

CanLake Ultras 2025

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 11 aid stations offering fuel and panoramic views of the lake. There is also a 50 km race option that joins the 50 mile racers around the 19 mile point.

Event Schedule and Locations

The 22nd CanLake Ultras will occur on Saturday, October 11, 2026. Table 1 below contains a basic outline of the schedule for the day. The race will start and finish at the Finger Lakes Community College (FLCC) campus in Canandaigua and navigate around Canandaigua Lake counter-clockwise. 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.

Table 1: Event schedule

5:30 AM	Arrive for set-up and runner check-in at FLCC Ewing Atrium and Parking Lot A
6:30 AM	50 mile early start for those requesting extra time (usually around 20 runners)
6:30 AM - 6:00 PM	Aid stations along course will be opening and closing as runners come through (see Table 2 below)
7:30 AM	50 mile regular start
9:00 AM	Shuttle buses leaves FLCC for 50 km start at Canandaigua Lake South End State Boat Launch
10:00 AM	50 km start
7:30 PM	Finish at FLCC closes
9:00 PM	End of clean-up

Table 2: Locations and times they will be in use by race

#	Name	Distance from start	Coordinates & Google map	Description	Town	County	Active
0	50 Mile Start	0.0 miles	42.869082 -77.243186	Marvin Sands at intersection with Fraley Ln	Hopewell	Ontario	6:30 AM - 7:30 AM
1	Pump Station	4.7 miles	42.845048 -77.280421	Canandaigua Water Treatment Plant, 3772 CR 16	Canandaigua	Ontario	8:00 AM - 8:35 AM
2	Onanda Park	9.5 miles	42.782763 -77.315304	Onanda Park, 4965 CR 16	Canandaigua	Ontario	8:00 AM - 9:35 AM
3	Seneca Point	13.1 miles	42.739786 -77.344472	Seneca Point Rd just past intersection with Hicks Rd	South Bristol	Ontario	9:00 AM - 10:25 AM
4	Bopple Hill	15.7 miles	42.712313 -77.371790	6346 State Route 21	South Bristol	Ontario	9:20 AM - 11:10 AM
	50 km Start		42.667700 -77.364170	Canandaigua Lake South End State Boat Launch	South Bristol	Ontario	9:30 AM - 10:00 AM
5	Red Garage	19.8 miles	42.651607 -77.370083	7525 State Route 21	Naples	Ontario	9:45 AM - 12:05 AM
6	Sunnyside	24.4 miles	42.661101 -77.331918	Sunnyside Rd at intersection with West Ave	Italy	Yates	10:20 AM - 1:30 PM
8	Middlesex	31.6 miles	42.707579 -77.278639	Middlesex Baptist Church, 1158 West Ave	Middlesex	Yates	11:10 AM - 2:30 PM
9	Vine Valley	35.6 miles	42.723549 -77.326722	Vine Valley Store, 6385 Vine Valley Rd	Middlesex	Yates	11:40 AM - 3:20 PM
10	Bare Hill	38.3 miles	42.746866 -77.295932	Bare Hill Road st intersection with Van Epps Rd	Middlesex	Yates	12:00 PM - 4:00 PM
11	Arnold Road	42.8 miles	42.779499 -77.249570	Arnold Rd at intersection with Green Rd	Gorham	Ontario	12:30 PM - 5:00 PM
12	Kipp Road	46.5 miles	42.821867 -77.229734	Middle Rd at intersection with Kipp Rd	Gorham	Ontario	1:00 PM - 6:00 PM
13	Finish	50.1 miles		Fraley Ln	Hopewell	Ontario	2:00 PM - 7:30 PM

Event Maps

This section contains an overview map of the full course and a series of more detailed maps that focus on the sections between the locations listed in Table 2. Subsequent sections will make reference to these maps when describing locations.

Additionally, an interactive map is available on Strava:

