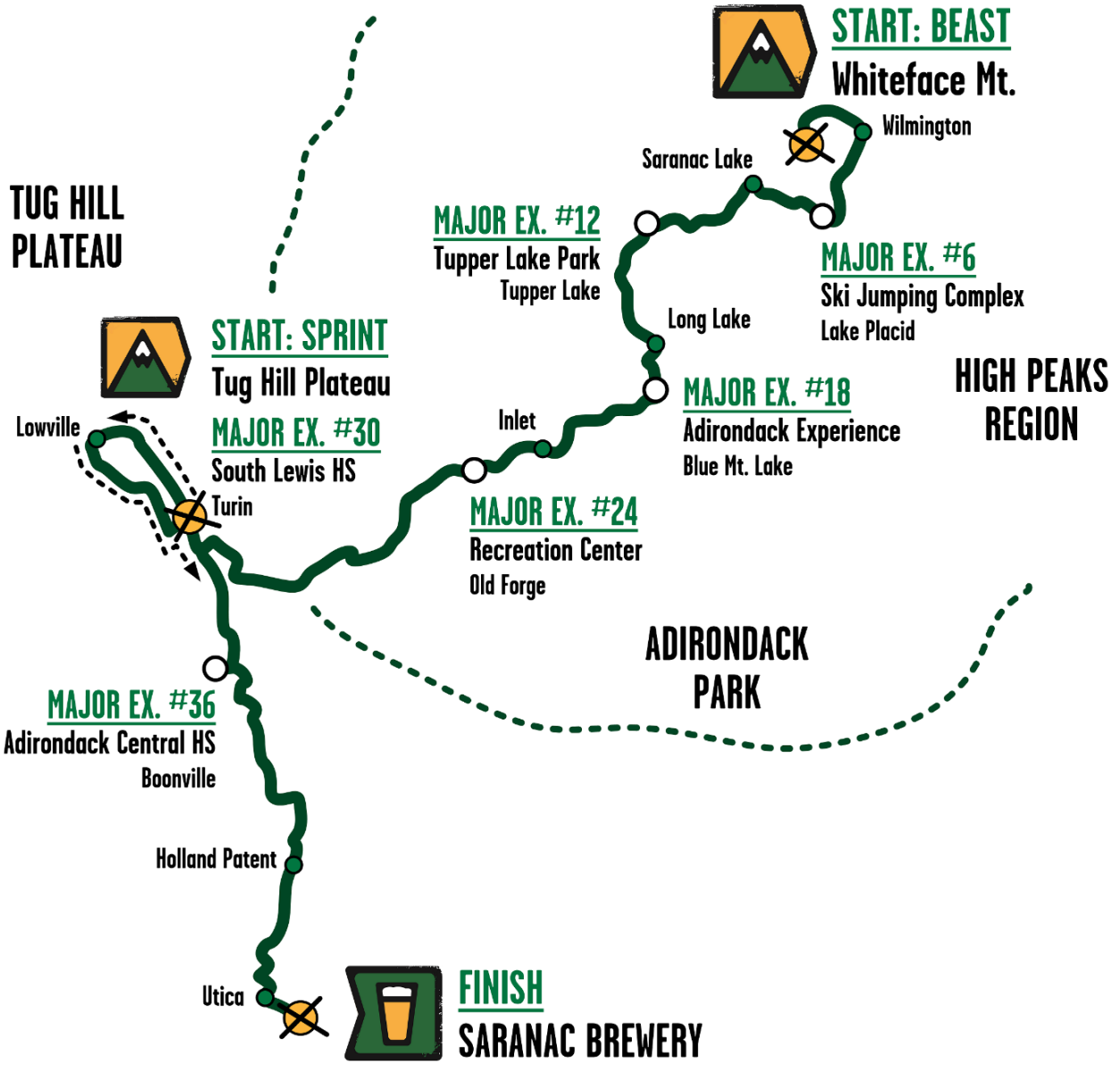
2019 P2B ADK RELAY COURSE MAPS

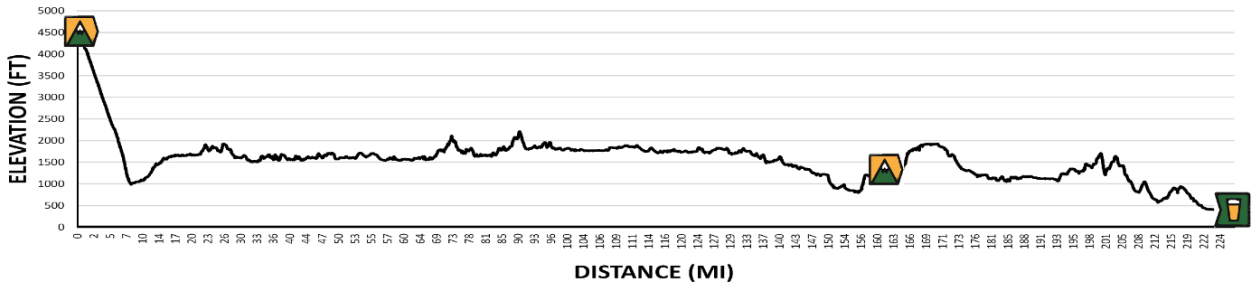
(BEAST & SPRINT RELAY)

PEAK 2 BREW: ADK RELAY

BEAST: WHITEFACE MT
SPRINT: TUG HILL PLATEAU

SARANAC BREWERY





PEAK 2 BREW ADK RELAY - LEG MASTER

START	WHITEFACE MT					
FINISH	SARANAC BREWERY					
DISTANCE (mi)	227	# LEGS	42	# SECTIONS	7	

LEG #	EXCHANGE	DISTANCE (miles)	LEVEL OF DIFFICULTY	ELEV. GAIN (feet)	ELEV. LOSS (feet)	MAX ELEV. (feet)	MIN ELEV. (feet)	COURSE SECTION #	SECTION DISTANCE (miles)	SECTION ELEV. GAIN (feet)	SECTION ELEV. LOSS (feet)
1	Santa's Workshop - North Pole	6.4	VERY HARD	126	-2992	4595	1727	1	22.5	1641	-4536
2	Cunningham Lane Festival Field	2.1	MODERATE	41	-746	1724	981				
3	Ledge Rock at Whiteface	3.3	MODERATE	283	-73	1230	1017				
4	NYS DOT Pull Offs (NY-86)	3.0	MODERATE	543	-201	1596	1235				
5	Mt. Lake Academy	5.2	MODERATE	437	-330	1683	1564				
6	Ski Jumping Complex, Intervales Lodge	2.5	EASY	210	-194	1752	1656				
7	Gravel Lot near LP Fire Department	3.0	MODERATE	356	-313	1872	1691	2	34.6	3028	-3195
8	Roger F Quinn Memorial Field	5.3	MODERATE	479	-550	1922	1589				
9	Dewey Mountain Recreation Center	4.2	EASY	294	-325	1683	1518				
10	Coreys Rd/Adirondack Park Preserve	11.5	VERY HARD	1104	-1160	1685	1534				
11	DEC Dirt Lot (NY-30 @ NY-3)	3.3	MODERATE	409	-299	1717	1585				
12	Tupper Lake Park Municipal Park	7.2	MODERATE	*386*	*-548*	*1713*	*1545*				
13	Tupper Lake Rod & Gun Club	3.2	EASY	274	-245	1629	1537	3	33.5	3031	-2513
14	Litchfield Park - Old Saw Mill Lot	5.7	MODERATE	315	-327	1631	1546				
15	Dirt/Gravel Lot (NY-30)	5.8	MODERATE	532	-237	1853	1555				
16	DOT Hamilton Co. Sub-Residency (NY-30)	7.1	MODERATE	667	-700	2106	1701				
17	Mt. Sabattis Recreation Area	2.3	EASY	140	-305	1821	1630				
18	Adirondack Experience	9.4	VERY HARD	1103	-700	2210	1630				
19	Burke's Marina	12.3	HARD	695	-966	2046	1762	4	38.2	2216	-2531
20	Raquette Lake Town Center	2.3	EASY	67	-78	1805	1762				
21	Eagle Bay Vistor Office	9.3	HARD	679	-687	1990	1756				
22	Fern Park	2.4	EASY	209	-195	1830	1710				
23	Quiver Pond/S Shore Rd	4.3	MODERATE	214	-225	1802	1730				
24	George T Hiltebrant Recreation Center	7.5	MODERATE	*352*	*-379*	*1843*	*1708*				
25	Adirondack Scenic Railroad Thendara Station	2.7	EASY	*85*	*-102*	*1737*	*1690*	5	32.2	1817	-2341
26	Scusa Rd / Minnehaha Rd Intersection	4.1	EASY	198	-231	1818	1688				
27	Moose River Rd (Pull-Off Area)	8.5	MODERATE	485	-751	1705	1421				
28	Lewis County Recreation Area	7.1	MODERATE	278	-481	1450	1177				
29	Riverside Park	6.1	EASY	204	-580	1223	841				
30	South Lewis High School	3.9	HARD	566	-197	1212	799				
31	Whetstone Gulf State Park	6.1	MODERATE	255	-145	1325	1204	6	29.8	2347	-2382
32	Timberview Resort	6.4	VERY HARD	1238	-788	1930	1318				
33	Snow Ridge Ski Center	2.4	EASY	144	-593	1767	1315				
34	The Hayloft at Moonshine Farm	5.0	EASY	182	-289	1317	1159				
35	Dig & Push Excavating Barn	3.8	EASY	136	-228	1208	1068				
36	Adirondack Central School	6.2	MODERATE	392	-338	1177	1051				
37	Potato Hill Farm	6.2	HARD	435	-271	1349	1061	7	36.5	2700	-3434
38	Baron Von Steuben Memorial Park	10.0	INSANE	1202	-1118	1705	1206				
39	Holland Patent High School	6.3	MODERATE	*311*	*-938*	*1424*	*794*				
40	Toby Park & Pavillion	5.0	MODERATE	*401*	*-294*	*904*	*570*				
41	Deerfield Fire Department	6.0	MODERATE	*257*	*-658*	*938*	*502*				
42	Saranac Brewery	3.0	EASY	*94*	*-155*	*499*	*394*				
TOTAL	Whiteface > Saranac	227	ULTIMATE	16779	-20931	4595	394	7	227	16779	-20931

