

CanLake Ultras 2026

Description of Event

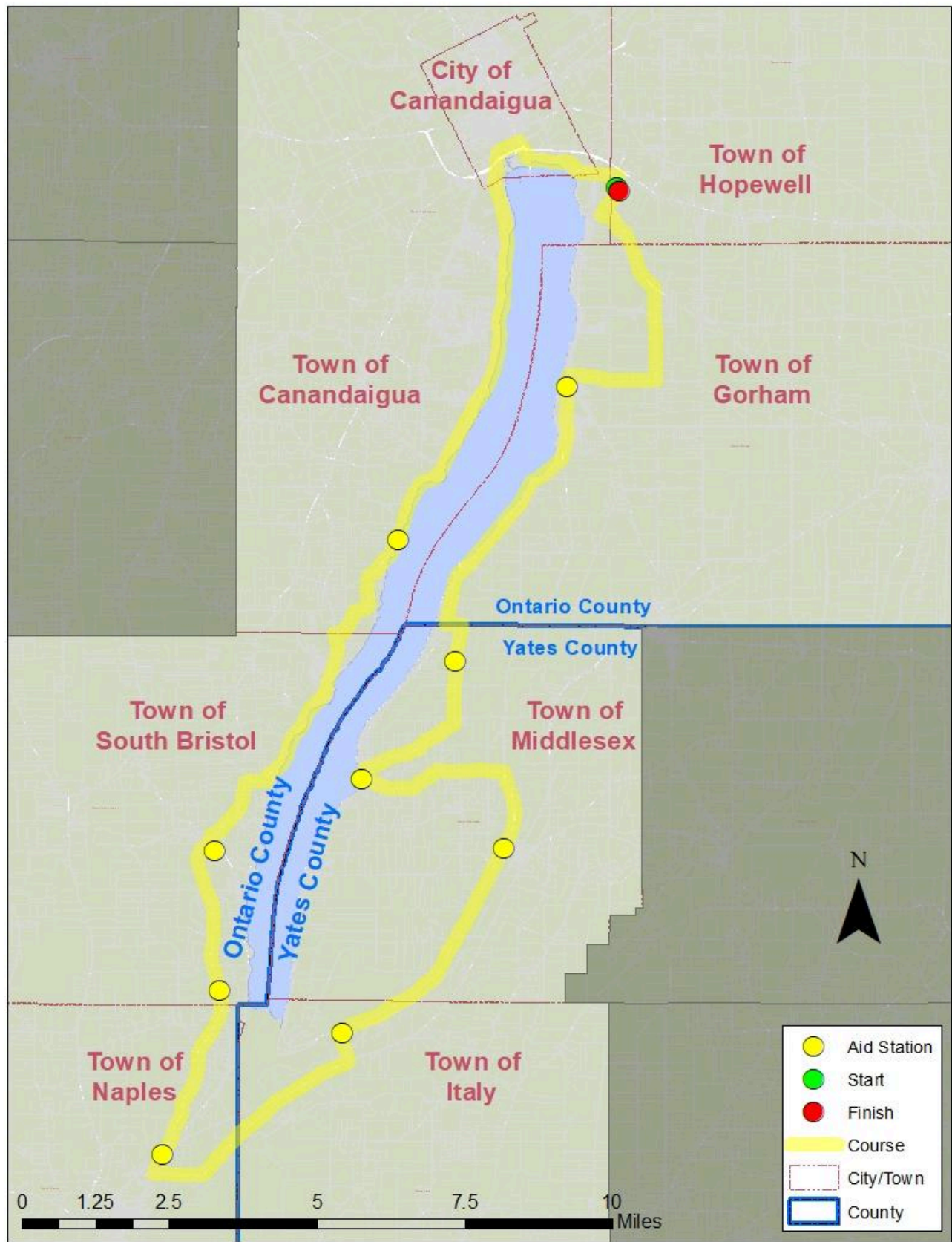
The CanLake Ultra 50 mile is a race around Canandaigua Lake that has been operating since 2003. The course, nestled in New York's Finger Lakes region, offers a mix of challenging terrains, from flat stretches to rolling hills, all framed by serene views of the lake and surrounding vineyards. The fully supported race has 9 aid stations offering fuel and panoramic views of the lake. In addition to 50-mile solo event, there is a 50 km race option that joins the 50 mile racers around the 19 mile point and also a 50-mile relay event that starts with the 50-mile solo event.

Event Locations

The race will start and finish at the Finger Lakes Community College (FLCC) campus in Canandaigua and navigate around Canandaigua Lake counter-clockwise. The course will pass through 8 different jurisdictions (Town of Hopewell, City of Canandaigua, Town of Canandaigua, Town of South Bristol, Town of Naples, Town of Italy, Town of Middlesex, and Town of Gorham) which are located within two different counties (Ontario and Yates). Table 2 highlights the main locations where participants will gather throughout the day along with estimates for when the location will primarily be in use. These locations are all aid stations, where runners can stop for water and food. These will be staffed by volunteers and will serve as gathering points for anyone supporting a runner.

Table 2: Locations

#	Name	Miles from start	Coordinates & Google map	Description
0	50 Mile Start	0.0	42.869082 -77.243186	Marvin Sands at intersection with Fraley Ln
1	Onanda Park	9.5	42.782763 -77.315304	Onanda Park, 4965 CR 16
2	Bopple	16.0	42.712295 -77.371757	6346 SR 21
3	Overlook	19.3	42.672274 -77.373529	Lake View Point Scenic Overlook, County Road 12
4	Lehigh Valley	22.4	42.631022 -77.391486	Parking area for rail trail on SR 21
5	Sunnyside	24.4	42.661101 -77.331918	Sunnyside Rd at intersection with West Ave
6	Middlesex	31.6	42.707579 -77.278639	Middlesex Baptist Church, 1158 West Ave
7	Vine Valley	35.6	42.723549 -77.326722	Vine Valley Store, 6385 Vine Valley Rd
8	Scenic View	38.3	42.746866 -77.295932	Scenic View Greenhouse
9	Run Deep	38.8	42.820181 -77.259353	Deep Run Park
10	Finish	50.1		FLCC Atrium



Event Maps & Locations Requiring Traffic Control

This section contains an overview map of the full course and a series of more detailed maps organized by jurisdiction. Additionally, an interactive map is available on Strava:

<https://www.strava.com/routes/3301329887220914398>

Key to Tables Listing Locations

Mile: The number of miles from the start of the 50 mile course to reach the location.
Course: The route the course will be following when reaching a location.
Intersection: The road intersecting the course at the location.
Turn: The direction runners should be taking at the intersection. Red highlights are used to identify locations where runners will be directed to cross traffic.

S	Continue straight
SX	Straight crossing traffic
L	Left turn
LX	Left turn while crossing traffic
R	Right turn
RX	Right turn while crossing traffic
U	U-turn

Traffic Control

Marshal	A person responsible for directing runners
Marshal	Police will be directing traffic and runners
Mark	Pavement markings directing runners
Sign	Signage alerting vehicles

County: The county of the location.
City/Town: The town or city of the location.
Fig: The figure number corresponding to a detailed map of the location.

1. Town of Hopewell and City of Canandaigua

Mile	Location		Turn	Traffic Control			County	City/Town	Fig
	Course	Intersection		Marshal	Mark	Sign			
0.00	Marvin Sands Dr	Fraley Ln	S	☐	☐	☐	Ontario	Town of Hopewell	
0.22	Marvin Sands Dr	Lakeshore Dr	L	☐	☐	☐	Ontario	Town of Hopewell	
0.64	Lakeshore Dr	State Route 364	SX	☐	☐	☐	Ontario	City of Canandaigua	2.2
1.85	Lakeshore Dr	South Main St	RX	☐	☐	☐	Ontario	City of Canandaigua	
2.03	South Main St	US Route 20	SX	☐	☐	☐	Ontario	City of Canandaigua	2.3
2.20	South Main St	Parrish St	LX	☐	☐	☐	Ontario	City of Canandaigua	2.4
2.61	Parrish St	W. Lake Dr	LX	☐	☐	☐	Ontario	City of Canandaigua	2.5
49.9	Marvin Sands Dr	FLCC path	R	☐	☐	☐	Ontario	Town of Hopewell	
50.0	FLCC path	Finish					Ontario	Town of Hopewell	

Additional notes:

- At the start line, race directors will be directing runners.
- Runners will be directed to all sidewalks on the course. This includes Lakeshore Dr, South Main St, and Marvin Sands Dr.
- A cyclist will be leading runners from the start to the intersection with US Route 20 (mile 1.99). They will be on the sidewalk ahead of the runners and following the rules of the road.

