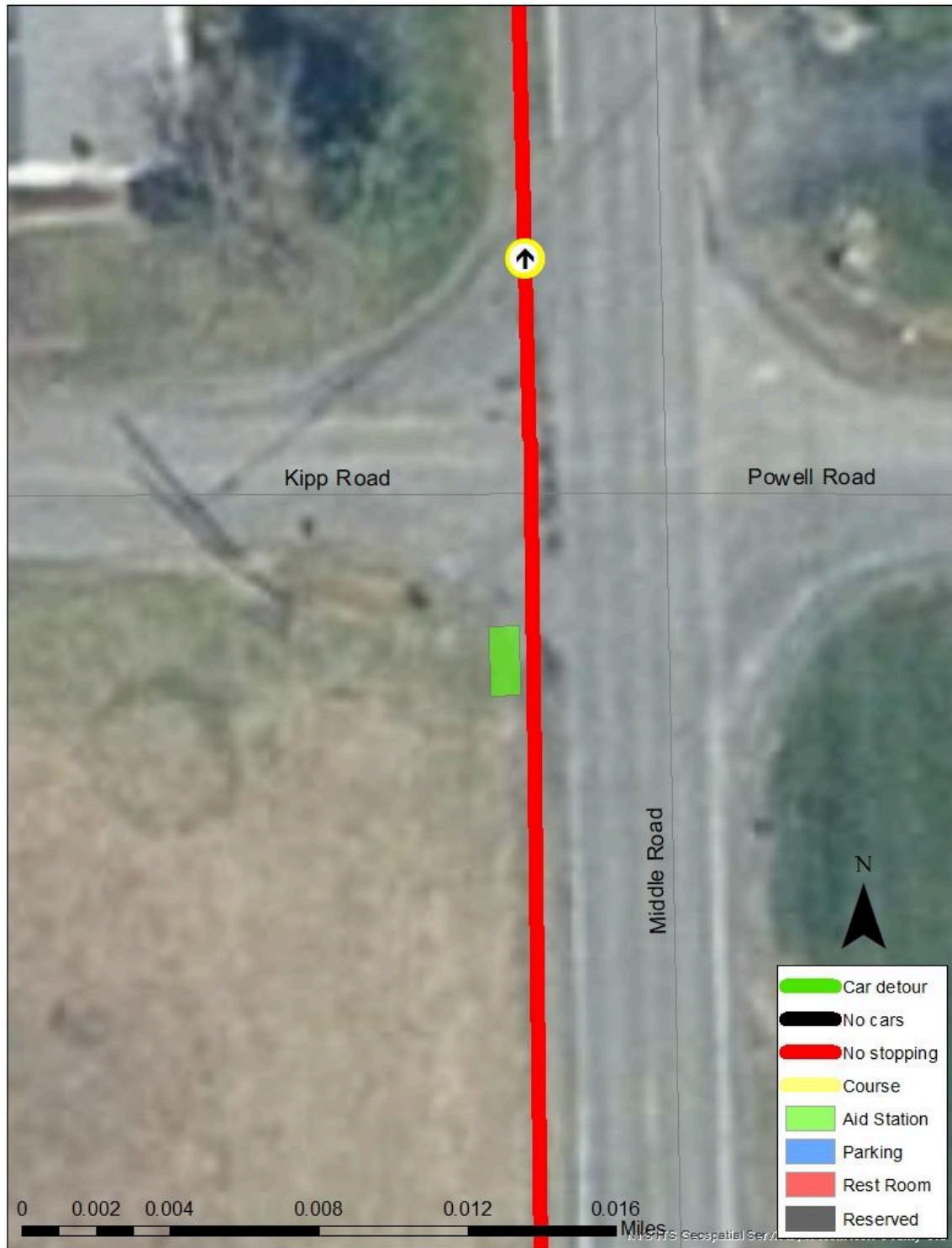


AS 12 - Kipp Rd

We suggest that crew do not stop at Aid Station 12 due to narrow roads and the likelihood that this station will be unmanned.



Parking: If you need to stop, **DO NOT** park on Middle Road. Turn onto one of the side roads such as Powell Rd, Kipp Rd, or Lake to Lake Rd.



Finish

To get to the finish, athletes will be taking a trail at the end of a dead-end street. Drivers should bypass this by staying on County Road 16, turning right onto State Route 364, and then turning right into the FLCC campus. Drivers can park in Lot A and there is lots of room to cheer on your runners at the finish line.