P2B ADK 'BEAST' RELAY - LEG CHART

START	WHITEFACE MT		
FINISH	SARANAC BREWERY		
DISTANCE (mi)	227	# LEGS	42
TEAM TYPES	**STANDARD**	**ULTRA**	
# VANS/TEAM	1	1	
# RUNNERS	12	6	
# LEGS/RUNNER	VAN #1 = 4 VAN #2 = 3	7 STANDARD *or* 3 DOUBLE + 1 STD	

STANDARD TEAM: LEG BREAKDOWN BY RUNNER

VAN #	RUNNER #	LEG#: 1-6	LEG#: 13-18	LEG#: 25-30	LEG#: 37-42	TOTAL
1	1	6.4 *VERY HARD*	3.2 *EASY*	2.7 *EASY*	6.2 *HARD*	18.4
	2	2.1 *MODERATE*	5.7 *MODERATE*	4.1 *EASY*	10.0 *INSANE*	21.9
	3	3.3 *MODERATE*	5.8 *MODERATE*	8.5 *MODERATE*	6.3 *MODERATE*	23.9
	4	3.0 *MODERATE*	7.1 *MODERATE*	7.1 *MODERATE*	5.0 *MODERATE*	22.2
	5	5.2 *MODERATE*	2.3 *EASY*	6.1 *EASY*	6.0 *MODERATE*	19.5
	6	2.5 *EASY*	9.4 *VERY HARD*	3.9 *HARD*	3.0 *EASY*	18.8
		LEG#: 7-12	LEG#: 19-24	LEG#: 31-36		TOTAL
2	7	3.0 *MODERATE*	12.3 *HARD*	6.1 *MODERATE*		21.5
	8	5.3 *MODERATE*	2.3 *EASY*	6.4 *VERY HARD*		14.0
	9	4.2 *EASY*	9.3 *HARD*	2.4 *EASY*		15.9
	10	11.5 *VERY HARD*	2.4 *EASY*	5.0 *EASY*		18.8
	11	3.3 *MODERATE*	4.3 *MODERATE*	3.8 *EASY*		11.4
	12	7.2 *MODERATE*	7.5 *MODERATE*	6.2 *MODERATE*		20.9

P2B ADK 'BEAST' RELAY - LEG CHART

START	WHITEFACE MT		
FINISH	SARANAC BREWERY		
DISTANCE (mi)	227	# LEGS	42
TEAM TYPES	**STANDARD**	**ULTRA**	
# VANS/TEAM	1	1	
# RUNNERS	12	6	
# LEGS/RUNNER	VAN #1 = 4 VAN #2 = 3	7 STANDARD *or* 3 DOUBLE + 1 STD	

ULTRA TEAM: LEG BREAKDOWN BY RUNNER

OPTION #1 = 7 STANDARD LEGS/RUNNER

RUNNER #	LEG#: 1-6	LEG#: 7-12	LEG#: 13-18	LEG#: 19-24	LEG#: 25-30	LEG#: 31-36	LEG#: 37-42	TOTAL
1	6.4 *VERY HARD*	3.0 *MODERATE*	3.2 *EASY*	12.3 *HARD*	2.7 *EASY*	6.1 *MODERATE*	6.2 *HARD*	39.9
2	2.1 *MODERATE*	5.3 *MODERATE*	5.7 *MODERATE*	2.3 *EASY*	4.1 *EASY*	6.4 *VERY HARD*	10.0 *INSANE*	36.0
3	3.3 *MODERATE*	4.2 *EASY*	5.8 *MODERATE*	9.3 *HARD*	8.5 *MODERATE*	2.4 *EASY*	6.3 *MODERATE*	39.8
4	3.0 *MODERATE*	11.5 *VERY HARD*	7.1 *MODERATE*	2.4 *EASY*	7.1 *MODERATE*	5.0 *EASY*	5.0 *MODERATE*	41.0
5	5.2 *MODERATE*	3.3 *MODERATE*	2.3 *EASY*	4.3 *MODERATE*	6.1 *EASY*	3.8 *EASY*	6.0 *MODERATE*	30.9
6	2.5 *EASY*	7.2 *MODERATE*	9.4 *VERY HARD*	7.5 *MODERATE*	3.9 *HARD*	6.2 *MODERATE*	3.0 *EASY*	39.7

OPTION #2 = 3 DOUBLE LEGS/RUNNER + 1 STANDARD LEG/RUNNER

RUNNER #	LEG#: 1-12	LEG#: 13-24	LEG#: 25-36	LEG#: 37-42	TOTAL
1	8.5 *VERY HARD*	9.0 *MODERATE*	6.7 *EASY*	6.2 *HARD*	30.3
2	6.3 *MODERATE*	12.9 *MODERATE*	15.5 *MODERATE*	10.0 *INSANE*	44.8
3	7.7 *EASY*	11.7 *VERY HARD*	9.9 *HARD*	6.3 *MODERATE*	35.6
4	8.4 *MODERATE*	14.6 *HARD*	12.5 *VERY HARD*	5.0 *MODERATE*	40.5
5	15.7 *VERY HARD*	11.7 *HARD*	7.4 *EASY*	6.0 *MODERATE*	40.7
6	10.5 *MODERATE*	11.8 *MODERATE*	9.9 *MODERATE*	3.0 *EASY*	35.3

DOUBLE LEGS: LEG# 1-36
STANDARD LEG: LEG# 37-42

P2B ADK 'SPRINT' RELAY - LEG CHART

START	TUG HILL PLATEAU...South Lewis HS		
FINISH	SARANAC BREWERY		
DISTANCE (mi)	66	# LEGS	12
TEAM TYPES	**6-PACK**	**4-PACK**	**3-PACK**
# VANS/TEAM	1	1	1
# RUNNERS	6	4	3
# LEGS/RUNNER	2	3	4