<https://www.strava.com/routes/3303461160591747296>

Overview and Section Maps

Figure 1: Overview Map of Race Course

Figure 2: Start to Aid Station 1 Section Map

Figure 3: Aid Station 1 to Aid Station 2 Section Map

Figure 4: Aid Station 2 to Aid Station 3 Section Map

Figure 5: Aid Station 3 to Aid Station 4 Section Map

Figure 6: Aid Station 4 to Aid Station 5 Section Map

Figure 7: Aid Station 5 to Aid Station 6 Section Map

Figure 8: Aid Station 6 to Aid Station 8 Section Map

Figure 9: Aid Station 8 to Aid Station 10 Section Map

Figure 10: Aid Station 10 to Aid Station 11 Section Map

Figure 11: Aid Station 11 to Aid Station 12 Section Map

Figure 12: Aid Station 12 to Finish Section Map

Locations with Traffic Control Devices Maps

Figure 13: Intersection of Lakeshore and State Route 364 Detail Map

Figure 14: Shoulder of US Route 20 Detail Map

Figure 15: Intersection of Bopple Hill Rd and State Route 21 Detail Map

Figure 16: Intersection of State Route 21 and Parish Rd Detail Map

Figure 17: Intersection of Parish Rd and State Route 245 Detail Map

Figure 18: Intersection of State Route 245 and Sunnyside Rd Detail Map

Figure 19: Intersection of S. Vine Valley Rd and S. Lake Rd Detail Map

Figure 20: Intersection of N. Vine Valley Rd and Bare Hill Rd Detail Map

Figure 21: Intersection of Twitchell Rd and State Route 364 Detail Map