Figure 1.1: Town of Hopewell and City of Canandaigua

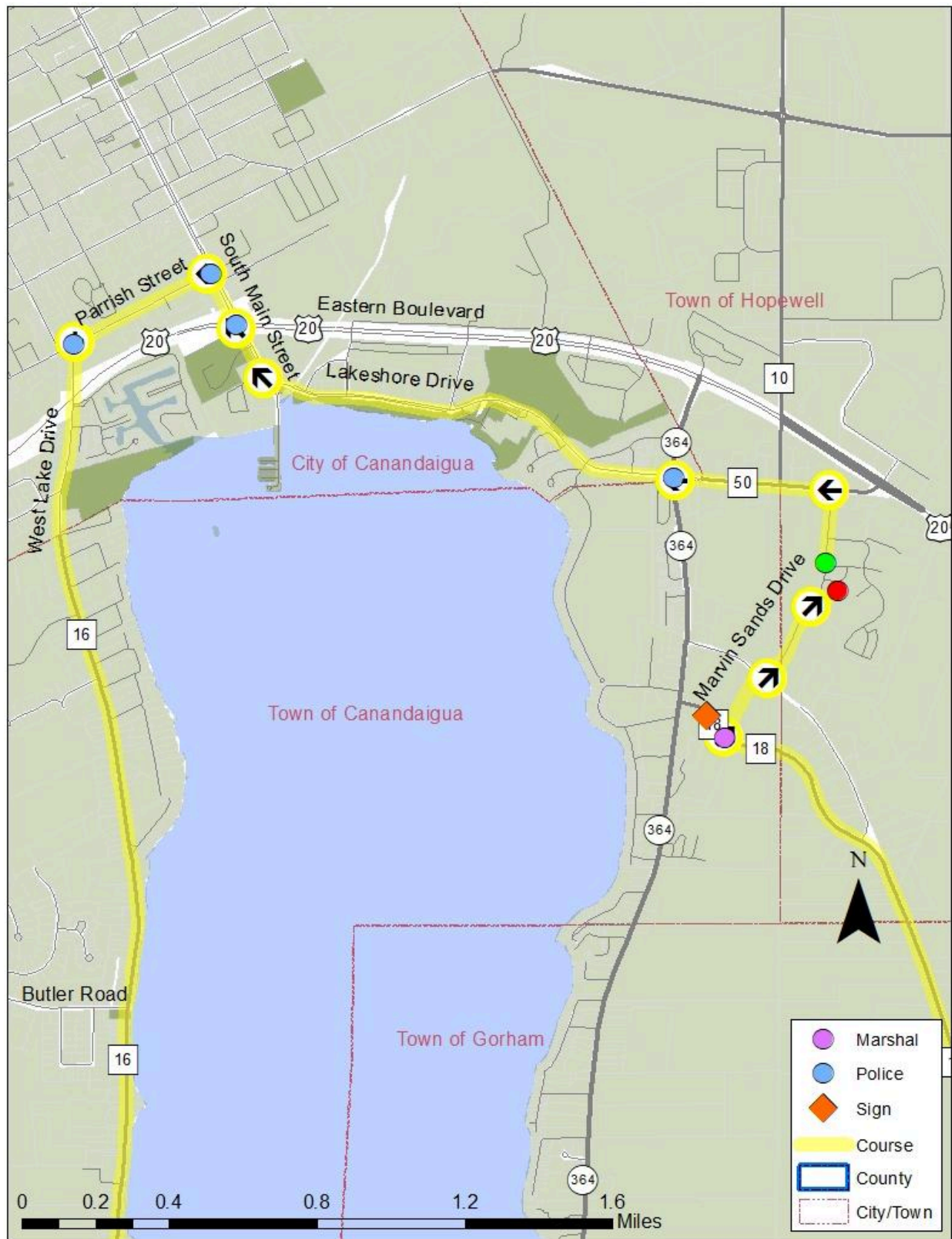


Figure 1.2: Lakeshore Dr and State Route 364



Figure 1.3: South Main St and US Route 20

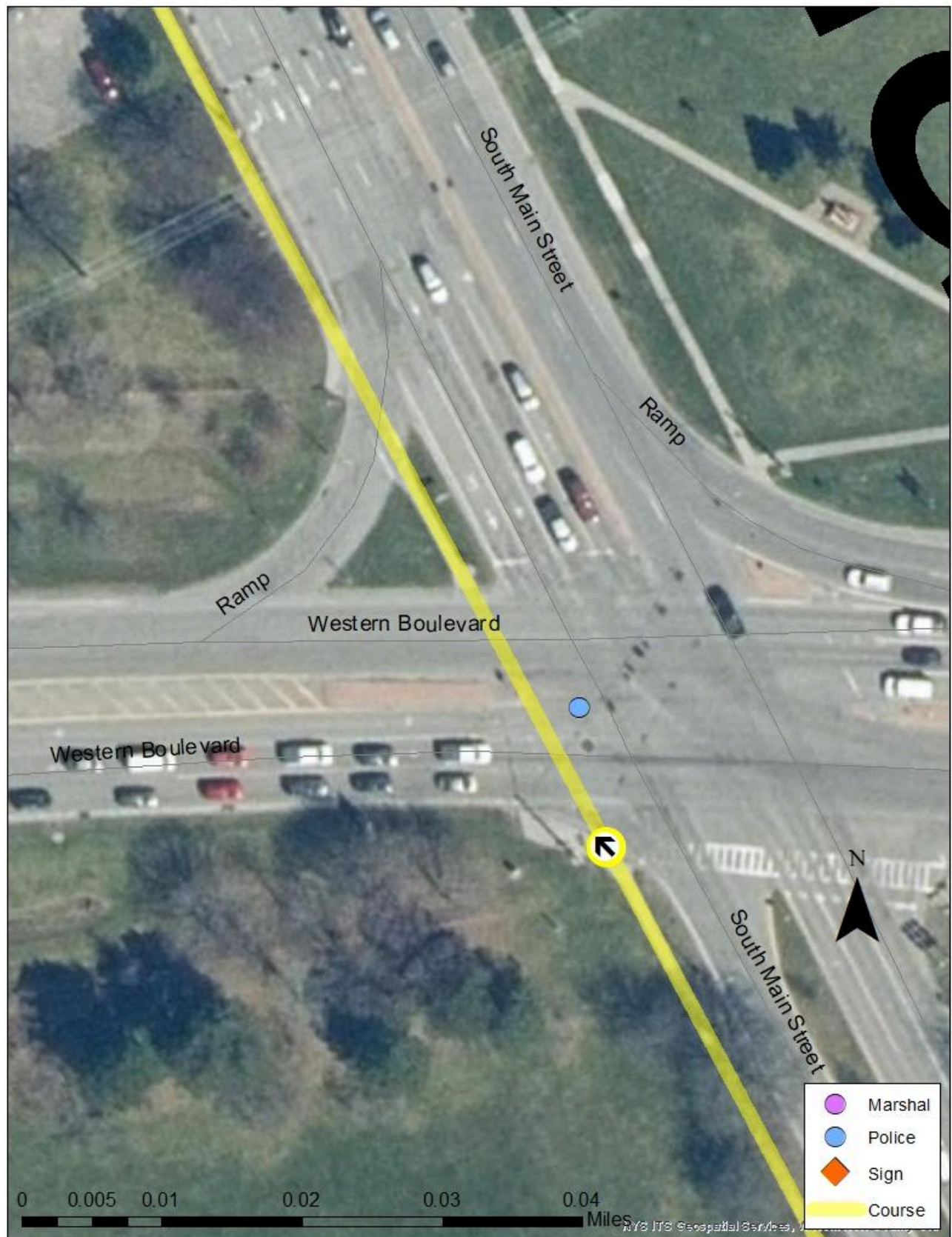


Figure 1.4: South Main St and Parrish St

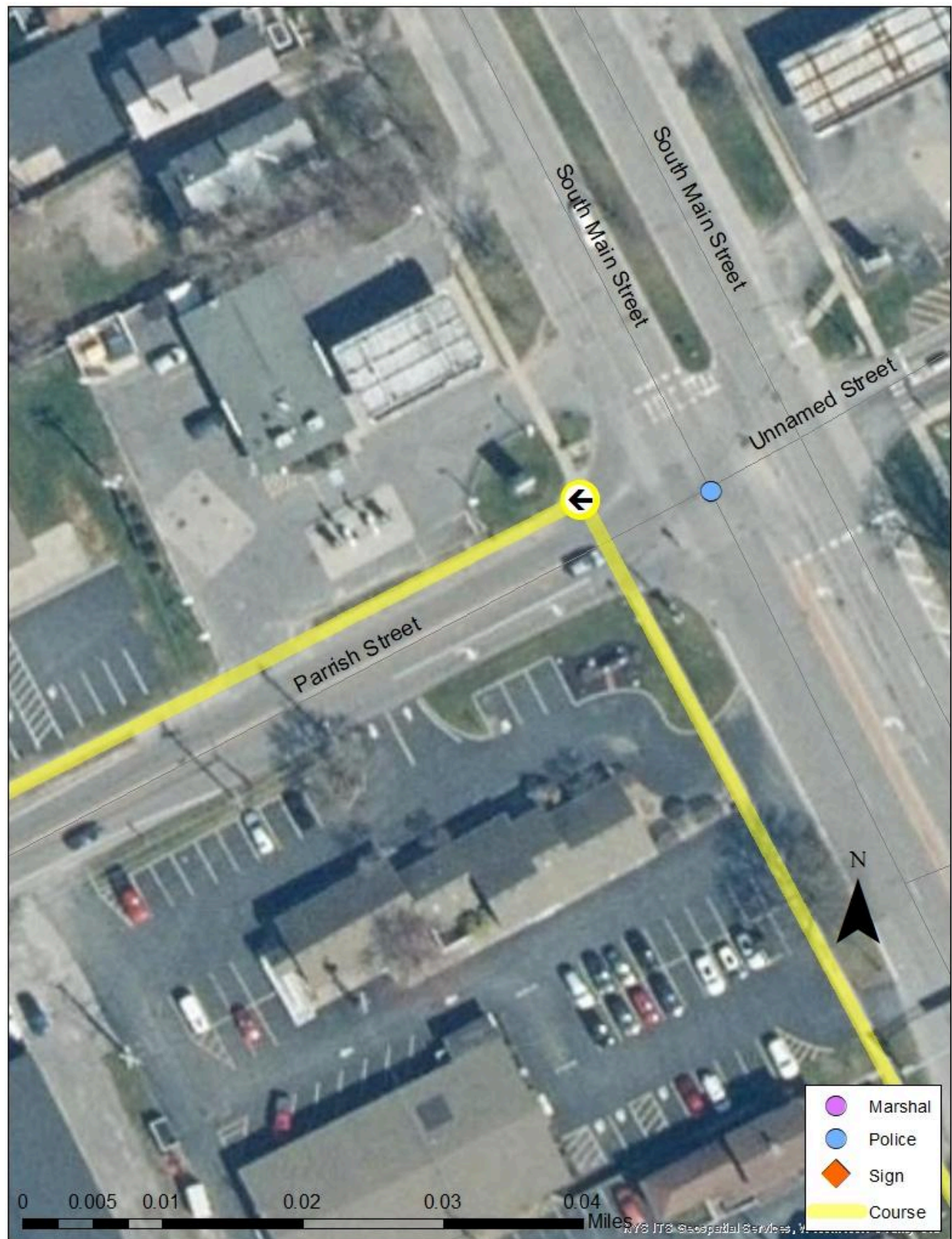
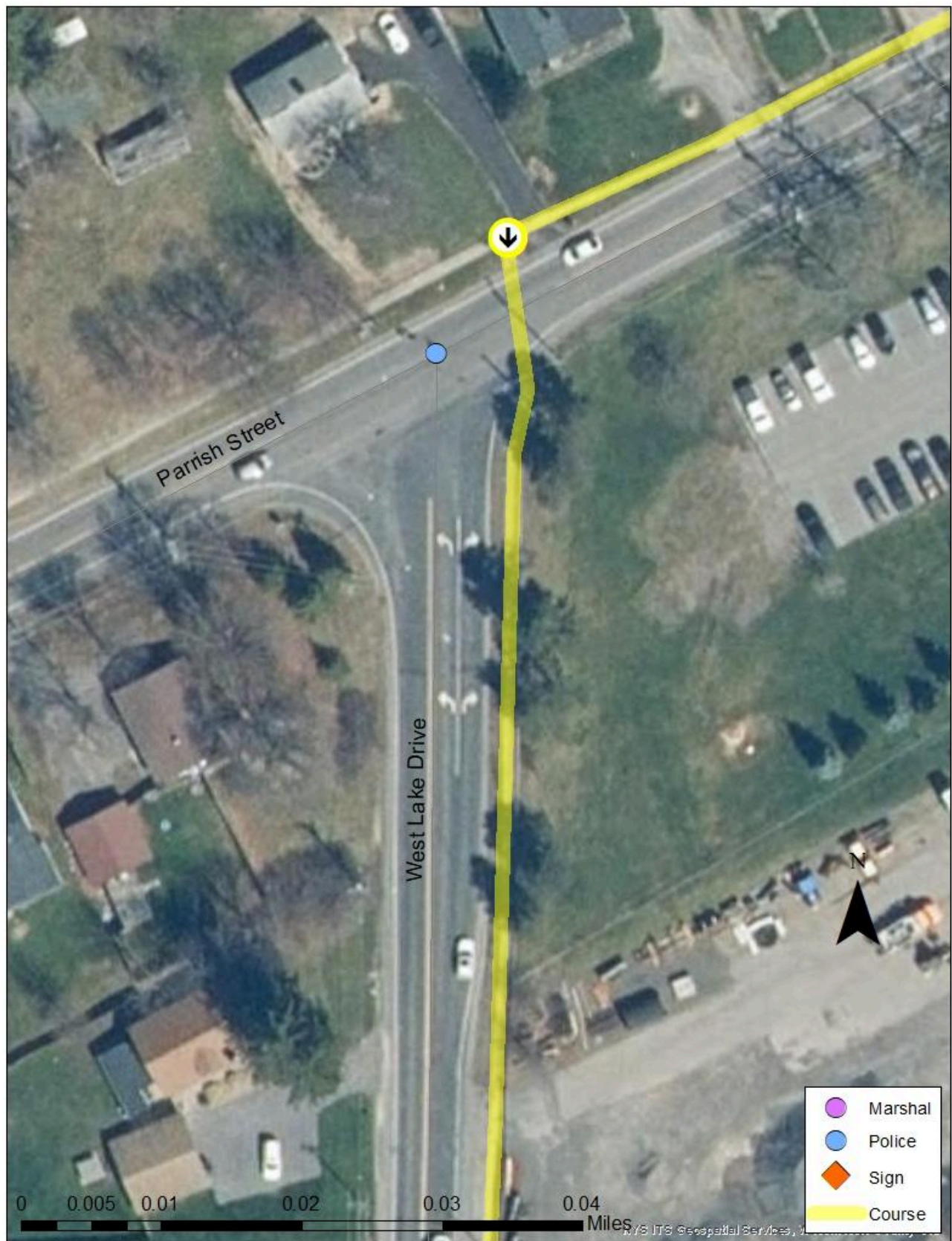


Figure 1.5: Parrish St and West Lake Dr



2. Town of Canandaigua

Mile	Location		Turn	Traffic Control			County	City/Town	Fig
	Course	Intersection		Marshal	Mark	Sign			
4.44	County Road 16	Butler Rd	S	☐	☐	☐	Ontario	Town of Canandaigua	
5.20	County Road 16	Wyffels Rd	S	☐	☐	☐	Ontario	Town of Canandaigua	
6.94	County Road 16	Foster Rd	S	☐	☐	☐	Ontario	Town of Canandaigua	
8.02	County Road 16	Wells Curtice Rd	S	☐	☐	☐	Ontario	Town of Canandaigua	
9.14	County Road 16	Deuel Rd	S	☐	☐	☐	Ontario	Town of Canandaigua	
9.74	County Road 16	AS1: Onanda Park	S				Ontario	Town of Canandaigua	
9.78	County Road 16	Barnes Rd	S	☐	☐	☐	Ontario	Town of Canandaigua	
10.56	County Road 16	Coye Rd	L	☐	☐	☐	Ontario	Town of Canandaigua	
11.90	Coye Rd	Seneca Point Rd	L	☐	☐	☐	Ontario	Town of Canandaigua	
49.38	County Road 18	Parking Area G	RX	☐	☐	☐	Ontario	Town of Canandaigua	2.2
49.58	Parking Area G	Marvin Sands Dr	R	☐	☐	☐	Ontario	Town of Canandaigua	