6-PACK TEAM: LEG BREAKDOWN BY RUNNER

RUNNER #	LEG#: 31-36	LEG#: 37-42	TOTAL
1	6.1 *MODERATE*	6.2 *HARD*	12.3
2	6.4 *VERY HARD*	10.0 *INSANE*	16.4
3	2.4 *EASY*	6.3 *MODERATE*	8.7
4	5.0 *EASY*	5.0 *MODERATE*	10.0
5	3.8 *EASY*	6.0 *MODERATE*	9.8
6	6.2 *MODERATE*	3.0 *EASY*	9.2

4-PACK TEAM: LEG BREAKDOWN BY RUNNER

RUNNER #	LEG#: 31-34	LEG#: 35-38	LEG#: 39-42	TOTAL
1	6.1 *MODERATE*	3.8 *EASY*	6.3 *MODERATE*	16.2
2	6.4 *VERY HARD*	6.2 *MODERATE*	5.0 *MODERATE*	17.6
3	2.4 *EASY*	6.2 *HARD*	6.0 *MODERATE*	14.6
4	5.0 *EASY*	10.0 *INSANE*	3.0 *EASY*	18.0

3-PACK TEAM: LEG BREAKDOWN BY RUNNER

RUNNER #	LEG#: 31-33	LEG#: 34-36	LEG#: 37-39	LEG#: 40-42	TOTAL
1	6.1 *MODERATE*	5.0 *EASY*	6.2 *HARD*	5.0 *MODERATE*	22.2
2	6.4 *VERY HARD*	3.8 *EASY*	10.0 *INSANE*	6.0 *MODERATE*	26.2
3	2.4 *EASY*	6.2 *MODERATE*	6.3 *MODERATE*	3.0 *EASY*	17.9

Leg #1: 6.4 Miles – VERY HARD "THE DOWNHILL MONSTER"

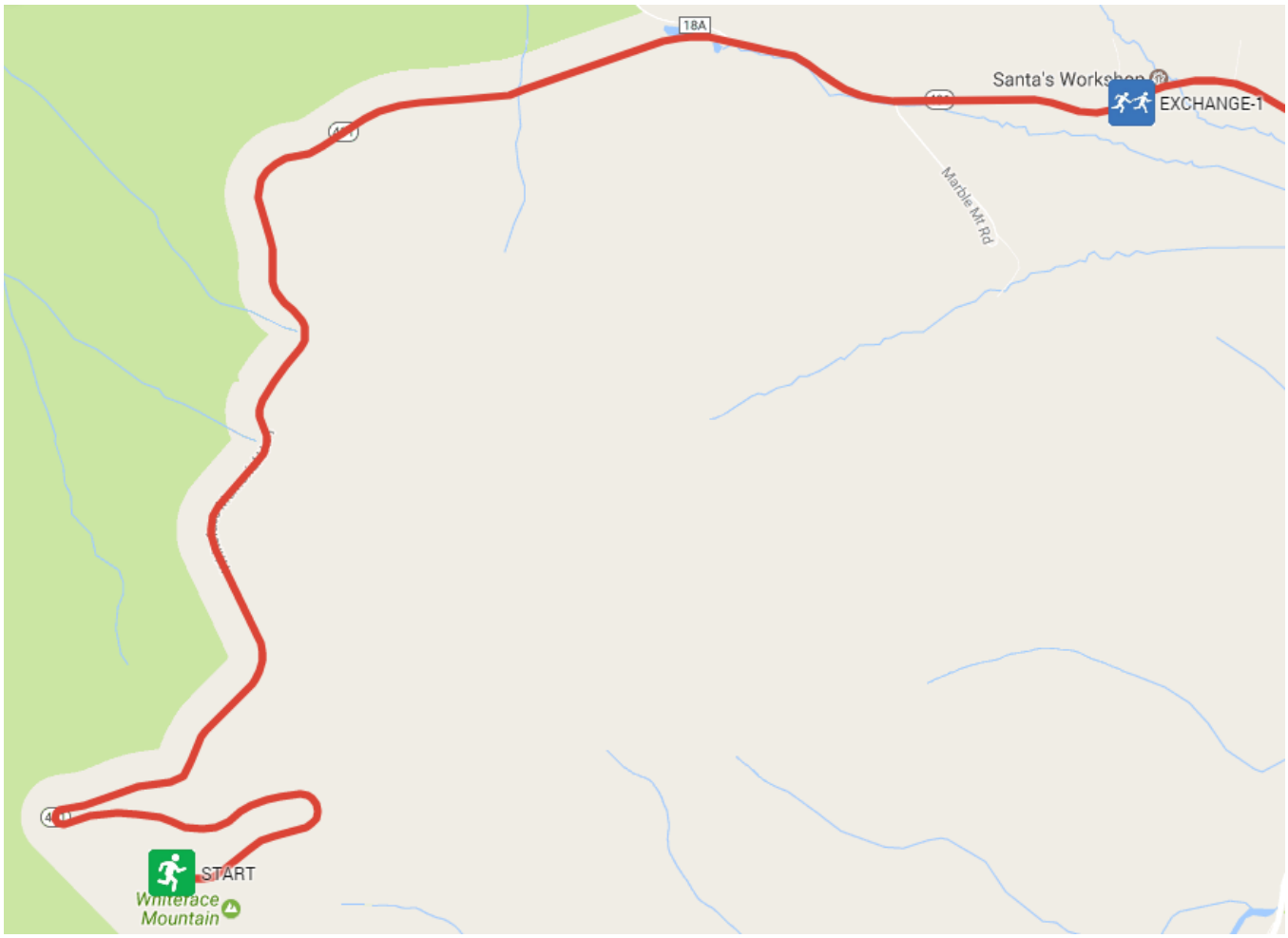
START LINE:
Whiteface Mountain Castle
Veterans Memorial Highway (NY-431)
Wilmington, NY 12997
GPS: 44.36734, -73.90616

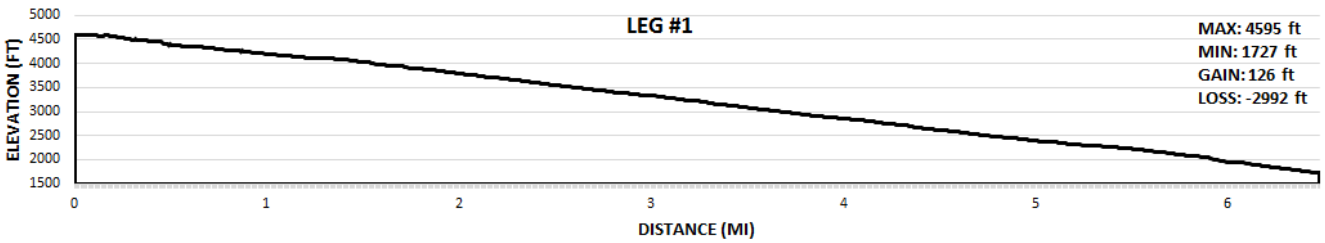
EXCHANGE #1:
Santa's Workshop
324 Whiteface Memorial Highway
Wilmington, NY 12997
GPS: 44.39967, -73.8498

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

↑ **6.4 mi:** Head northeast on NY-431 – ***Run on right side of road going with traffic***

EXCHANGE: Right side of road near cross walk across from Santa's Workshop
VAN PARKING: Right side of road across from Santa's Workshop in dirt parking lot