Figure 22: Intersection of Arnold Rd, County Road 1, and Conklin Rd Detail Map

Figure 23: Intersection of Middle Rd and County Road 16 Detail Map

Figure 24: Intersection of County Road 16 and Lincoln Hill Rd Detail Map

Figure 1: Overview Map of Race Course

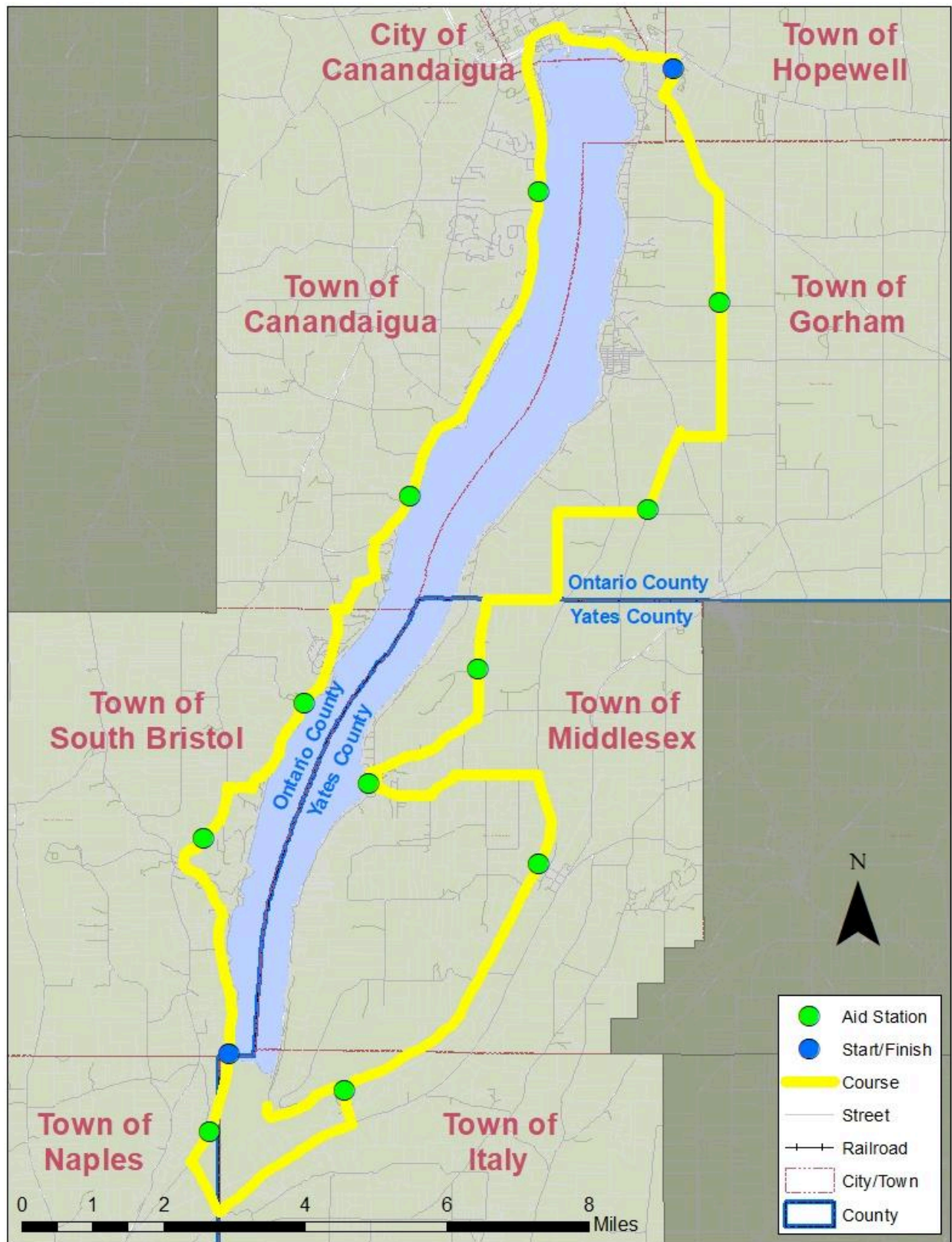


Figure 2: Start to Aid Station 1 Section Map

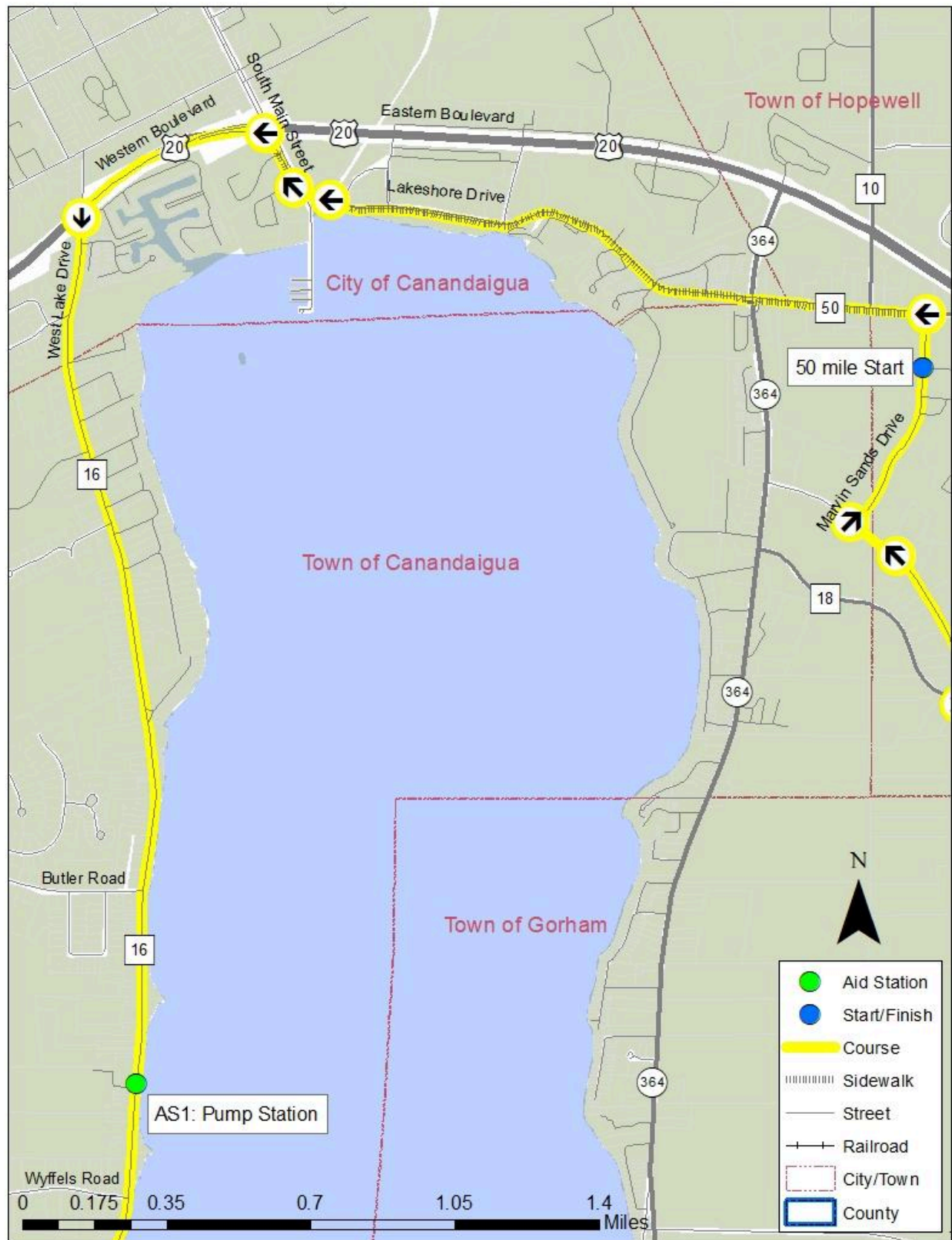


Figure 3: Aid Station 1 to Aid Station 2 Section Map

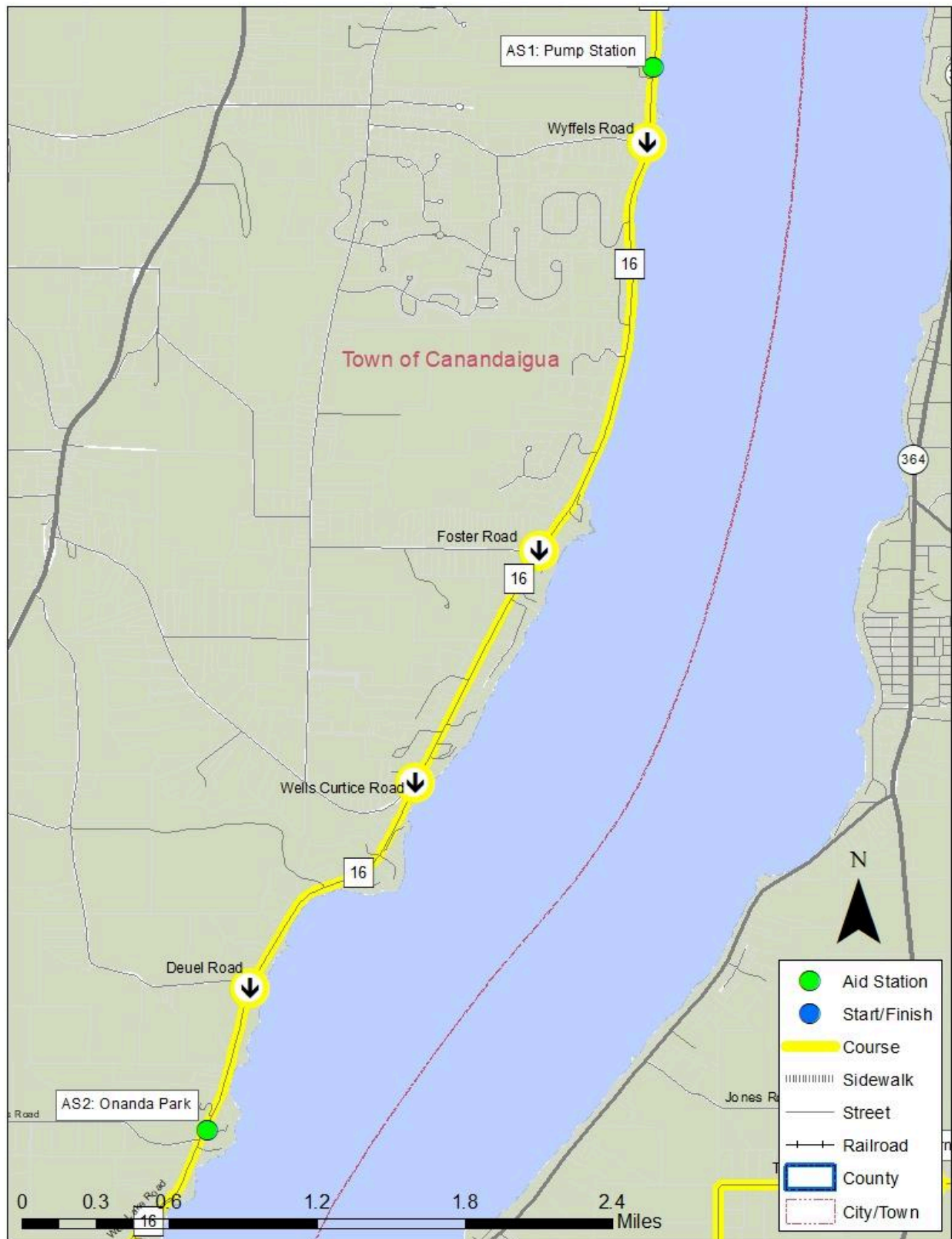


Figure 4: Aid Station 2 to Aid Station 3 Section Map

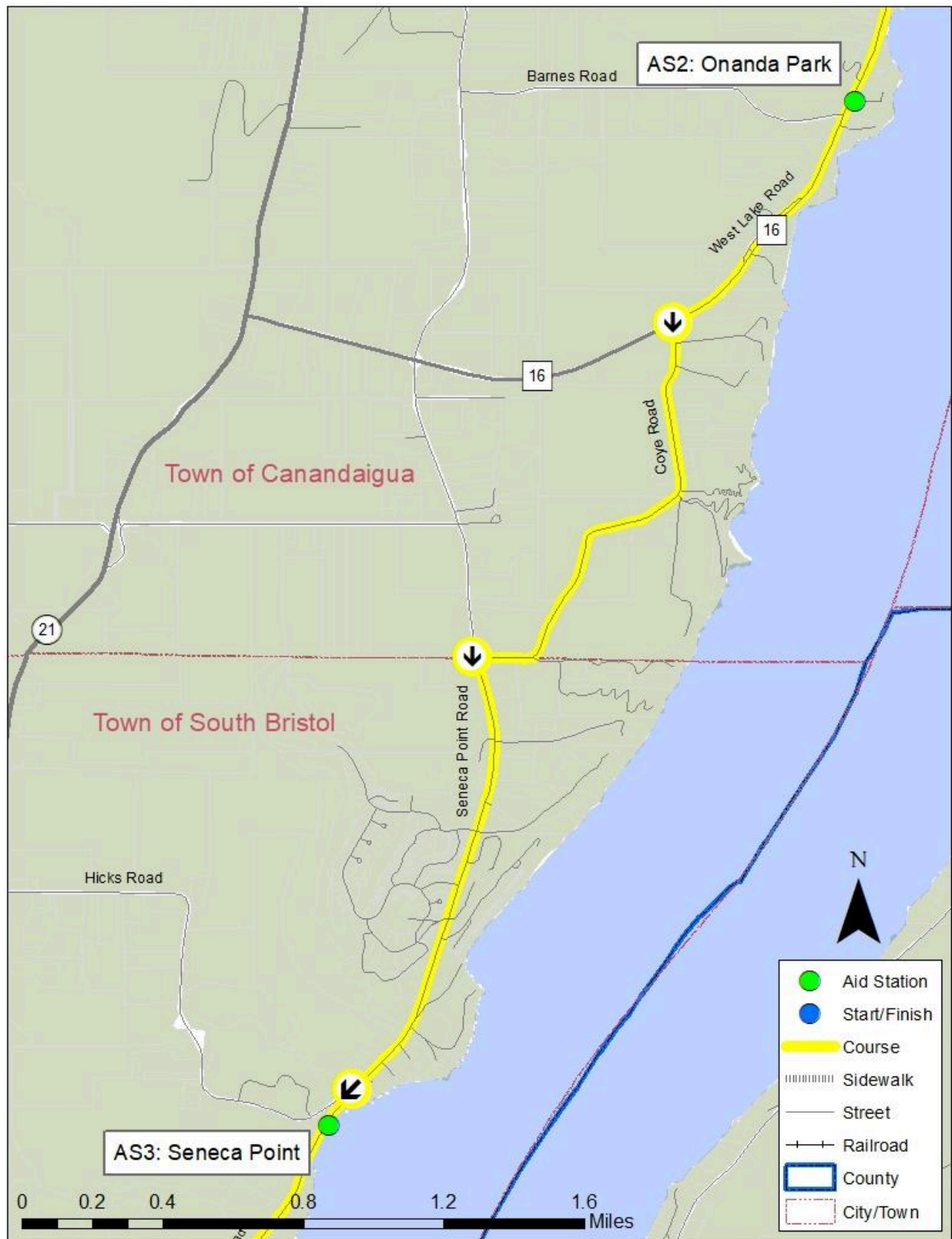


Figure 5: Aid Station 3 to Aid Station 4 Section Map



Figure 6: Aid Station 4 to Aid Station 5 Section Map