Figure 2.1: Town of Canandaigua

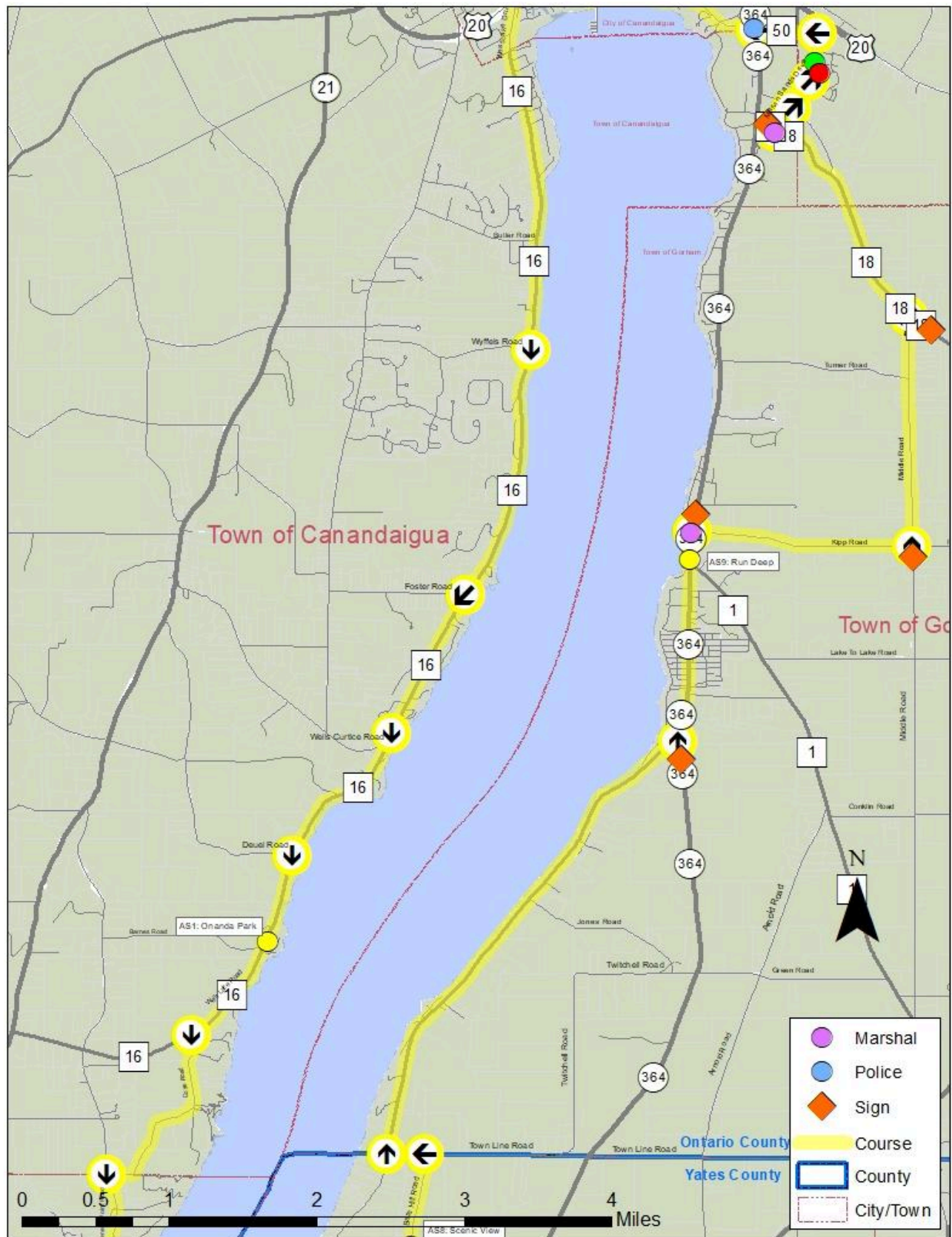
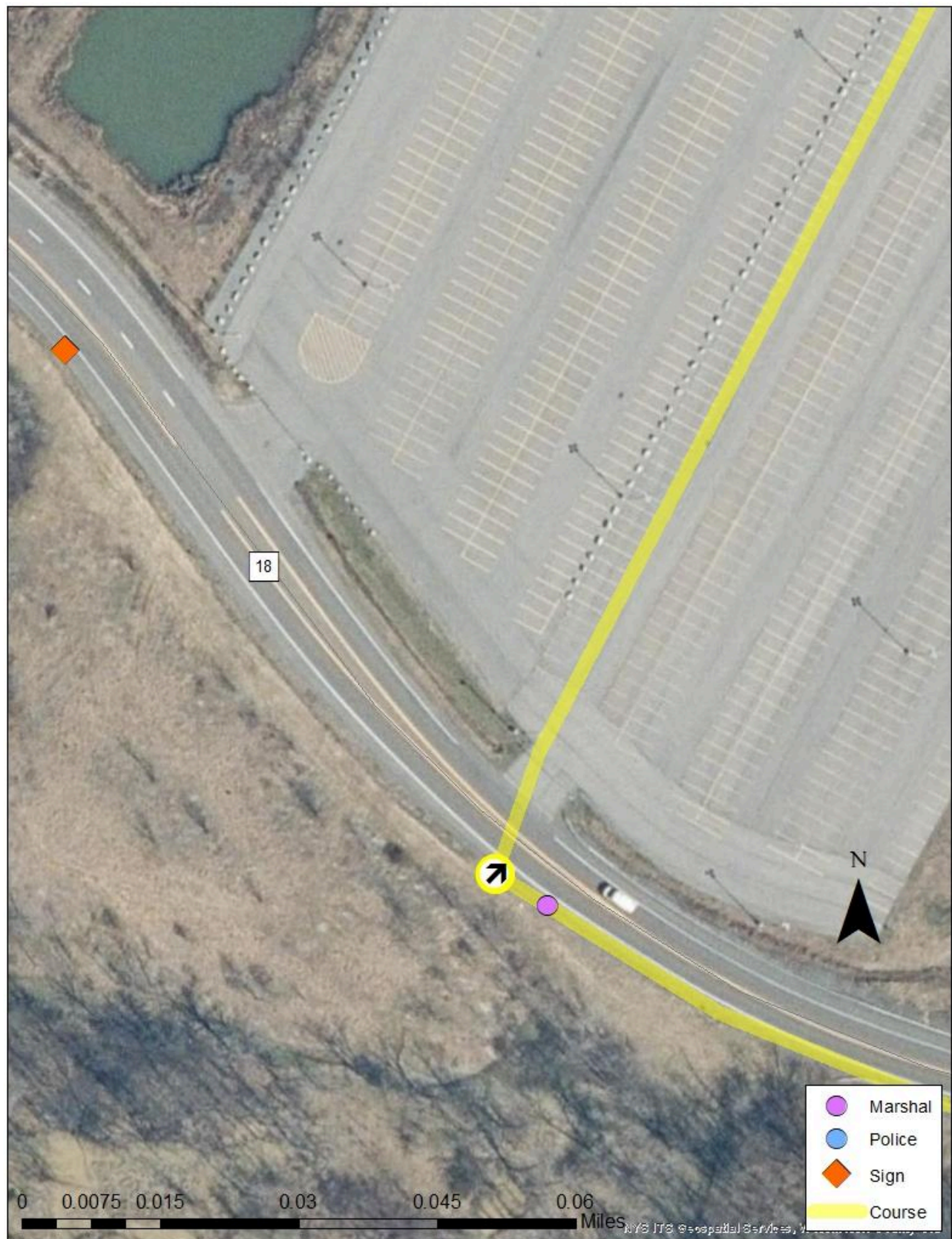


Figure 2.2: Crossing County Road 18 into FLCC Parking Lot G



3. Town of South Bristol

Mile	Location		Turn	Traffic Control			County	City/Town	Fig
	Course	Intersection		Marshal	Mark	Sign			
13.24	Seneca Point Rd	Hicks Rd	S	☐	☐	☐	Ontario	Town of South Bristol	
15.17	Bopple Hill Rd	State Route 21	L	☐	☐	☐	Ontario	Town of South Bristol	3.2
15.99	State Route 21	AS2: Bopple	S				Ontario	Town of South Bristol	
16.62	State Route 21	State Route 64	RX	☐	☐	☐	Ontario	Town of South Bristol	3.3
16.84	State Route 64	County Road 12	L	☐	☐	☐	Ontario	Town of South Bristol	3.3
18.69	County Road 12	Powell Hill Rd	S	☐	☐	☐	Ontario	Town of South Bristol	
19.28	County Road 12	AS3: Overlook	S				Ontario	Town of South Bristol	

Additional notes:

- Seneca Point Rd becomes Bopple Hill Rd at mile 14.2.