Leg #2: 2.1 Miles – MODERATE

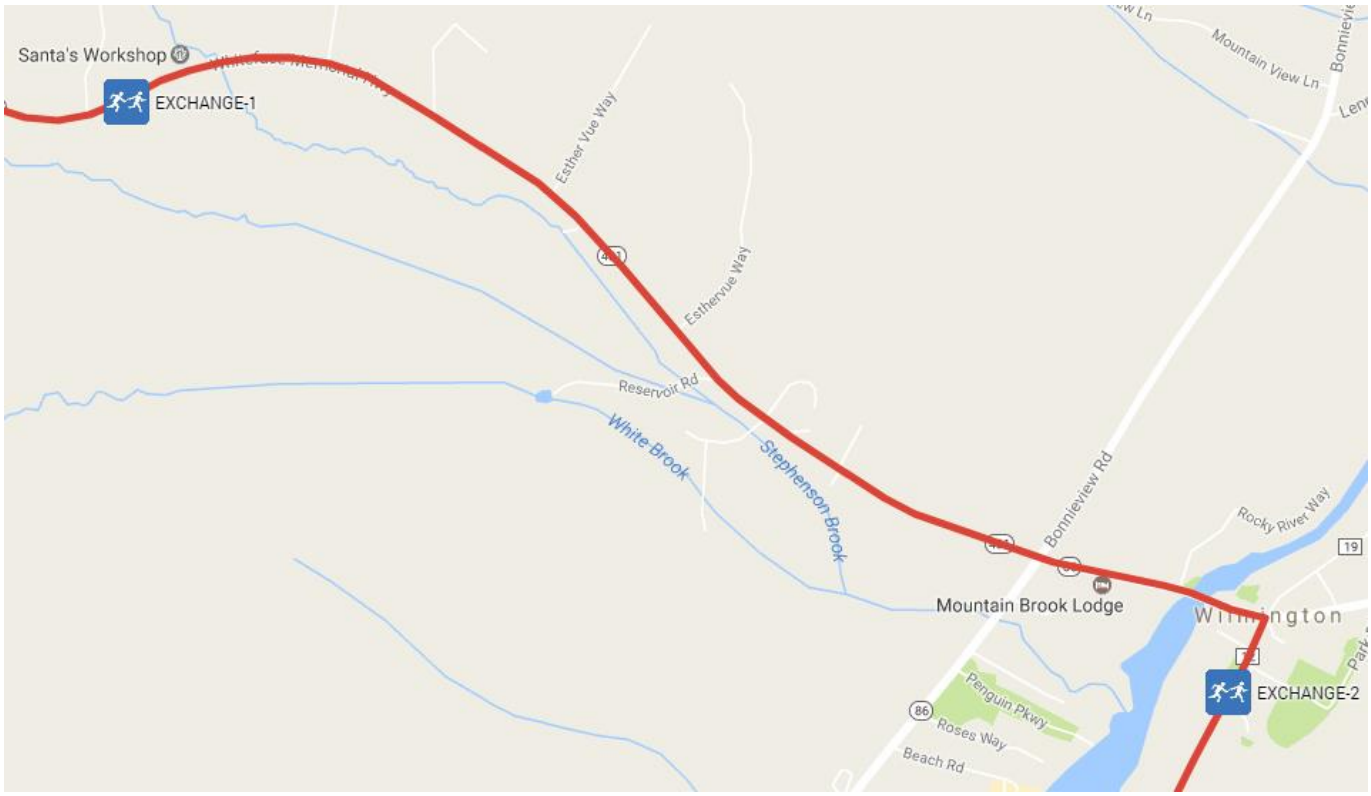
EXCHANGE #1:
Santa's Workshop
324 Whiteface Memorial Highway
Wilmington, NY 12997
GPS: 44.39967, -73.8498

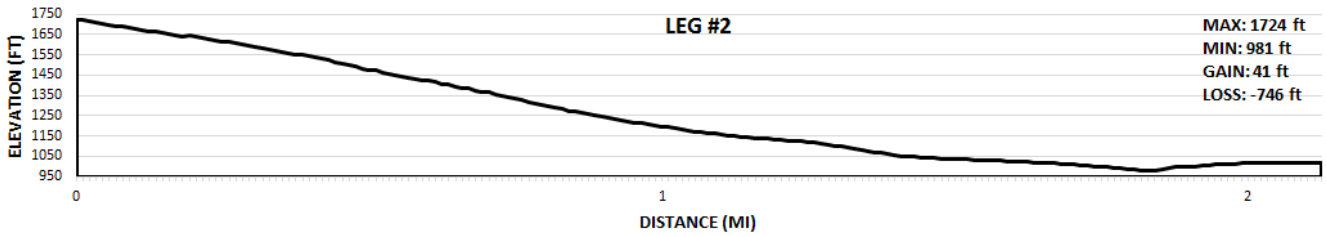
EXCHANGE #2:
Cunningham Lane Festival Field
1131 Springfield Rd
Wilmington, NY 12997
GPS: 44.38695, -73.81662

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **1.6 mi**: Head east on NY-431 (Veterans Memorial Highway) – ***Run on right side of road going with traffic***
- ↑ **0.3 mi**: Cross NY-86 and Continue onto NY-86 E – ***Cross @ Crosswalk; Run on sidewalk going with traffic***
- → **0.2 mi:** Turn right onto Springfield Rd – ***Run on sidewalk going with traffic***

EXCHANGE: Right side of road on sidewalk near park field
VAN PARKING: Right side of road at Cunningham Lane Festival Field on dirt road and grass field





Leg #3: 3.3 Miles – MODERATE

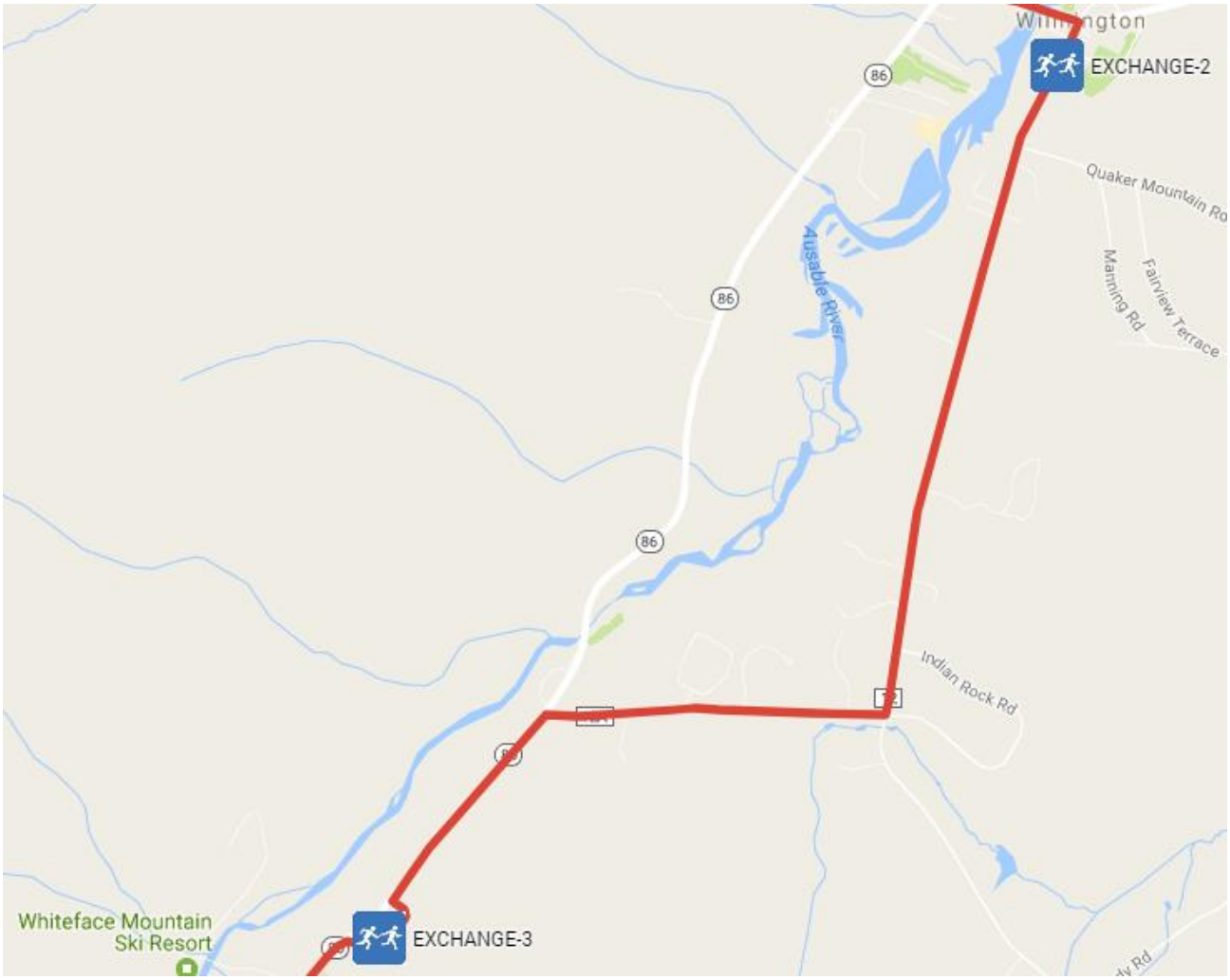
EXCHANGE #2:
Cunningham Lane Festival Field
1131 Springfield Rd
Wilmington, NY 12997
GPS: 44.38695, -73.81662