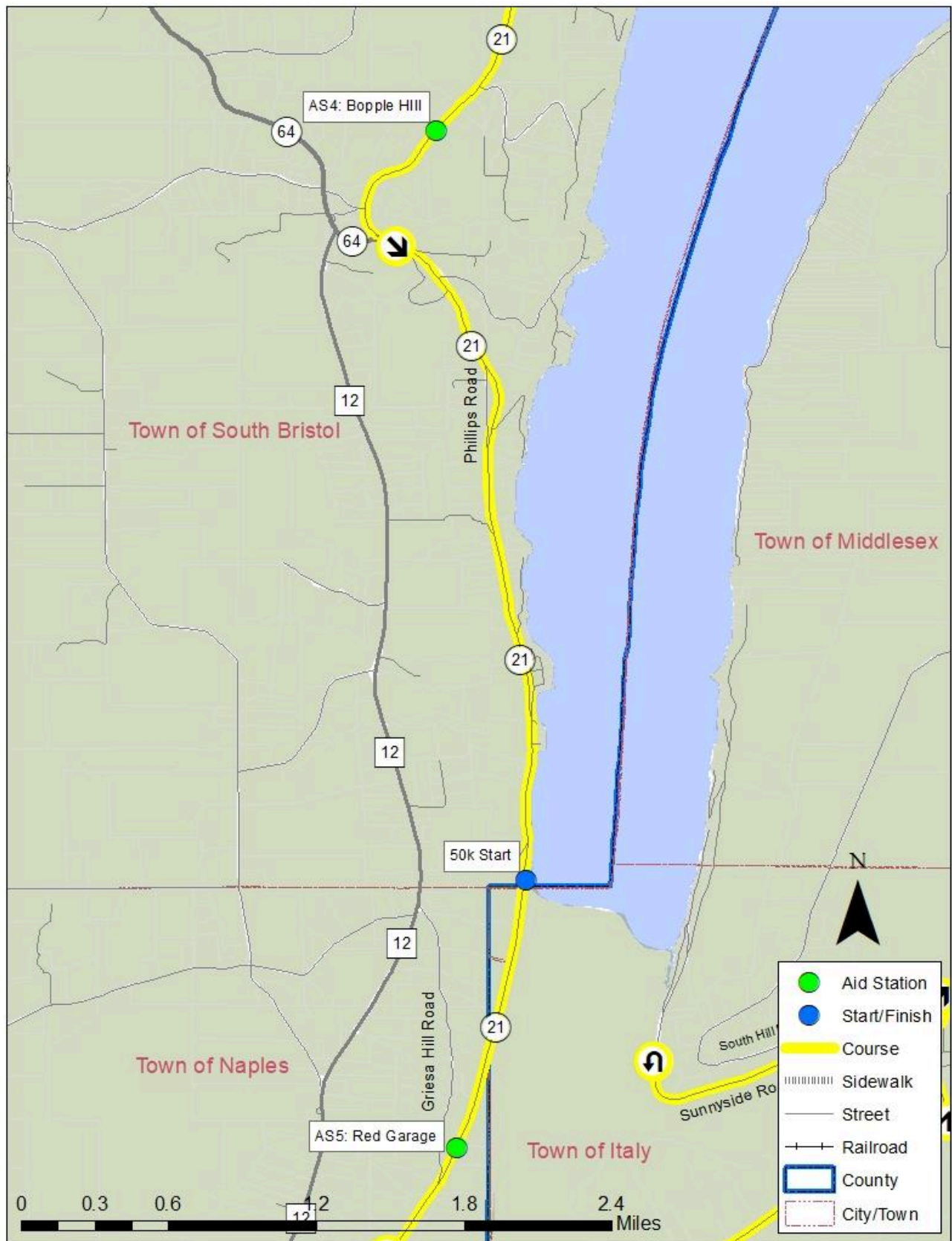


Figure 7: Aid Station 5 to Aid Station 6 Section Map

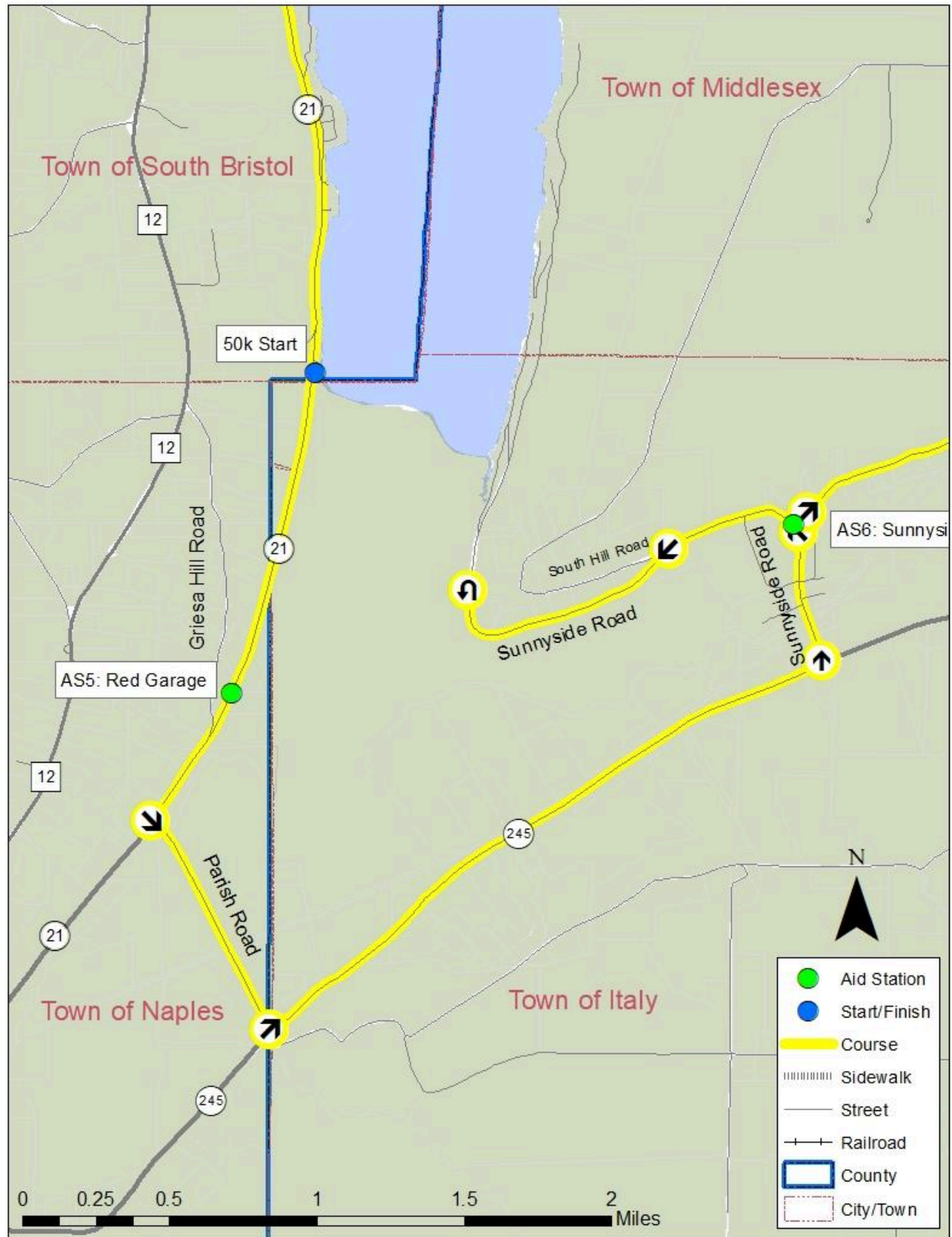


Figure 8: Aid Station 6 to Aid Station 8 Section Map

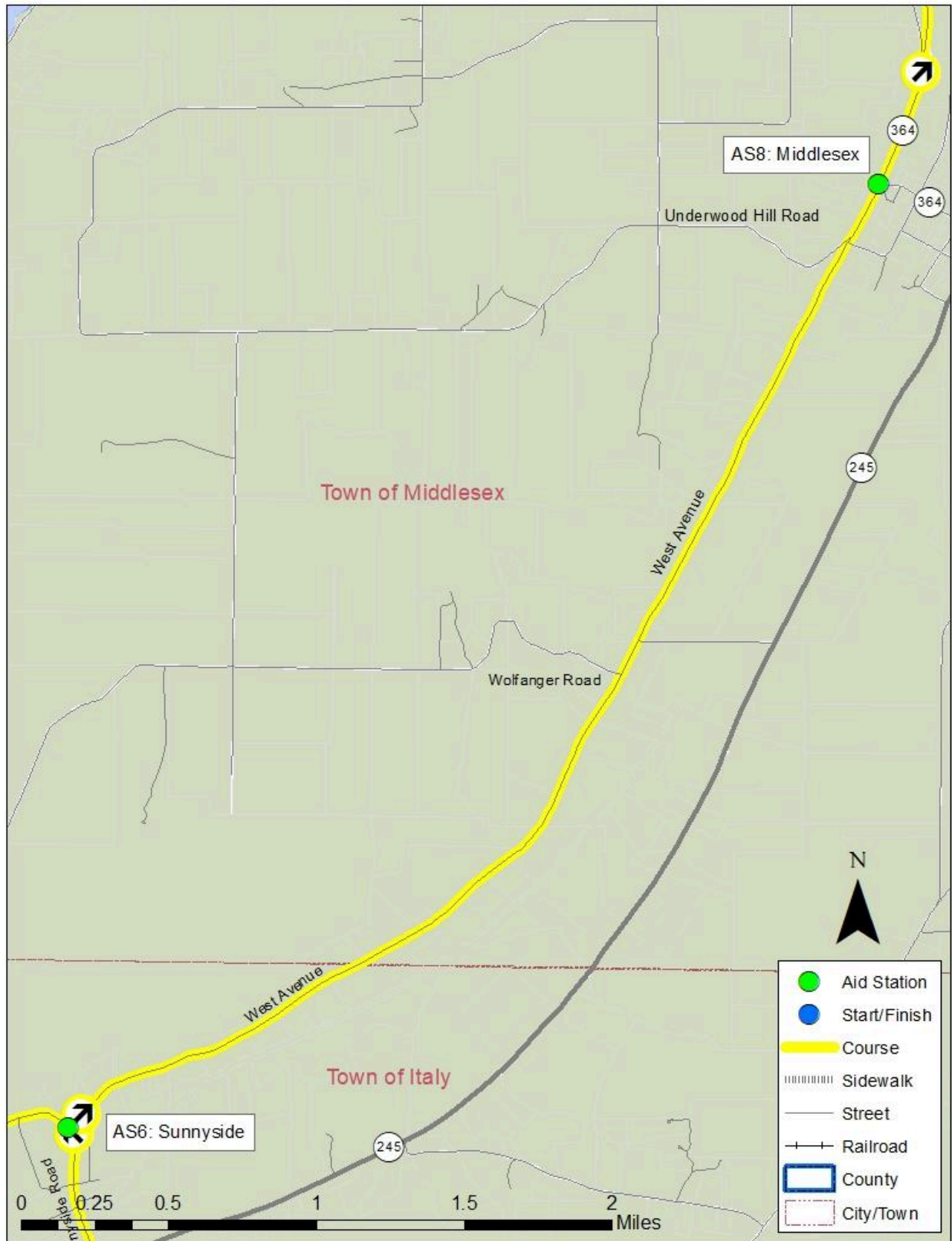


Figure 9: Aid Station 8 to Aid Station 10 Section Map



Figure 10: Aid Station 10 to Aid Station 11 Section Map

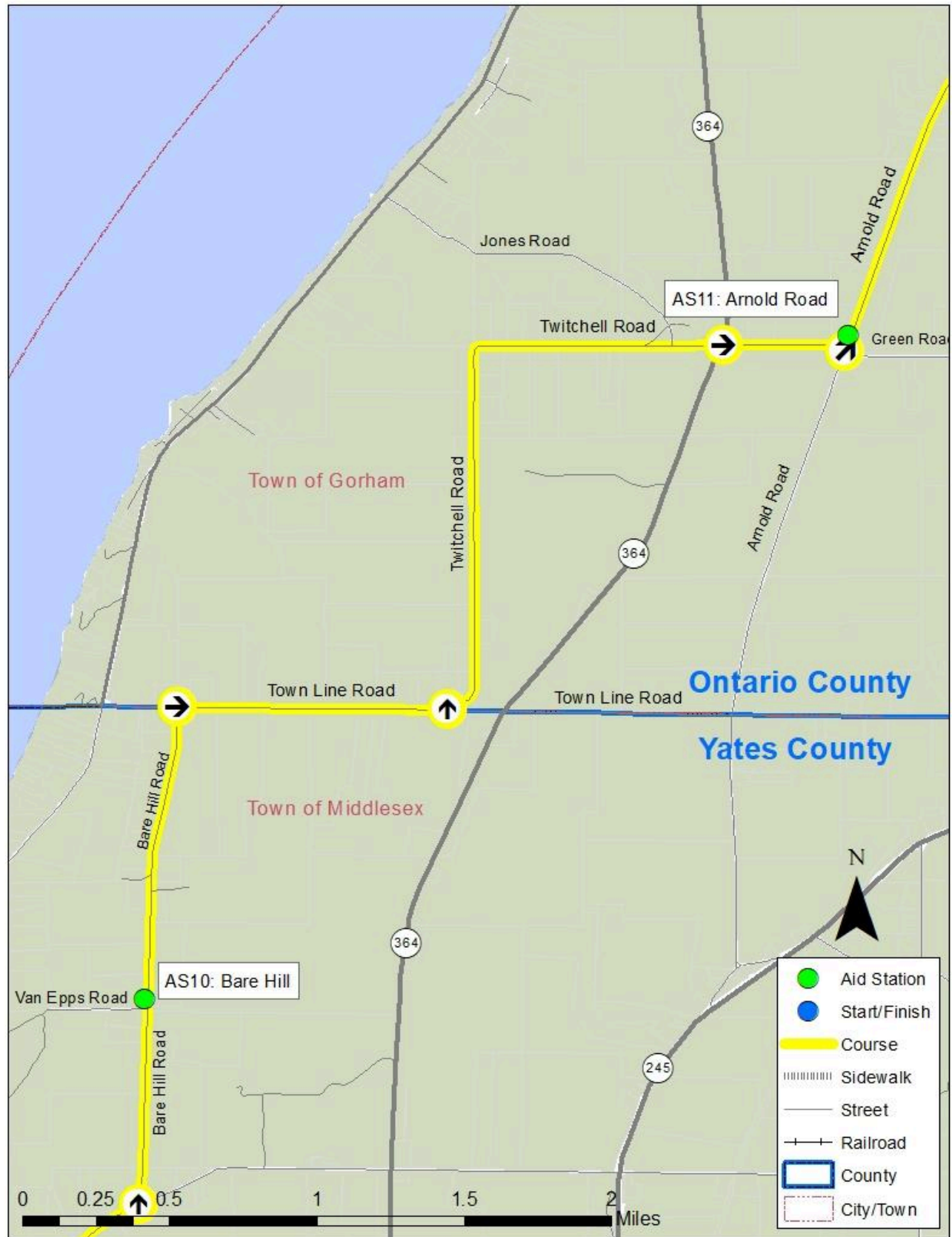


Figure 11: Aid Station 11 to Aid Station 12 Section Map

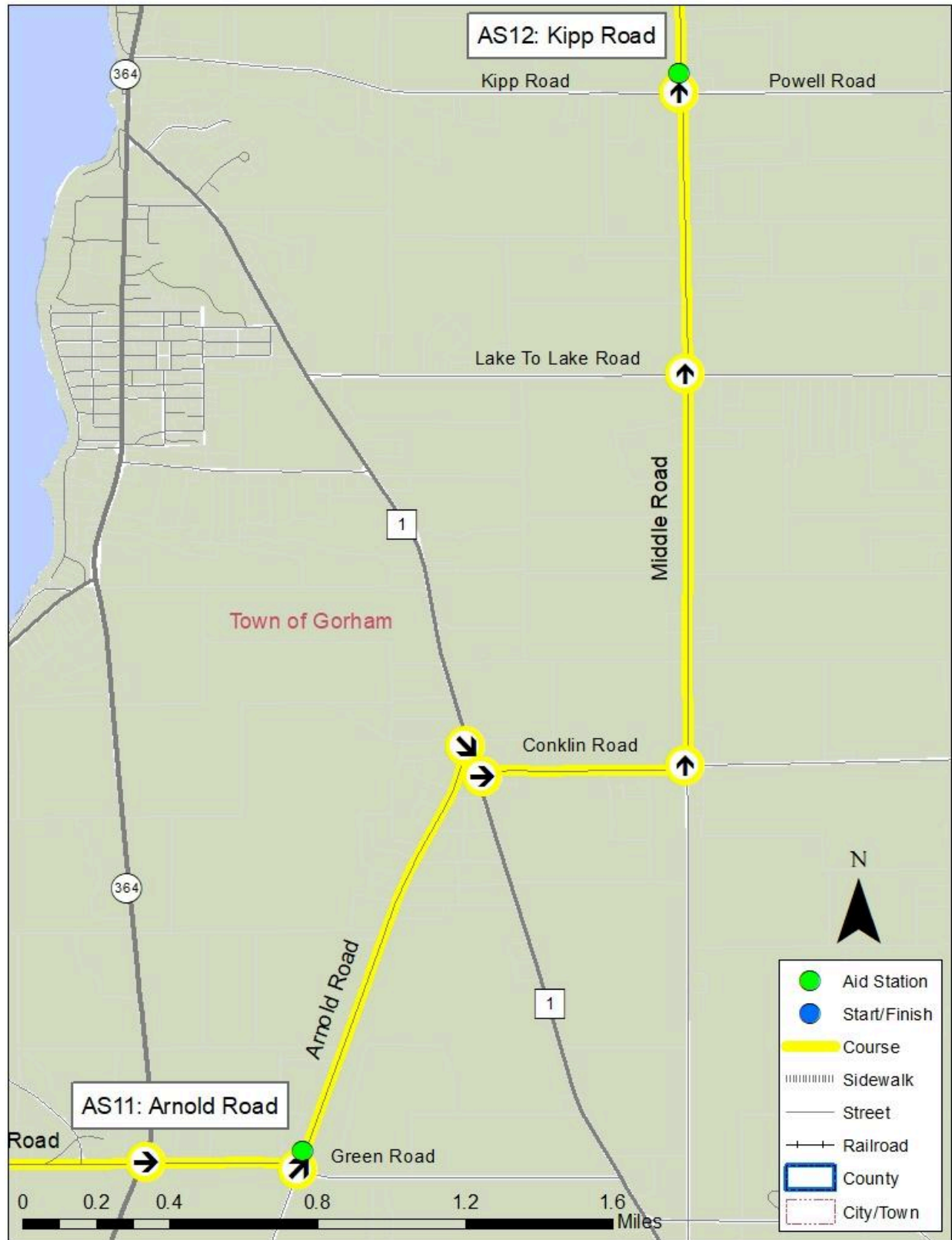


Figure 12: Aid Station 12 to Finish Section Map



Figure 13: Intersection of Lakeshore and State Route 364 Detail Map



Figure 14: Shoulder of US Route 20 Detail Map



Figure 15: Intersection of Bopple Hill Rd and State Route 21 Detail Map