Figure 3.1: Town of South Bristol

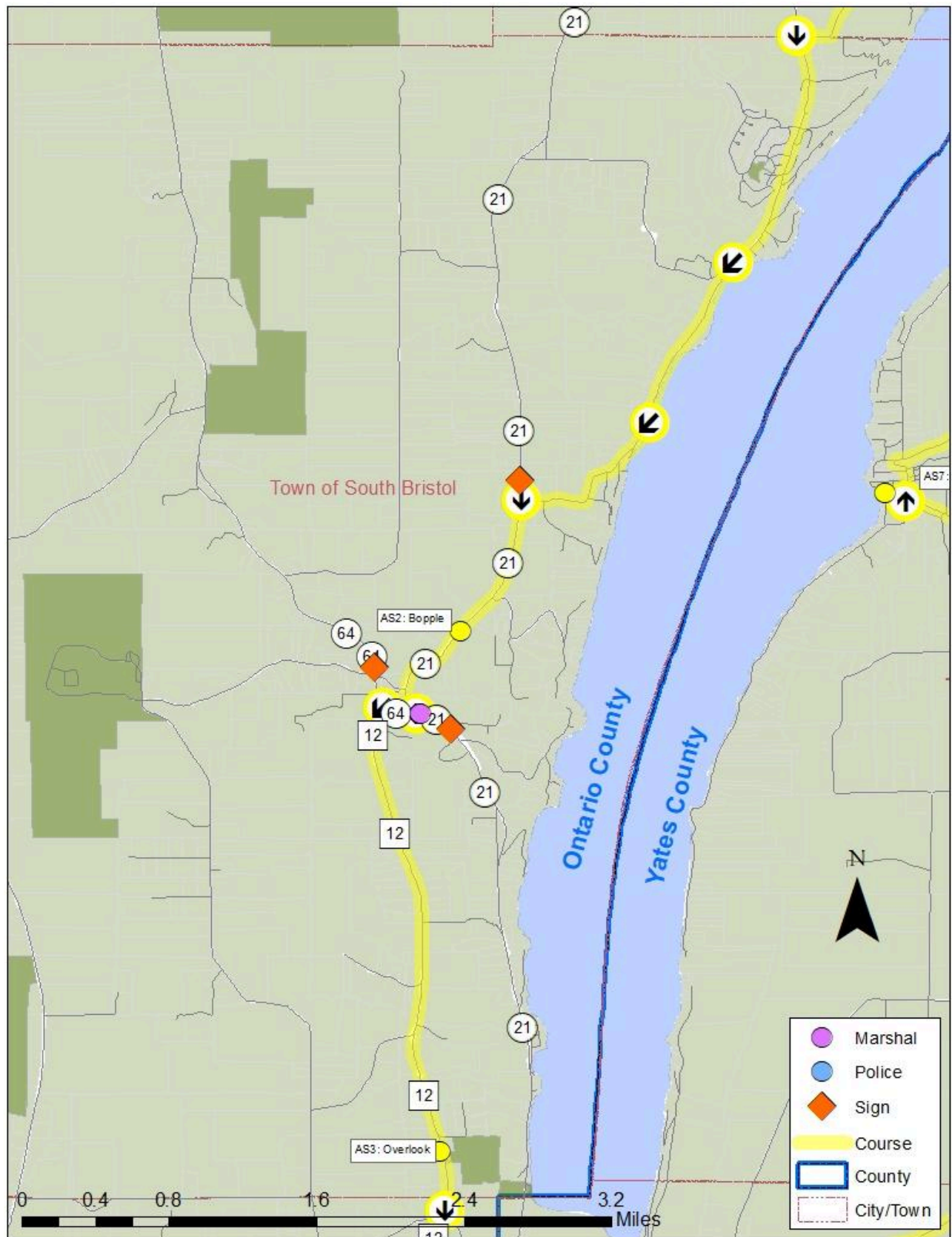


Figure 3.2: Bopple Hill Rd and State Route 21



Figure 3.3: State Route 21, State Route 64 and County Road 12



4. Town of Naples

Mile	Location		Turn	Traffic Control			County	City/Town	Fig
	Course	Intersection		Marshal	Mark	Sign			
19.66	County Road 12	Griesa Hill Rd	SX	☐	☐	☐	Ontario	Town of Naples	
19.74	County Road 12	Oakley Rd	S	☐	☐	☐	Ontario	Town of Naples	
20.54	County Road 12	Rhine St	S	☐	☐	☐	Ontario	Town of Naples	
22.39	County Road 12	State Route 21	RX	☐	☐	☐	Ontario	Town of Naples	4.2
22.43	State Route 21	AS4: Lehigh Valley	S				Ontario	Town of Naples	
22.84	State Route 21	State Route 245	L	☐	☐	☐	Ontario	Town of Naples	4.2
24.60	State Route 245	Parish Rd	SX	☐	☐	☐	Ontario	Town of Naples	