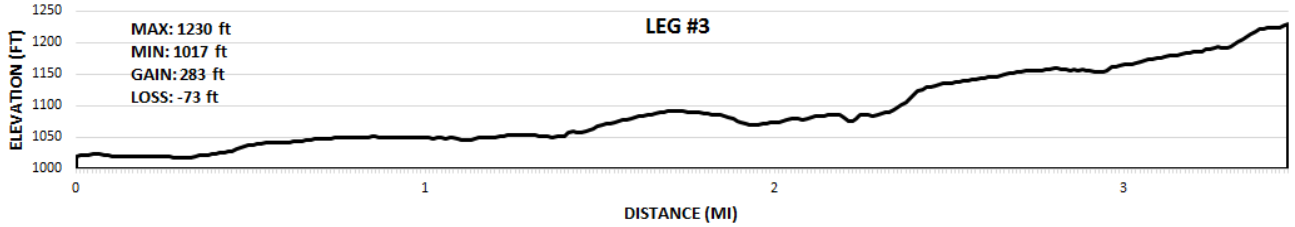
EXCHANGE #3:
Ledge Rock at Whiteface
5078 New York 86
Lake Placid, NY 12946
GPS: 44.35475, -73.85153

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **1.7 mi**: Head southwest on Springfield Rd – ***Run on right side of road going with traffic (in bike lane)***
- → **0.9 mi:** Turn right onto Fox Farm Rd – ***Cross Fox Farm Rd***
- ← **0.6 mi:** Turn left onto NY-86 W
- ← **0.1 mi:** Turn left into Ledge Rock Driveway

EXCHANGE: Left side of Ledge Rock Driveway near Ledge Rock Motel
VAN PARKING: Right side of Ledge Rock Driveway





Leg #4: 3.0 Miles – MODERATE

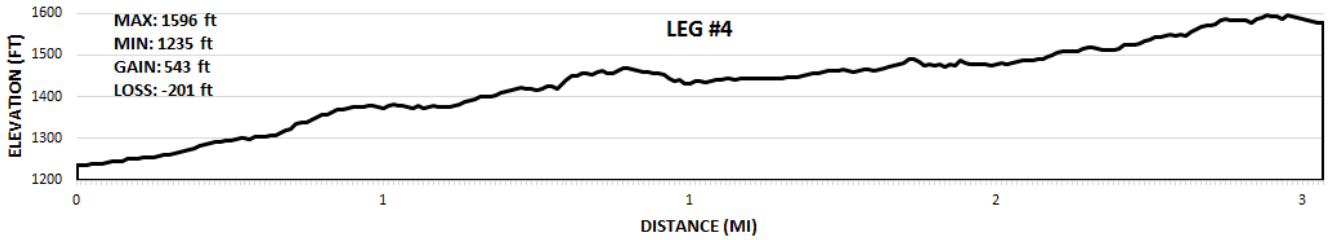
EXCHANGE #3:
Ledge Rock at Whiteface
5078 New York 86
Lake Placid, NY 12946
GPS: 44.35475, -73.85153

EXCHANGE #4:
NYS DOT Pull Offs
New York 86
Lake Placid, NY 12946
GPS: 44.3347, -73.90062

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ← **0.1 mi:** Turn left on NY-86 W out of Ledge Rock Driveway
- ↑ **2.9 mi:** Head southwest on NY-86 W

EXCHANGE: Left side of road on shoulder of NY-86 near Trail Head
VAN PARKING: Right side of road in NYS DOT Pull Offs *(2 Pull Off Areas Separate from Each Other)*



Leg #5: 5.2 Miles – MODERATE

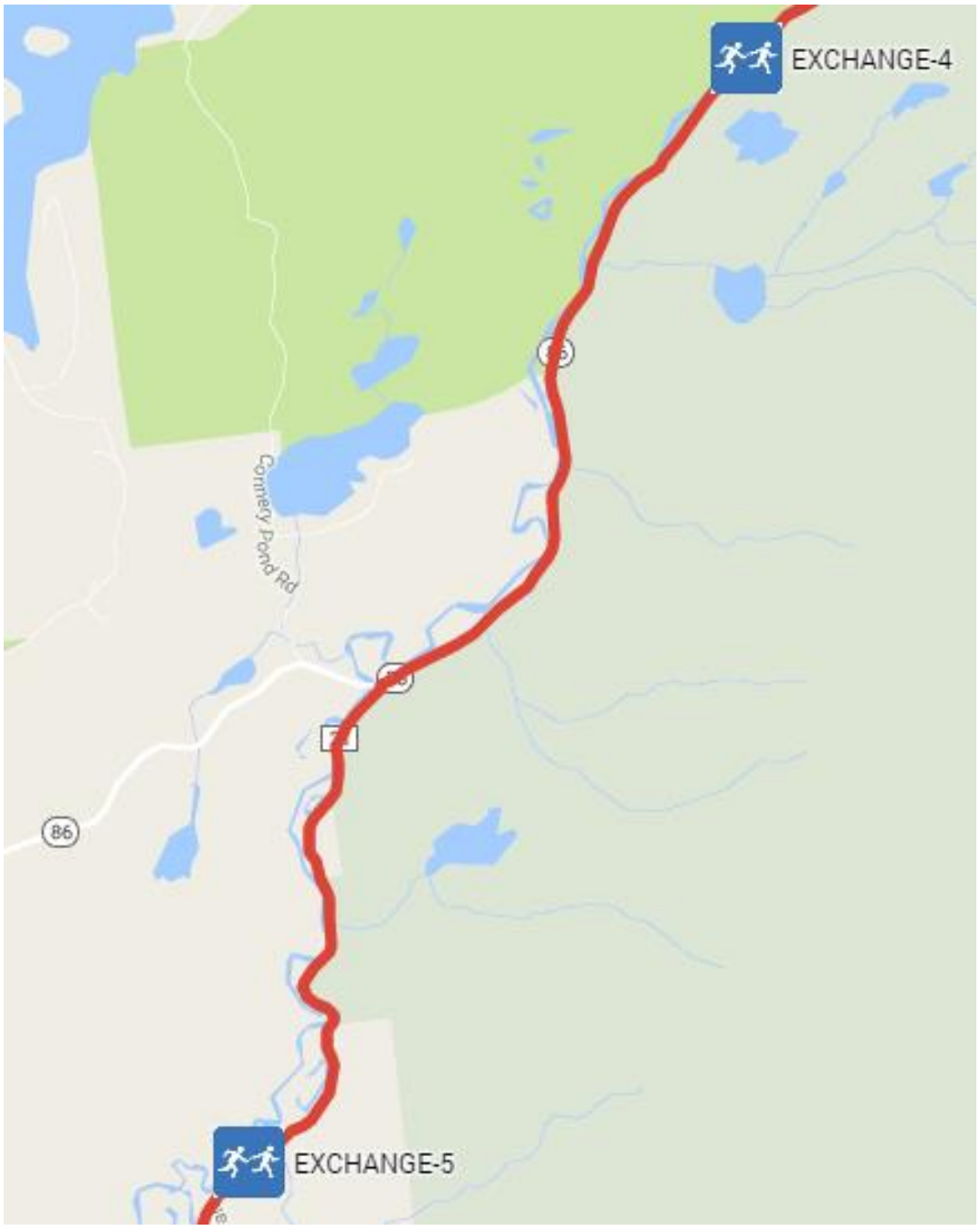
EXCHANGE #4:
NYS DOT Pull Offs
New York 86
Lake Placid, NY 12946
GPS: 44.3347, -73.90062