Figure 16: Intersection of State Route 21 And Parish Rd Detail Map



Figure 17: Intersection of Parish Rd and State Route 245 Detail Map



Figure 18: Intersection of State Route 245 and Sunnyside Rd Detail Map



Figure 19: Intersection of S. Vine Valley Rd and S. Lake Rd Detail Map



Figure 20: Intersection of N. Vine Valley Rd and Bare Hill Rd Detail Map

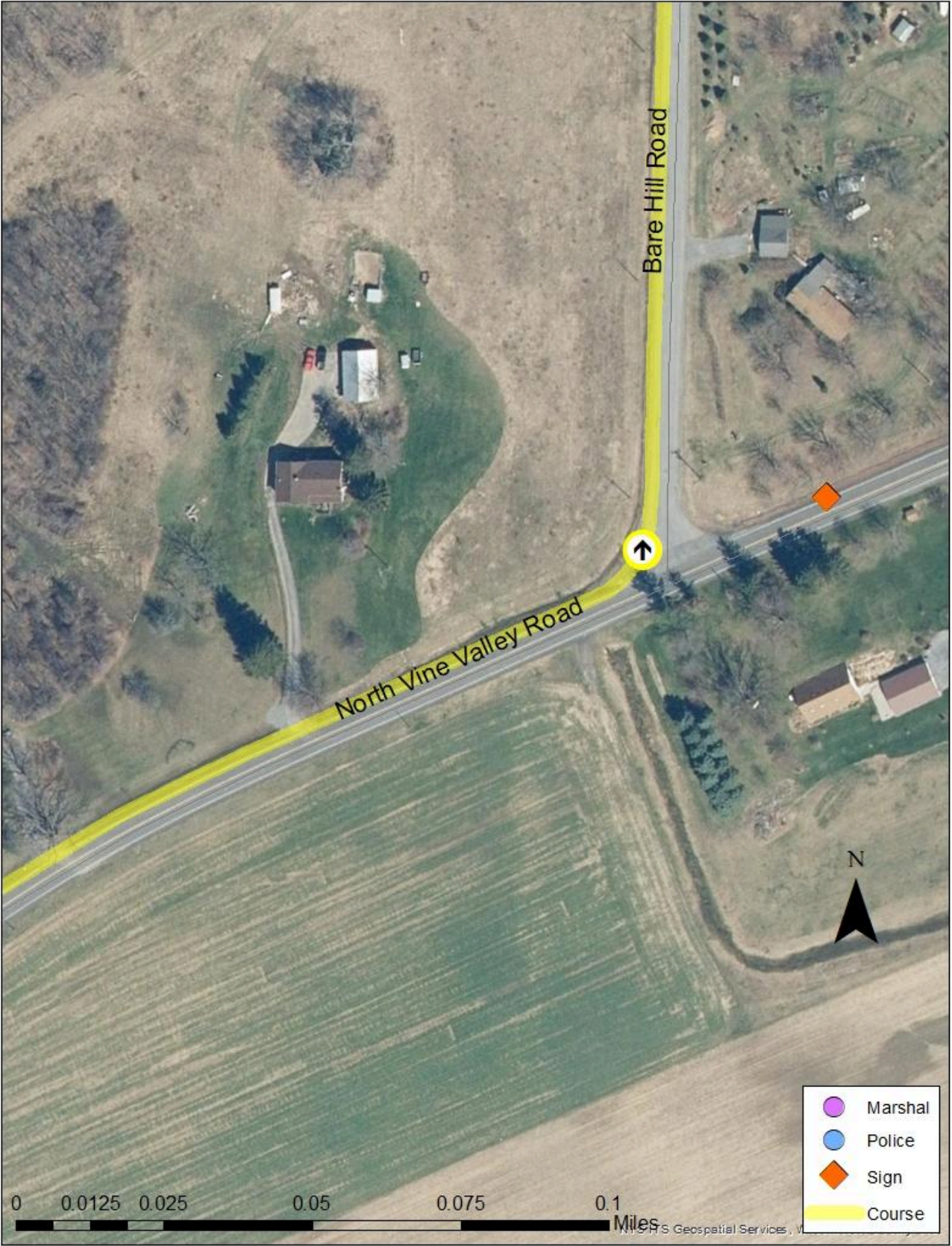


Figure 21: Intersection of Twitchell Rd and State Route 364 Detail Map

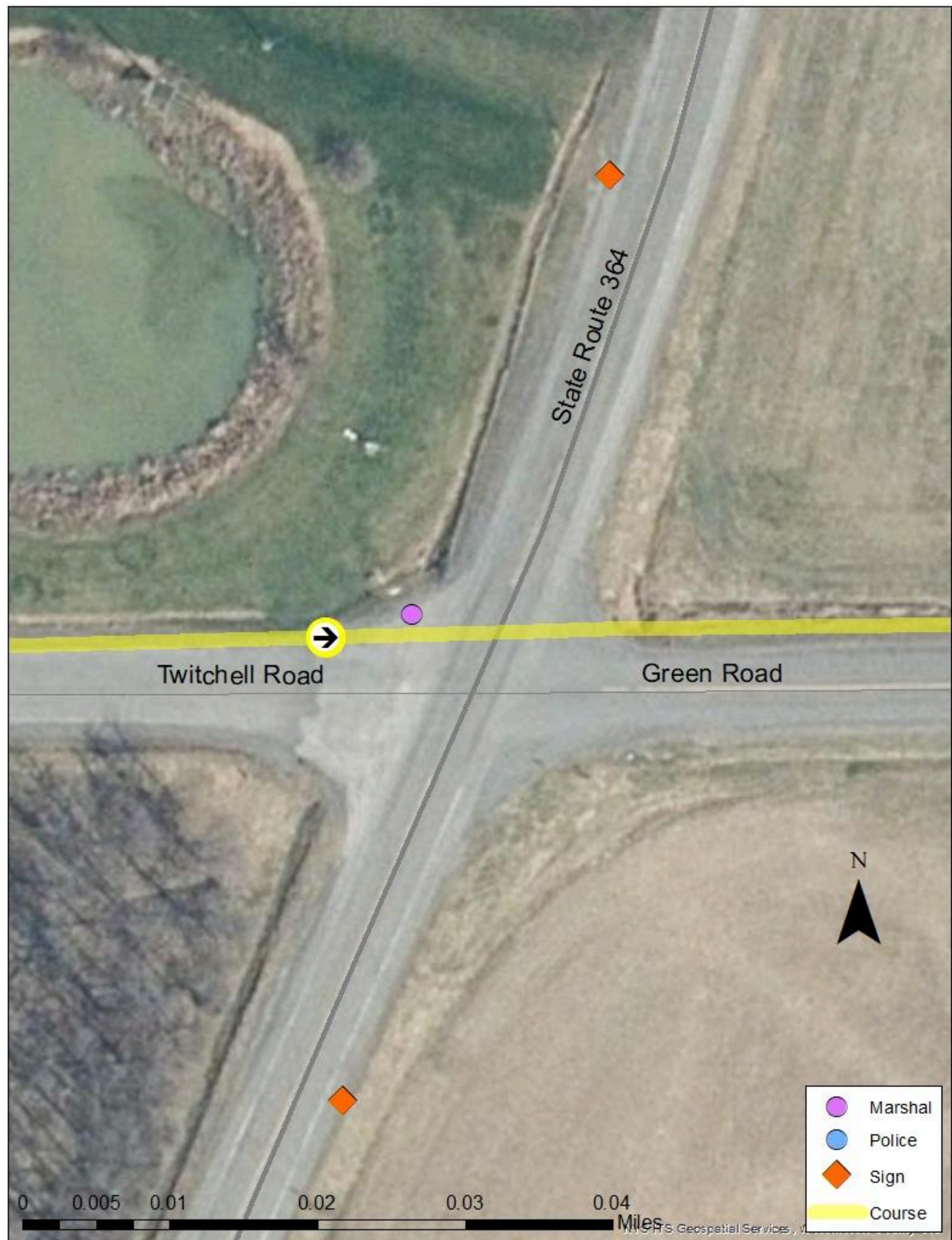


Figure 22: Intersection of Arnold Rd, County Road 1, and Conklin Rd Detail Map



Figure 23: Intersection of Middle Rd and County Road 16 Detail Map