Figure 4.1: Town of Naples

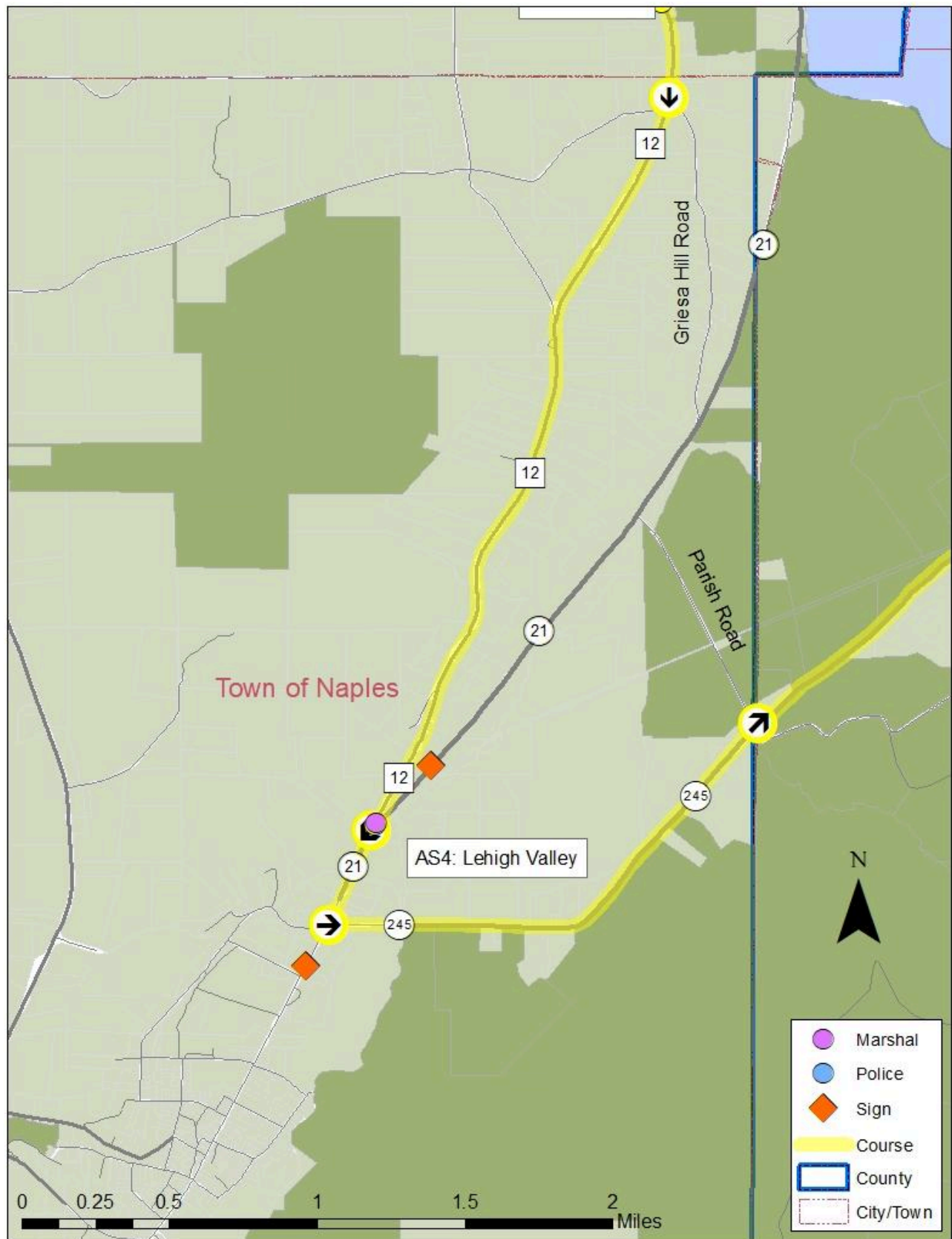


Figure 4.2: County Road 12 and State Route 21



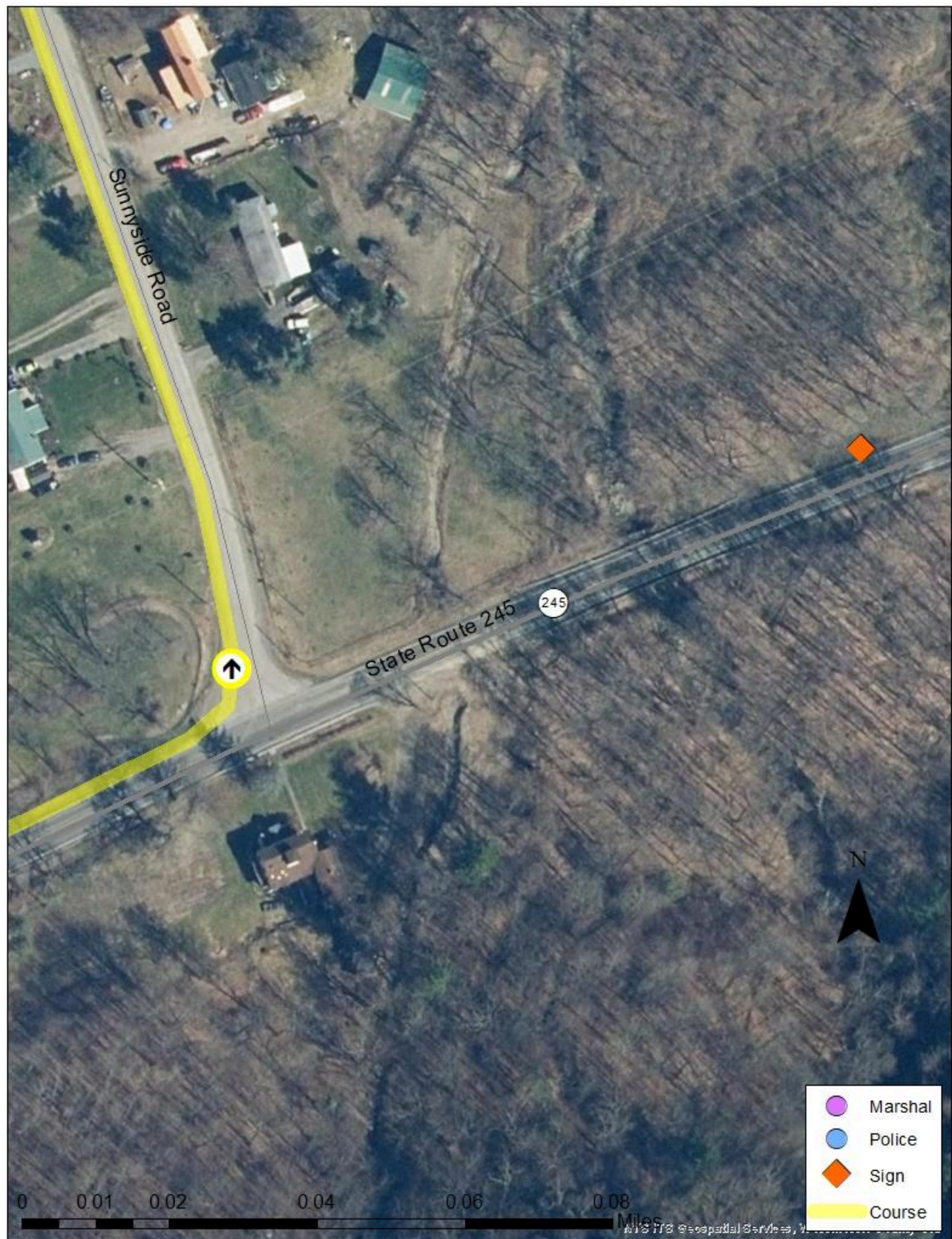
5. Town of Italy

Mile	Location		Turn	Traffic Control			County	City/Town	Fig
	Course	Intersection		Marshal	Mark	Sign			
26.85	State Route 245	Sunnyside Rd	L	☐	☐	☐	Yates	Town of Italy	5.2
27.34	Sunnyside Rd	West Ave	RX	☐	☐	☐	Yates	Town of Italy	
27.36	Sunnyside Rd	AS5: Sunnyside	S				Yates	Town of Italy	

Figure 5.1: Town of Italy



Figure 5.2: State Route 245 and Sunnyside Rd



6. Town of Middlesex

Mile	Location		Turn	Traffic Control			County	City/Town	Figs
	Course	Intersection		Marshal	Mark	Sign			
29.83	West Ave	Wolfanger Rd	SX	☐	☐	☐	Yates	Town of Middlesex	
29.95	West Ave	Caward Cross Rd	S	☐	☐	☐	Yates	Town of Middlesex	
31.50	West Ave	Underwood Hill Rd	SX	☐	☐	☐	Yates	Town of Middlesex	
31.65	West Ave	AS6: Middlesex	S				Yates	Town of Middlesex	
31.72	West Ave	State Route 364	S	☐	☐	☐	Yates	Town of Middlesex	6.2
32.12	State Route 364	Ewell Rd	SX	☐	☐	☐	Yates	Town of Middlesex	
33.01	State Route 364	S. Vine Valley Rd	L	☐	☐	☐	Yates	Town of Middlesex	6.2
33.28	S. Vine Valley Rd	Hadsell Rd	SX	☐	☐	☐	Yates	Town of Middlesex	
33.74	S. Vine Valley Rd	Mertz Rd	SX	☐	☐	☐	Yates	Town of Middlesex	
34.65	S. Vine Valley Rd	Newell Rd	SX	☐	☐	☐	Yates	Town of Middlesex	
35.42	S. Vine Valley Rd	South Lake Rd	RX	☐	☐	☐	Yates	Town of Middlesex	
35.50	South Lake Rd	Vine Valley Rd	L	☐	☐	☐	Yates	Town of Middlesex	
35.61	Vine Valley Rd	AS7: Vine Valley	U				Yates	Town of Middlesex	
35.78	Vine Valley Rd	N. Vine Valley Rd	L	☐	☐	☐	Yates	Town of Middlesex	
36.05	N. Vine Valley Rd	East Lake Rd	SX	☐	☐	☐	Yates	Town of Middlesex	
37.74	N. Vine Valley Rd	Bare Hill Rd	L	☐	☐	☐	Yates	Town of Middlesex	
38.77	Bare Hill Rd	AS8: Scenic Point	S				Yates	Town of Middlesex	