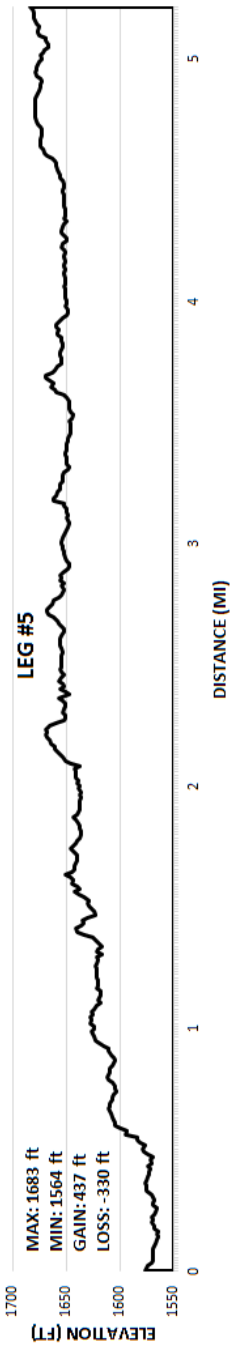
EXCHANGE #5:
Mt Lake Academy
386 River Rd
Lake Placid, NY 12946
GPS: 44.27379, -73.93882

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **3.0 mi:** Head southwest on NY-86 W toward River Rd
- ← **2.2 mi:** Turn left onto River Rd

EXCHANGE: Left side of road at Mt. Lake Academy
VAN PARKING: Left side of road at Mt. Lake Academy. Pull into Driveway and loop back around for parking.





Leg #6: 2.5 Miles – EASY

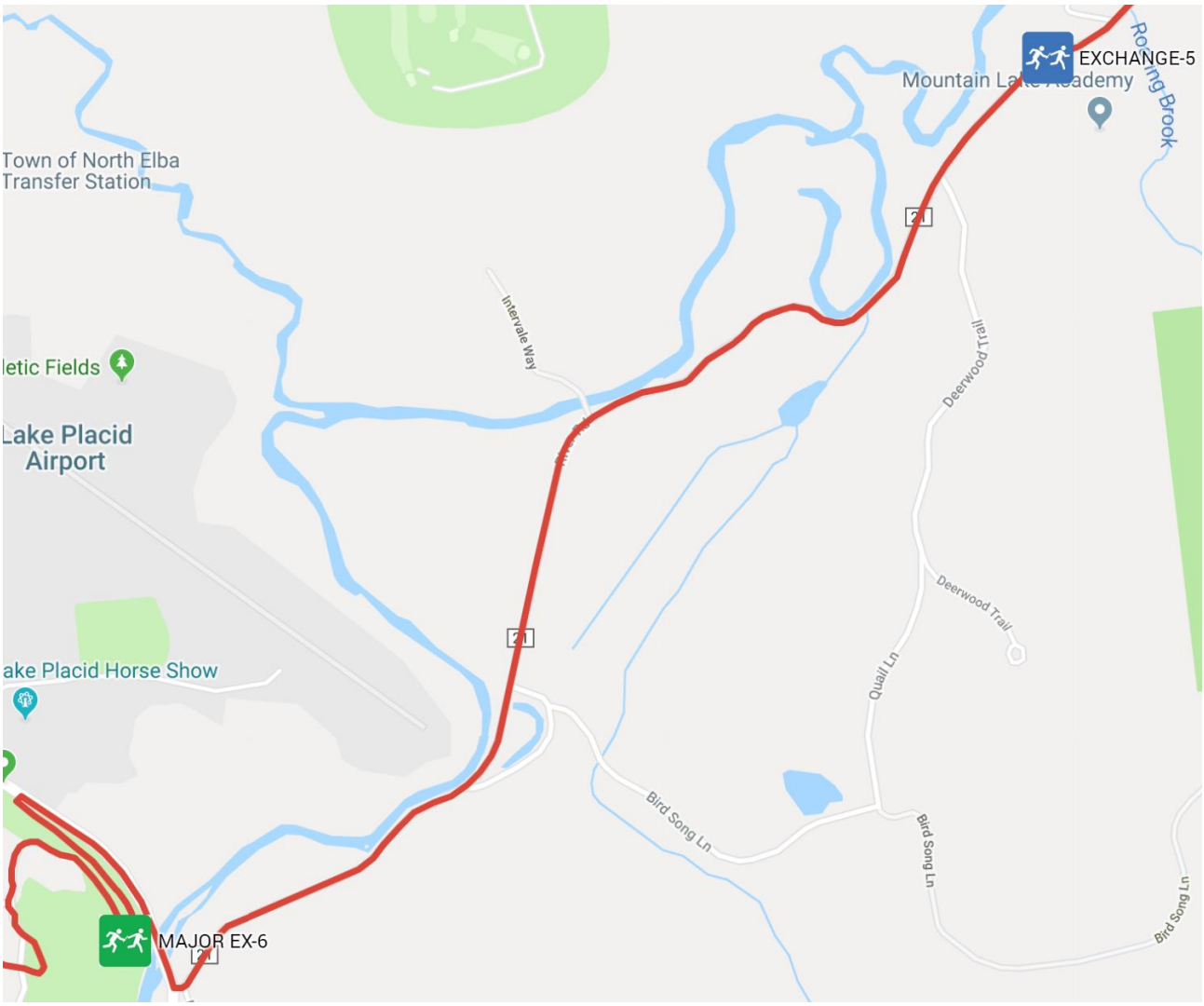
EXCHANGE #5:
Mt Lake Academy
386 River Rd
Lake Placid, NY 12946
GPS: 44.27379, -73.93882

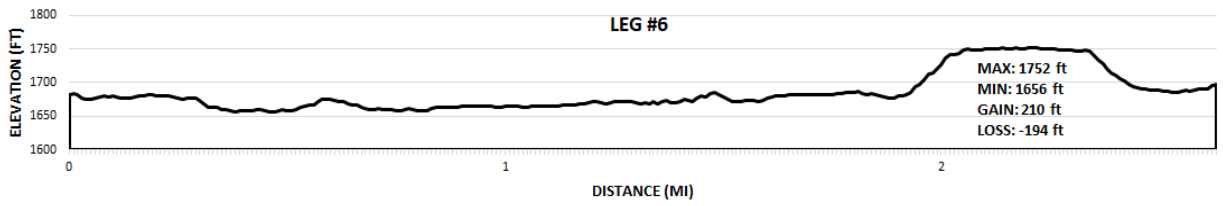
MAJOR EXCHANGE #6:
Ski Jumping Complex, Intervales Lodge
5486 Cascade Rd
Lake Placid, NY 12946
GPS: 44.25735, -73.96366

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **1.8 mi:** Head southwest on River Rd
- → **0.3 mi:** Cross NY-73 & Turn right onto NY-73 W
- ← **0.4 mi:** Turn left into Ski Jumping Complex Entrance toward Ski Jumping Complex Main Entrance

EXCHANGE: Driveway to Intervales Lodge at base of Ski Jumps
VAN PARKING: Lower Ski Jumping Complex Main Parking Lot in front of Intervales Lodge