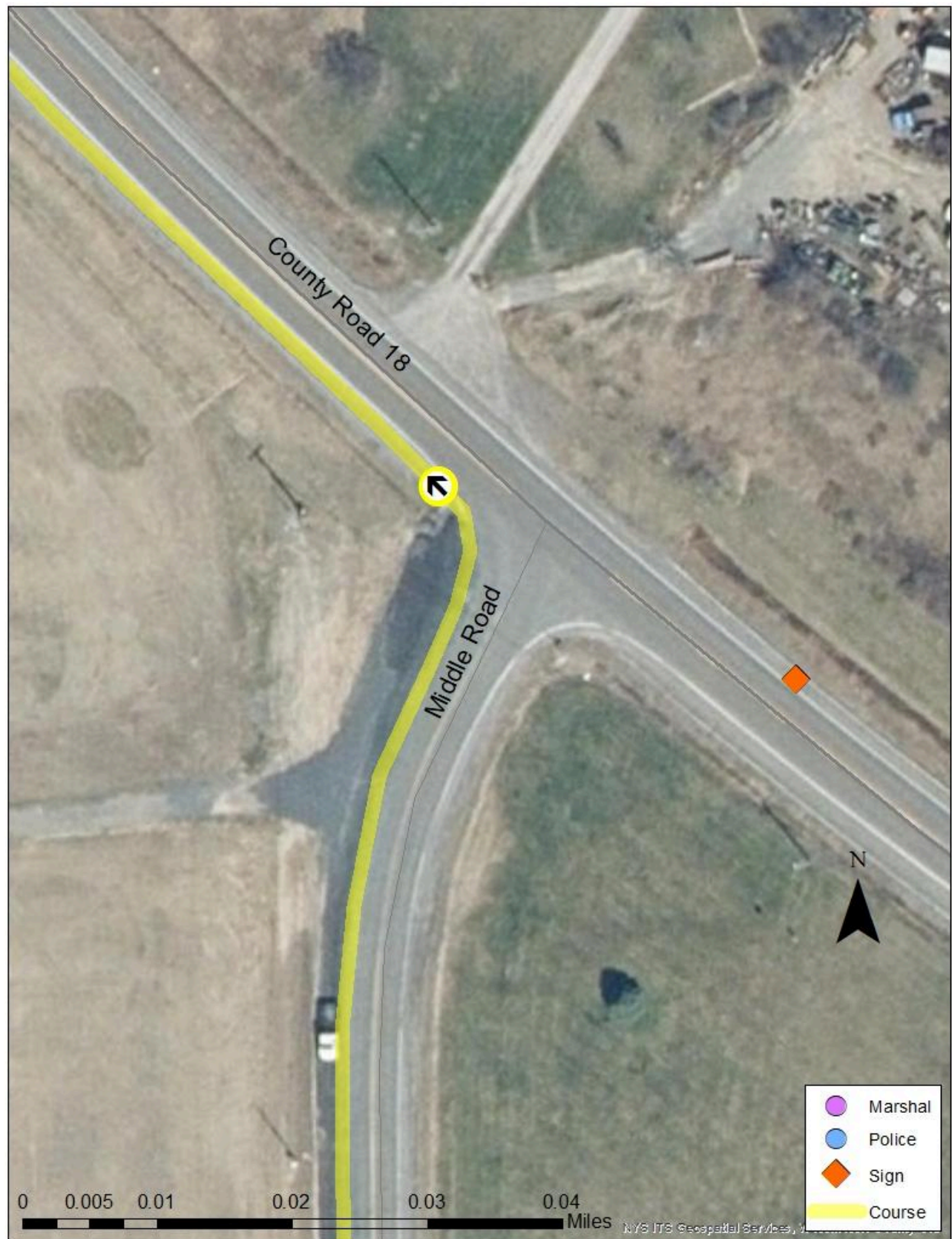
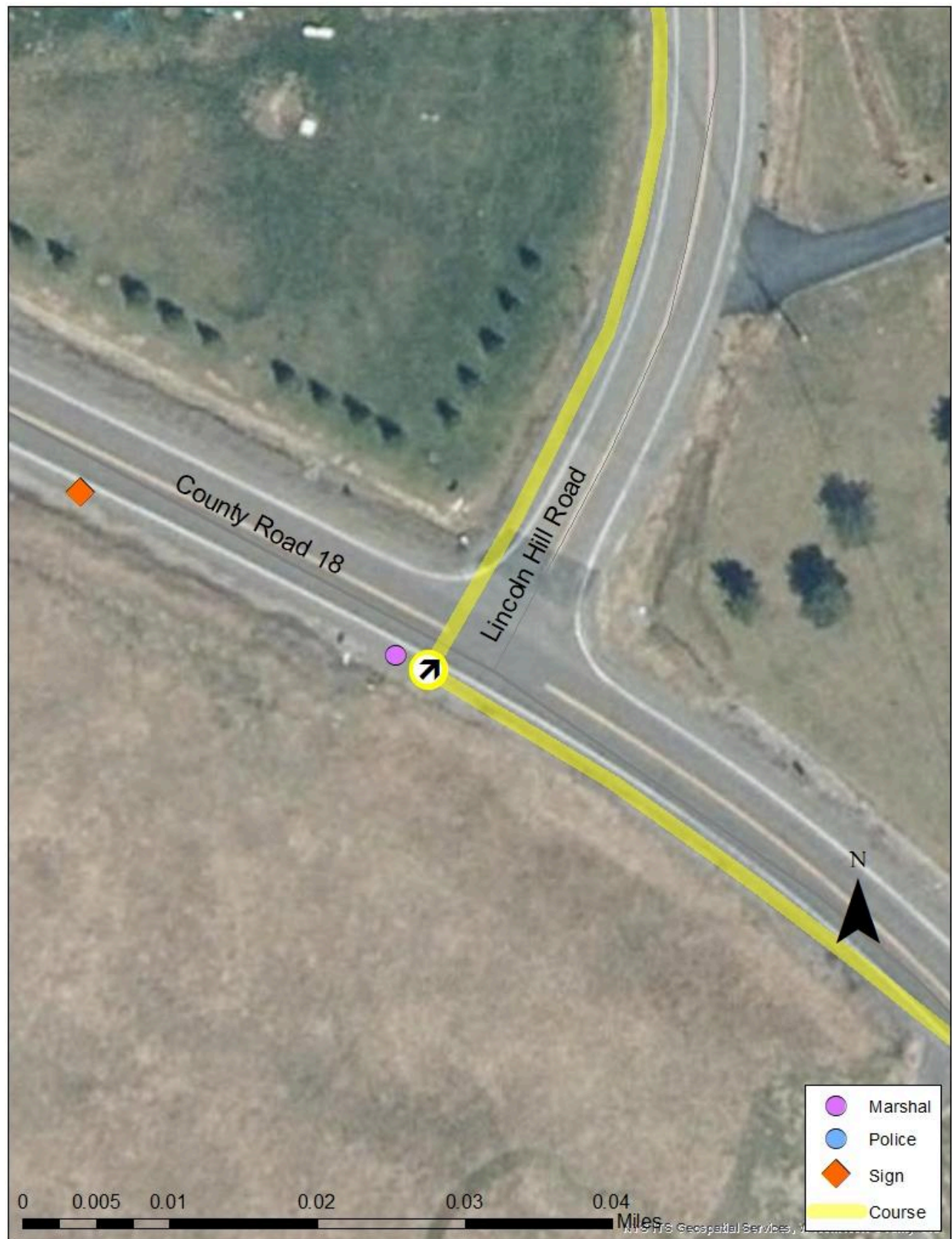


Figure 24: Intersection of County Road 16 and Lincoln Hill Rd Detail Map



Traffic Controls

Locations Requiring Traffic Control

Table 3 below lists the locations on the course that require additional course marking to direct runners, alert highway users, or both. The columns of the table are as follows:

- 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
R	Right turn
RX	Right turn, cross traffic
U	U-turn

Traffic Control

Marshal	A person responsible for directing runners
Mark	Pavement markings directing runners (see Figure 25)
Sign	Signage alerting highway users (see Figure 26)