Figure 6.1: Town of Middlesex

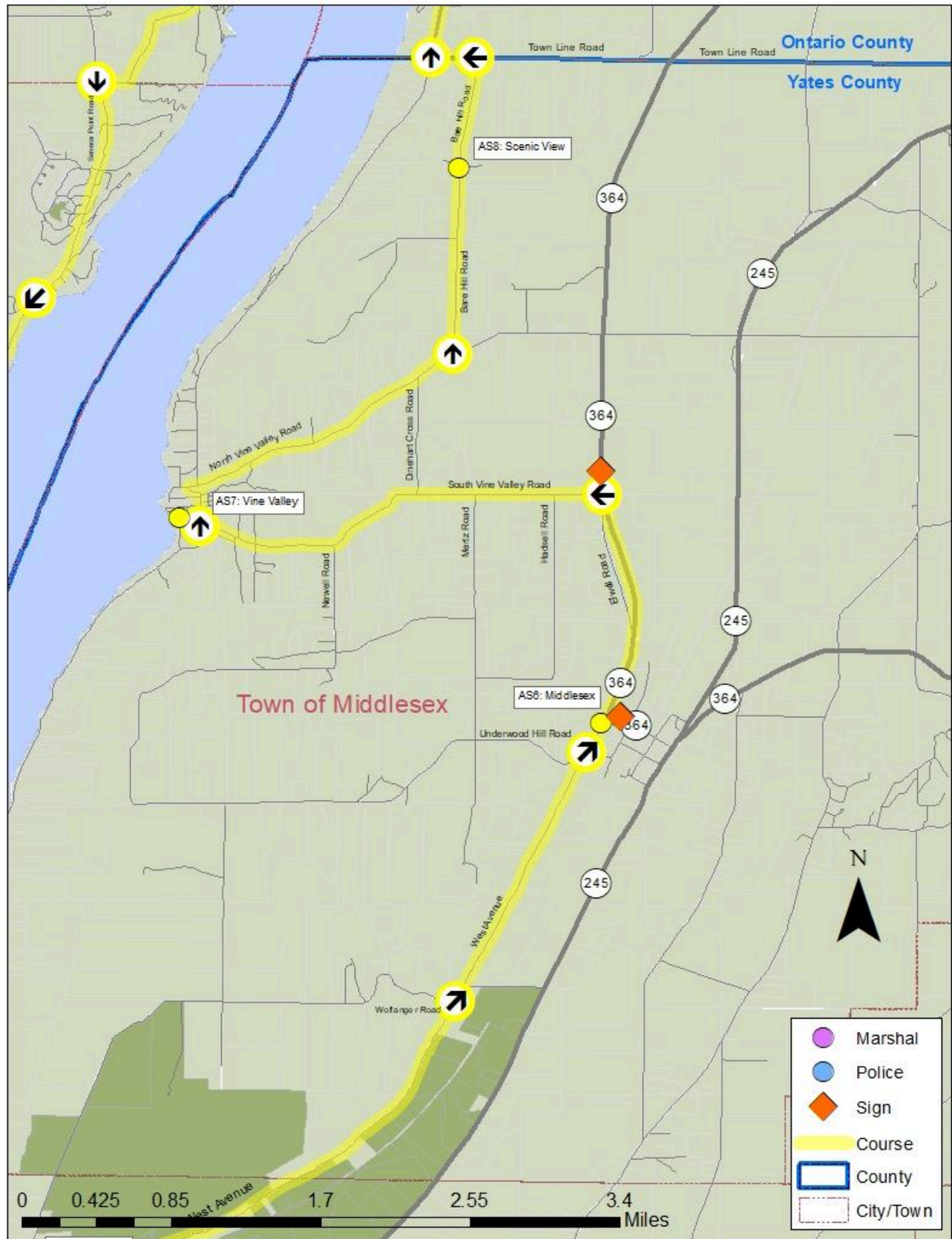
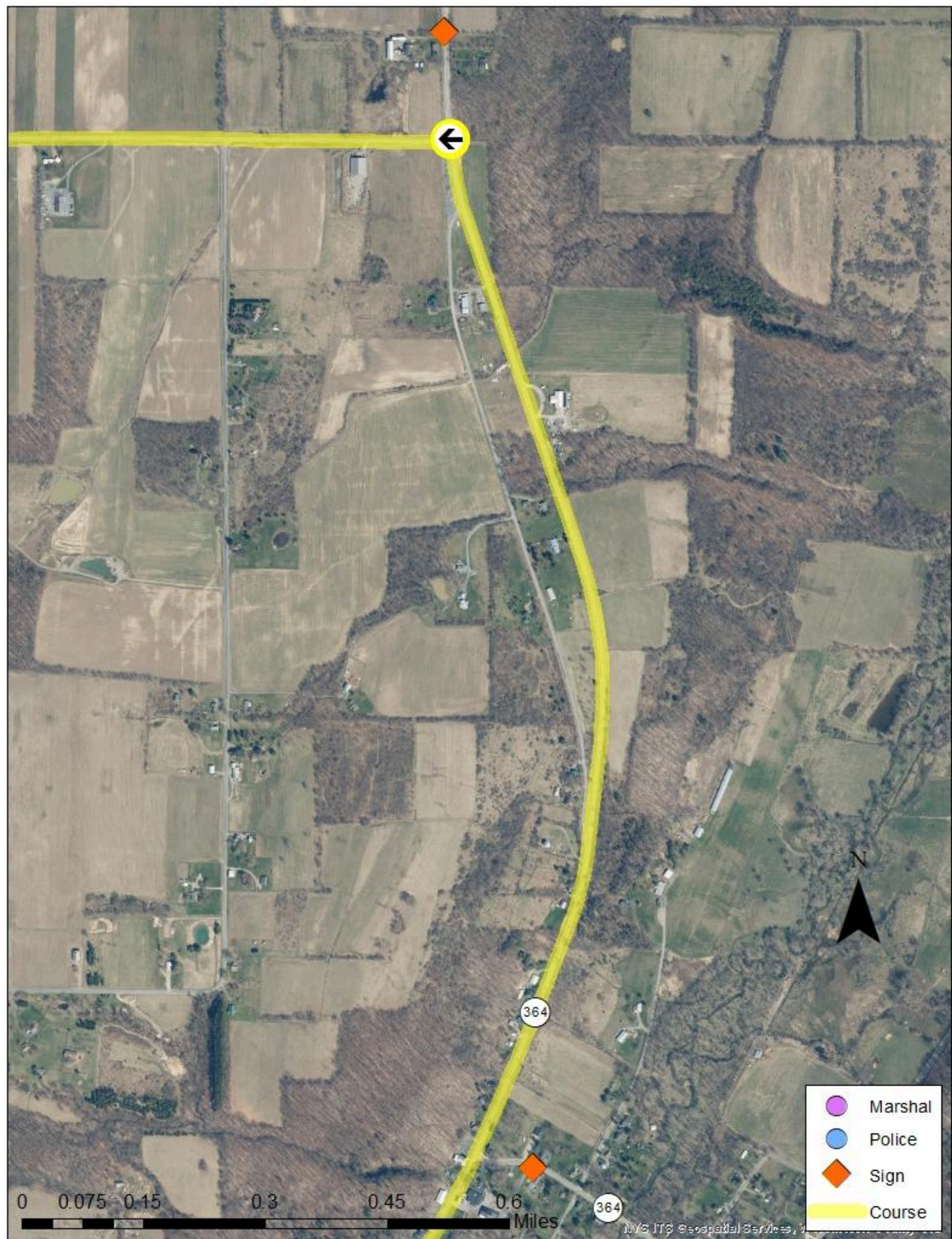


Figure 6.2: Middlesex Section of State Route 364



7. Town of Gorham

Mile	Location		Turn	Traffic Control			County	City/Town	Figs
	Course	Intersection		Marshal	Mark	Sign			
39.41	Bare Hill Rd	Town Line Rd	L	☐	☐	☐	Ontario	Town of Gorham	
39.67	Town Line Rd	E. Lake Rd	RX	☐	☐	☐	Ontario	Town of Gorham	
43.21	E. Lake Rd	State Route 364	L	☐	☐	☐	Ontario	Town of Gorham	7.2
43.53	State Route 364	Hall Rd	S	☐	☐	☐	Ontario	Town of Gorham	7.2
44.42	State Route 364	County Road 1	S	☐	☐	☐	Ontario	Town of Gorham	7.2
44.45	State Route 364	AS9: Run Deep	S				Ontario	Town of Gorham	
44.64	State Route 364	Kipp Rd	RX	☐	☐	☐	Ontario	Town of Gorham	7.2
46.14	Kipp Rd	Middle Rd	L	☐	☐	☐	Ontario	Town of Gorham	7.3
47.27	Middle Rd	Turner Rd	SX	☐	☐	☐	Ontario	Town of Gorham	
47.72	Middle Rd	County Road 18	L	☐	☐	☐	Ontario	Town of Gorham	7.4