Leg #7: 3.0 Miles – MODERATE **PARTIAL VAN SUPPORT**

NOTE: PARTIAL TRAIL RUN (NO VAN SUPPORT ON TRAIL) – 0.5 Miles

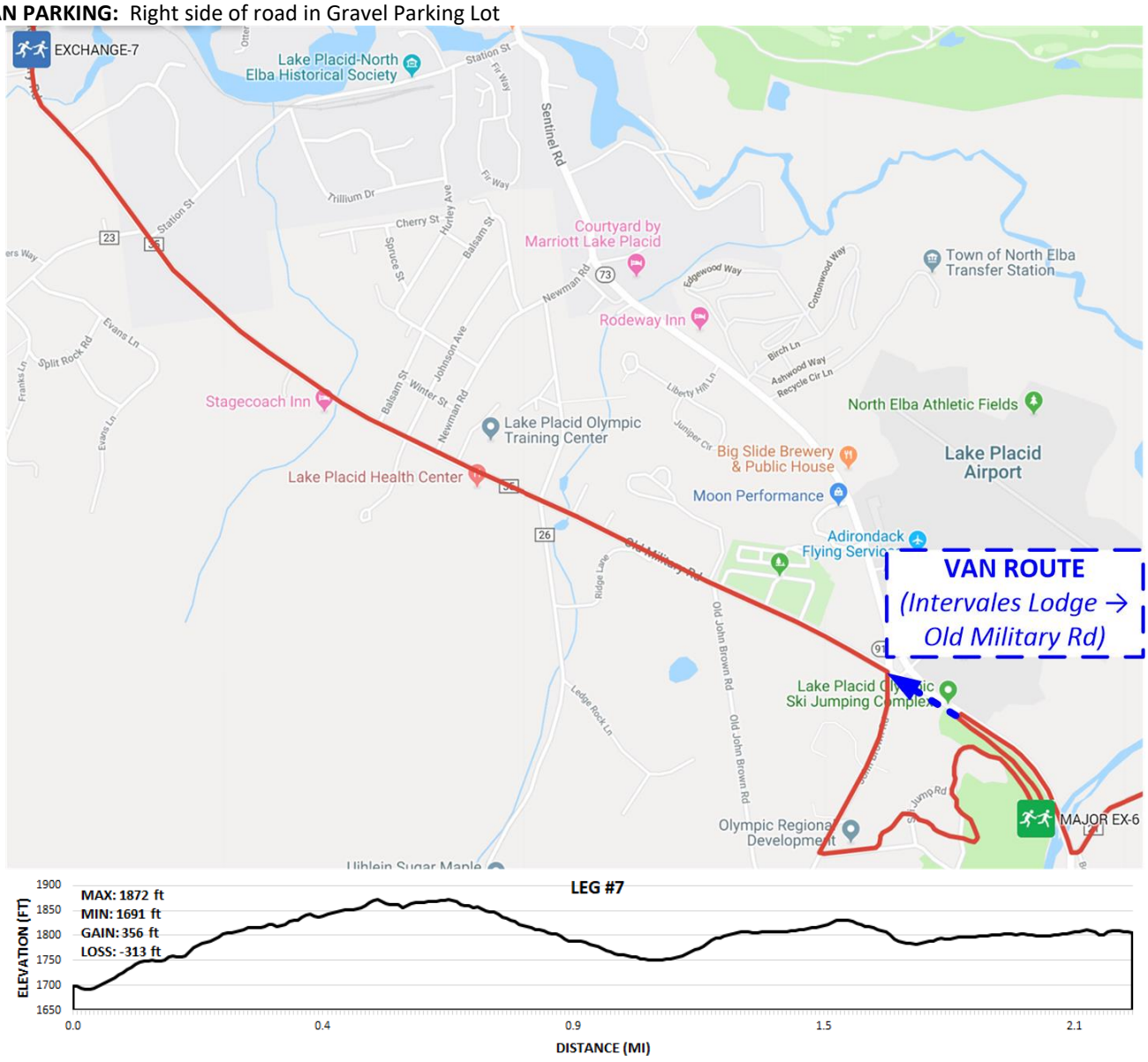
MAJOR EXCHANGE #6:
Ski Jumping Complex, Intervales Lodge
5486 Cascade Rd
Lake Placid, NY 12946
GPS: 44.25735, -73.96366

EXCHANGE #7:
Lake Placid Municipal Gravel Lot
445 Old Military Rd
Lake Placid, NY 12946
GPS: 44.27723, -73.99993

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ← **0.2 mi:** Turn left at Entrance to Biathlon Trail
- → **0.6 mi:** Turn right on Ski Jump Rd
- → **0.2 mi:** Turn right onto John Brown Rd – ***Cross John Brown Rd***
- ← **2.0 mi:** Turn left onto Old Military Rd

EXCHANGE: Left side of Road on dirt shoulder near U-Haul Dealer/Storage Facility
VAN PARKING: Right side of road in Gravel Parking Lot



Leg #8: 5.3 Miles – MODERATE

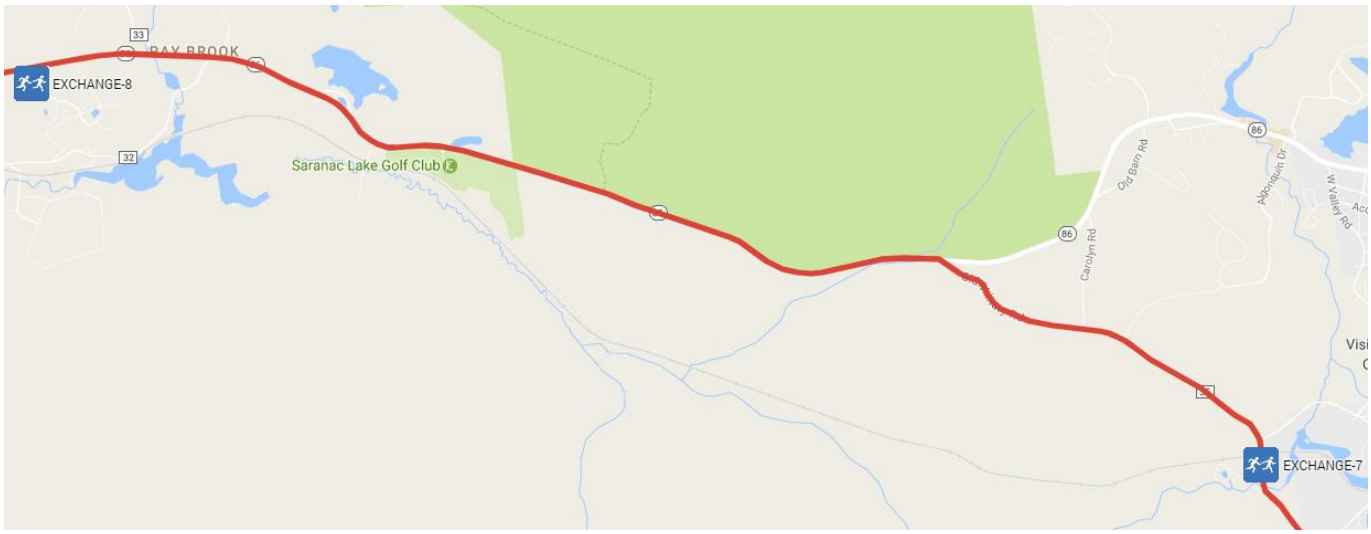
EXCHANGE #7:
Lake Placid Municipal Gravel Lot
445 Old Military Rd
Lake Placid, NY 12946
GPS: 44.27723, -73.99993

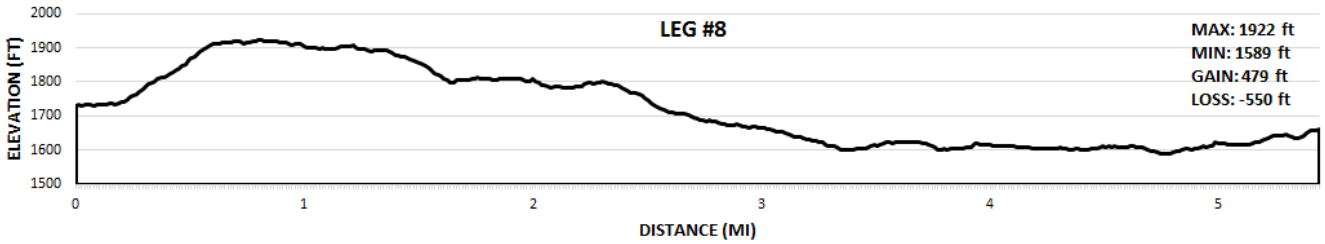
EXCHANGE #8:
Roger F Quinn Memorial Field
NY-86
Saranac Lake, NY 12983
GPS: 44.29845, -74.09571