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

Table 3: List of locations and the controls used

Mile	Location		Turn	Traffic Control			County	City/Town	Figs
	Course	Intersection		Marshal	Mark	Sign			
0.00	Marvin Sands Dr	Fraley Ln	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Hopewell	2
0.22	Marvin Sands Dr	Lakeshore Dr	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Hopewell	2
0.64	Lakeshore Dr	State Route 364	SX	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	City of Canandaigua	2, 13
1.85	Lakeshore Dr	South Main St	RX	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	City of Canandaigua	2
1.99	South Main St	US Route 20	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	City of Canandaigua	2
2.25	US Route 20	trail	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	City of Canandaigua	2, 14
2.50	trail	County Road 16	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	City of Canandaigua	2
4.18	County Road 16	Butler Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Canandaigua	2
4.65	County Road 16	Aid Station 1	S				Ontario	Town of Canandaigua	2
4.92	County Road 16	Wyffels Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Canandaigua	3
6.67	County Road 16	Foster Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Canandaigua	3
7.75	County Road 16	Wells Curtice Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Canandaigua	3
8.86	County Road 16	Deuel Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Canandaigua	3
9.47	County Road 16	Aid Station 2	S				Ontario	Town of Canandaigua	3
9.52	County Road 16	Barnes Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Canandaigua	4
10.30	County Road 16	Coye Rd	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Canandaigua	4
11.64	Coye Rd	Seneca Point Rd	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Canandaigua	4
13.00	Seneca Point Rd	Hicks Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of South Bristol	4
13.13	Seneca Point Rd	Aid Station 3	S				Ontario	Town of South Bristol	4
14.91	Bopple Hill Rd	State Route 21	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of South Bristol	5, 15
15.72	State Route 21	Aid Station 4	S				Ontario	Town of South Bristol	5
16.33	State Route 21	State Route 64	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of South Bristol	6
19.17	State Route 21	Boat Launch	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of South Bristol	6
19.82	State Route 21	Aid Station 5	S				Ontario	Town of Naples	6
20.80	State Route 21	Parish Rd	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Naples	7, 16
21.63	Parish Rd	State Route 245	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Naples	7, 17
23.90	State Route 245	Sunnyside Rd	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Italy	7, 18
24.34	Sunnyside Rd	West Ave	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Italy	7
24.40	Sunnyside Rd	Aid Station 6	S				Yates	Town of Italy	7
24.88	Sunnyside Rd	South Hill Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Italy	7
25.86	Sunnyside Rd	Sunnyside Rd	U	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Italy	7
27.40	Sunnyside Rd	Aid Station 6	S				Yates	Town of Italy	7
27.45	Sunnyside Rd	West Ave	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Italy	8
29.94	West Ave	Wolfanger Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Middlesex	8
31.58	West Ave	Underwood Hill Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Middlesex	8

Mile	Location		Turn	Traffic Control			County	City/Town	Figs
	Course	Intersection		Marshal	Mark	Sign			
31.76	West Ave	Aid Station 8	S				Yates	Town of Middlesex	8
31.81	West Ave	State Route 364	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Middlesex	9
32.26	State Route 364	Ewell Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Middlesex	9
33.12	State Route 364	S. Vine Valley Rd	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Middlesex	9
33.40	S. Vine Valley Rd	Hadsell Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Middlesex	9
33.85	S. Vine Valley Rd	Mertz Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Middlesex	9
34.77	S. Vine Valley Rd	Newell Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Middlesex	9
35.54	S. Vine Valley Rd	South Lake Rd	RX	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Middlesex	9, 19
35.59	South Lake Rd	Vine Valley Rd	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Middlesex	9
35.74	Vine Valley Rd	Aid Station 9	U				Yates	Town of Middlesex	9
35.83	Vine Valley Rd	N. Vine Valley Rd	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Middlesex	9
36.10	N. Vine Valley Rd	East Lake Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Middlesex	9
37.75	N. Vine Valley Rd	Bare Hill Rd	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Yates	Town of Middlesex	9, 20
38.43	Bare Hill Rd	Aid Station 10	S				Yates	Town of Middlesex	9
39.44	Bare Hill Rd	Town Line Rd	RX	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Gorham	10
40.36	Town Line Rd	Twitchell Rd	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Gorham	10
42.48	Twitchell Rd	State Route 364	SX	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Gorham	10, 21
42.90	Green Rd	Aid Station 11	S				Ontario	Town of Gorham	10
42.91	Green Rd	Arnold Rd	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Gorham	11
44.16	Arnold Rd	County Road 1	RX	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Gorham	11, 22
44.22	County Road 1	Conklin Rd	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Gorham	11
44.79	Conklin Rd	Middle Rd	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Gorham	11
45.86	Middle Rd	Lake To Lake Rd	SX	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Gorham	11
44.62	Middle Rd	Kipp Rd	SX	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Gorham	11
46.64	Middle Rd	Aid Station 12	S				Ontario	Town of Gorham	11
47.77	Middle Rd	Turner Rd	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Gorham	12
48.19	Middle Rd	County Road 18	L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Gorham	12, 23
49.31	County Road 18	Lincoln Hill Rd	RX	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Hopewell	12, 24
49.75	Lincoln Hill Rd	trail	S	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Hopewell	12
49.86	trail	Marvin Sands Dr	R	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Canandaigua	12
50.22	Marvin Sands Dr	Fraley Ln	R	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ontario	Town of Hopewell	12
50.30	Fraley Ln	Finish					Ontario	Town of Hopewell	12

Additional Course Notes:

- At the two start lines, race directors will be directing runners in addition to marshals.
- 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.
- City of Canandaigua Police will be at the intersection of Lakeshore Dr & State Route 364 (mile 0.64).
- At mile 2.25, the route will take a grass path connecting US 20 to CR 16.
- At mile 13.96, the road name changes from Seneca Point Rd to Bopple Hill Rd.
- At mile 42.48 (at the intersection with Route 364), the road name changes from Twitchell Rd to Green Rd.
- At mile 49.75, Lincoln Hill Rd will end and the route will take a grass path connecting to Marvin Sand Rd.

Pavement Marking

For pavement marking we will be using Aervoe 218 Yellow Inverted Marking Chalk. This removable spray chalk is designed for temporary marking on pavement, soil, and grass. Markings will mainly be on the left hand shoulder where participants will be running. They will consist of directional arrows for upcoming intersections along with some x's past intersections to identify wrong turns.

Figure 25: Example chalk paint pavement markings



Continue straight ahead



Turn left at the intersection



Turn right at the intersection



STOP! Wrong or missed turn

Event Day Signing

We will rely on pavement marking and will not be using additional signage to direct runners.

We will be using signage to alert highway users (see example in Figure 26). These signs will be placed in the shoulder approximately 100 meters before the locations checked in Table 3.

The metal signs are 30" x 30" with lettering 4" high.

Figure 26: Example race day signage



Road, Lane, Shoulder and Sidewalk Closings

There are no road, lane, shoulder, or sidewalk closures.

Runners will be directed to sidewalks when available, but they will not be closed off to other traffic. Most of the sidewalks on the course occur in the first two miles of the course, which should mostly be complete before 8AM.

For most of the course the runners will be directed to the left-hand shoulder of the road facing traffic, but we will not be closing any shoulders. Aid stations will be set up in areas beyond the shoulder and will not block the road, shoulders, or sidewalks. There are designated parking areas off of the road and for aid station volunteers, race support, and runner support. Runners may be disqualified if they receive aid from a support vehicle outside the aid station, if their support vehicle stops outside the designated parking areas, or if their support vehicle otherwise blocks roads or shoulders.

Spectator Control

There are no special measures being taken to control spectators. Participants will be provided with a guide for their support crew that will state the safety rules of the race. Notably, highlighting the approved spots to stop and the route to follow their runners.

Violations of the Normal Rules of the Road

Participants will follow the rules of the road at all times or face possible disqualification. In short, participants will:

- Use the sidewalk if one is available.
- If a sidewalk is not available, use the left shoulder facing traffic.
- Yield to all traffic.
- Be considerate of any other pedestrians.
- Follow marshal instructions at road crossings.

Detours

None.

List of Railroad Grade Crossings

None.

Banners

None.

Pre-Event Public Notification

None.

Event Management

The CanLake Ultras is a joint event of FarFetched Enterprises and Wolfpack Multisport. The event is sanctioned by USATF. All event personnel are volunteers.

Role	Name	Phone	Email
Race Director	Teague Ruder	412-944-4040	teague@gofarfetchd.com
Co-Director	Bert Gallmon	585-737-3650	bert@wolfpackmultisport.com
Assistant Director	Gil Robs	585-703-6831	egils.robs@gmail.com
Assistant Director	Martha Doody	585-315-2078	mdoody321@gmail.com

Coordination

This plan is being shared with all municipalities on the route. We will coordinate with the City of Canandaigua Police for the location at the intersection of Lakeshore Dr & State Route 364 (mile 0.64). We will also coordinate with private landowners for aid stations that will be set up on their property.

Event Day Communications

We will rely primarily on cell phones that have been proven to work within the area. Additionally, we will be recording races who drop on paper and via the timing system.

Emergency Services

All staff are to call 911 immediately for incidents requiring medical or police response and then call the Race Director. Because there are no street closures, any emergency vehicles have complete access to the course and can travel to any point.

Event Support Vehicles

There will be a vehicle moving along the course to deliver supplies and prepare the aid stations for opening. A separate vehicle will move along the course to pick up supplies, clean, and close down the aid stations. Additional vehicles will be available (primarily at the start/finish area) to respond to emergencies and provide any additional supplies.

All vehicles will use their flashers when stopping, traveling slowly, or otherwise . They will not park on the main traffic routes or shoulders, instead using parking lots, driveways, and the shoulders of side streets.