Figure 7.1: Town of Gorham

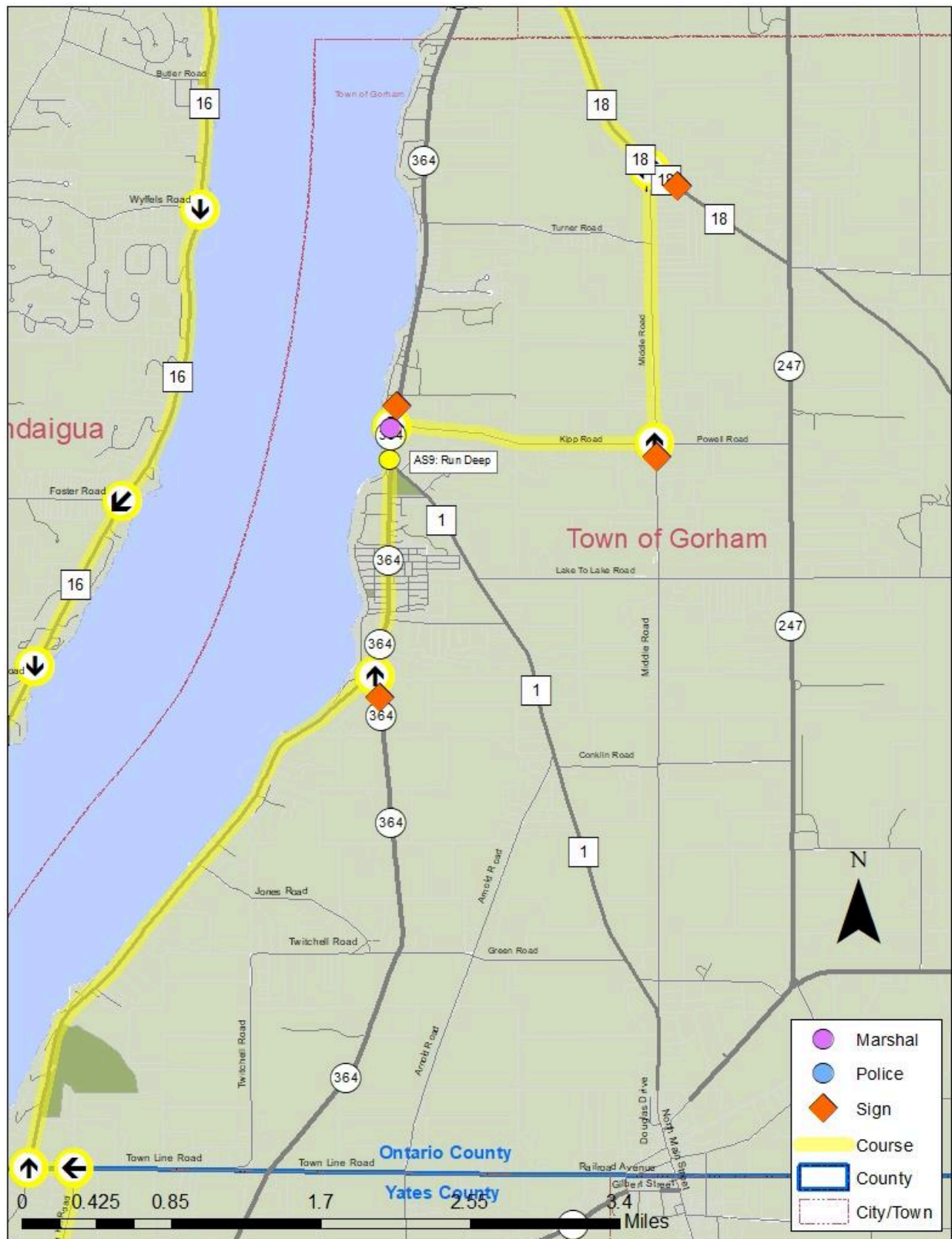


Figure 7.2: Crystal Beach Detail Map



Figure 7.3: Kipp Road and Middle Road

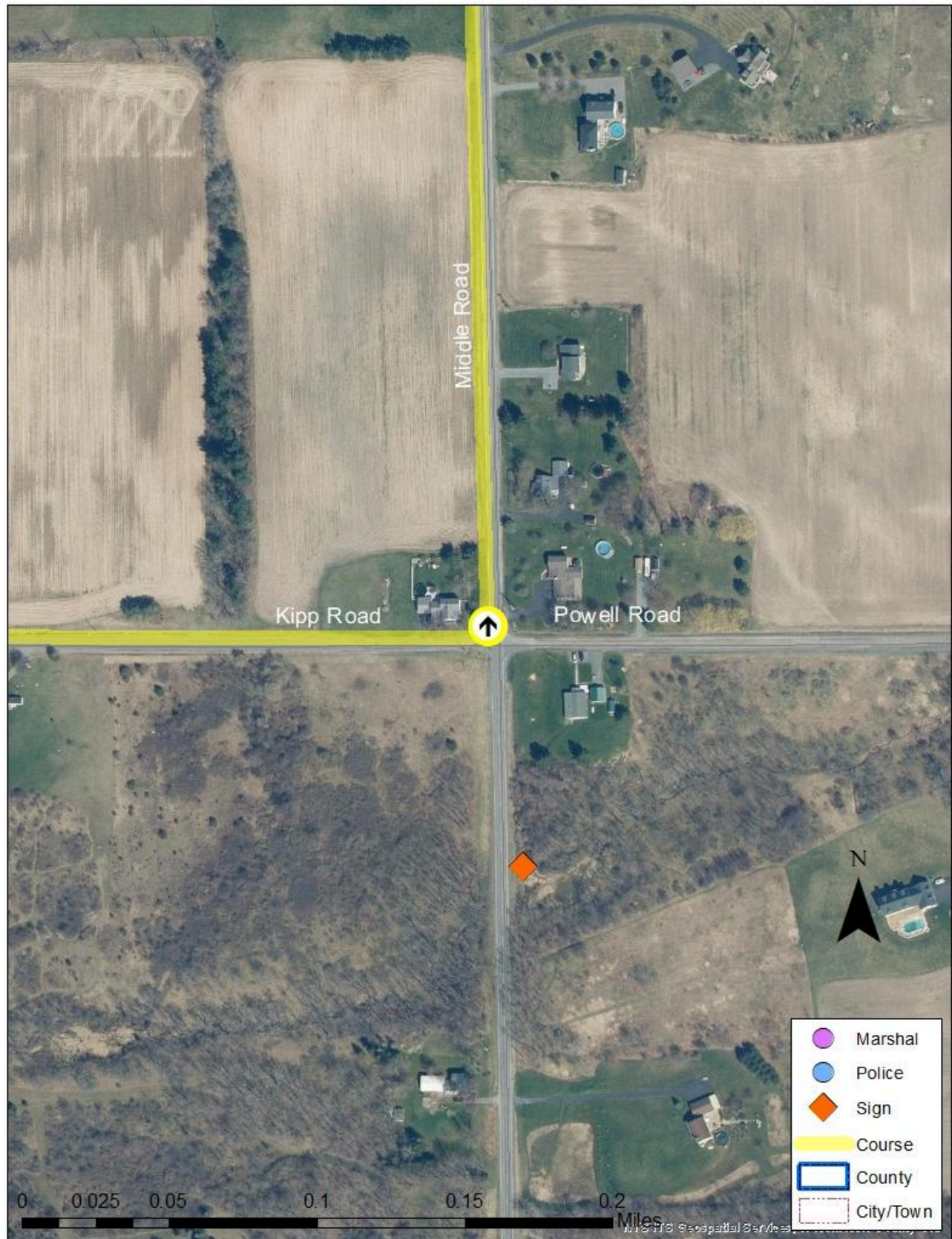


Figure 7.4: Middle Rd and County Road 18