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **1.6 mi:** Continue north on Old Military Rd
- ↖ **3.6 mi:** Slight left on NY-86 W
- ← **0.1 mi:** Turn left onto Adirondack Pl at Roger Quinn Park

EXCHANGE: Left side of road in driveway entrance to Roger Quinn Park
VAN PARKING: Left side of road at Roger Quinn Park





Leg #9: 4.2 Miles – EASY

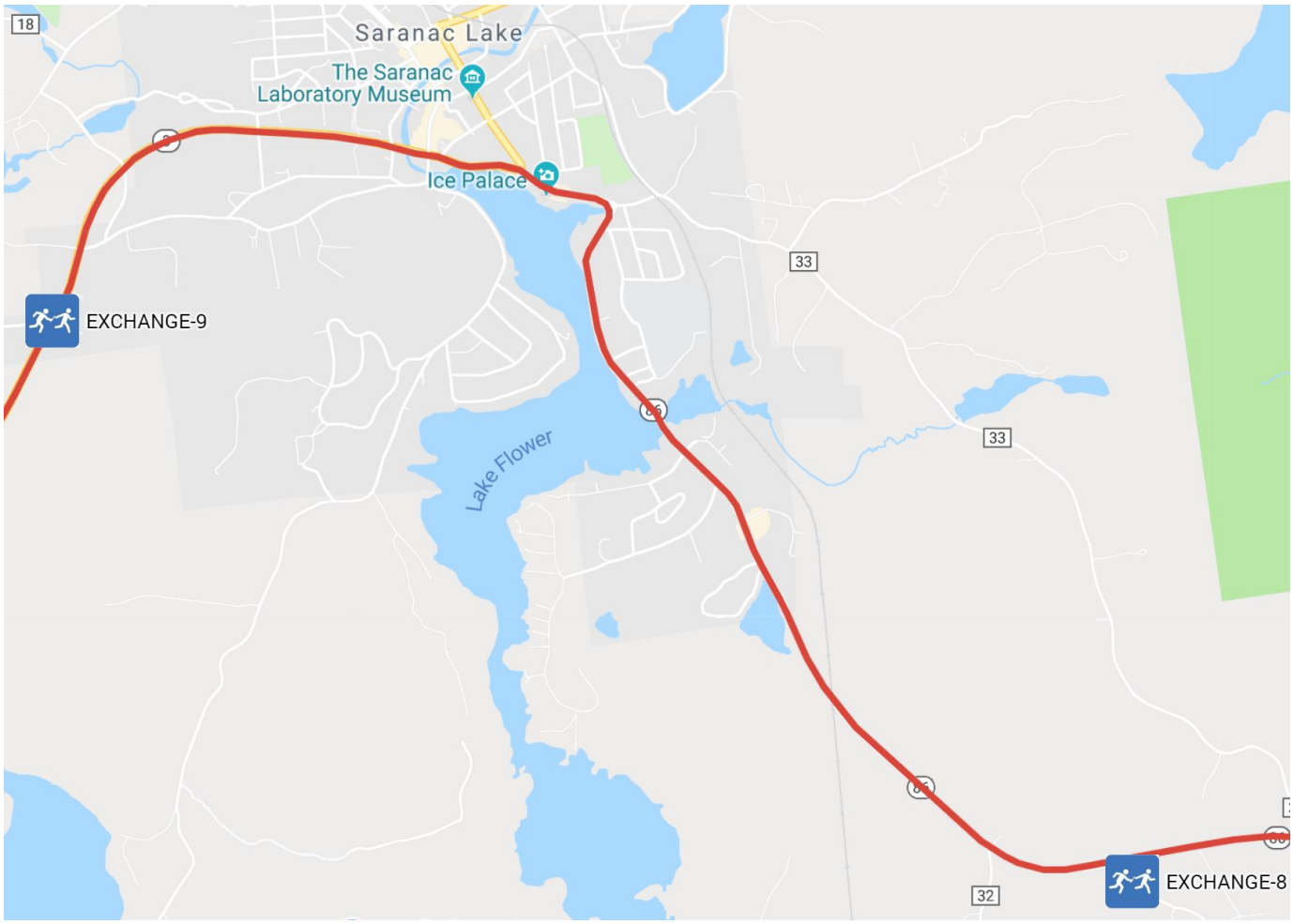
EXCHANGE #8:
Roger F Quinn Memorial Field
NY-86
Saranac Lake, NY 12983
GPS: 44.29845, -74.09571

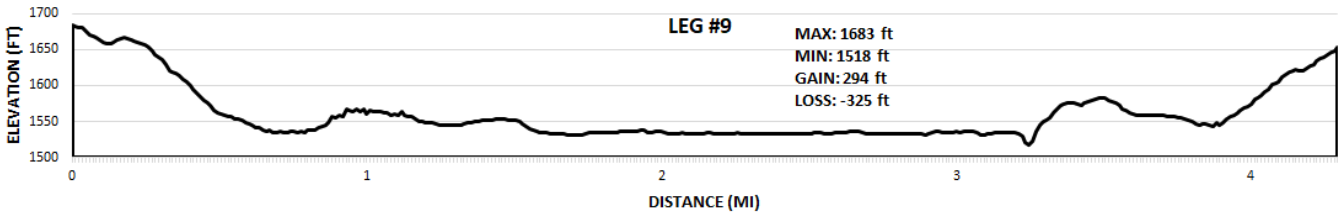
EXCHANGE #9:
Dewey Mountain Recreation Center
RR 3
Saranac Lake, NY 12983
GPS: 44.31892, -74.15102

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **2.4 mi:** Head west on NY-86 W
- ← **0.5 mi:** Turn left onto River St
- ↑ **1.3 mi:** Continue on NY-3 – ***Cross Main St at cross walk and run on sidewalk***

EXCHANGE: Left side of road at Dewey Mt Recreation Center Parking Lot Entrance
VAN PARKING: Left side of road at Dewey Mt Recreation Center Parking Lot





Leg #10: 11.5 Miles – VERY HARD "THE ROLLING BREWSTER"

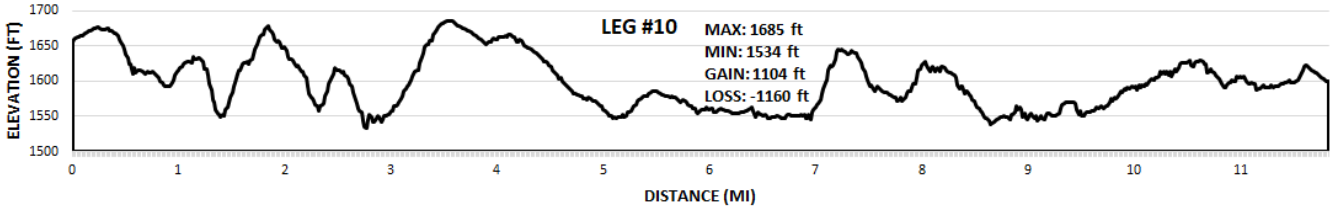
EXCHANGE #9:
Dewey Mountain Recreation Center
RR 3
Saranac Lake, NY 12983
GPS: 44.31892, -74.15102

EXCHANGE #10:
Coreys Rd/Adirondack Park Preserve
New York 3
Harrietstown, NY 12983
GPS: 44.22822, -74.31719

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **11.3 mi:** Head west on NY-3 W
- ← **0.1 mi:** Turn left onto Coreys Rd
- → **0.1 mi:** Turn right onto Adirondack Park Preserve

EXCHANGE: Left side of road on dirt shoulder of Adirondack Park Preserve near NY-3
VAN PARKING: Right side of Adirondack Park Preserve Rd. Access via Coreys Rd off NY-3.



Leg #11: 3.3 Miles – MODERATE

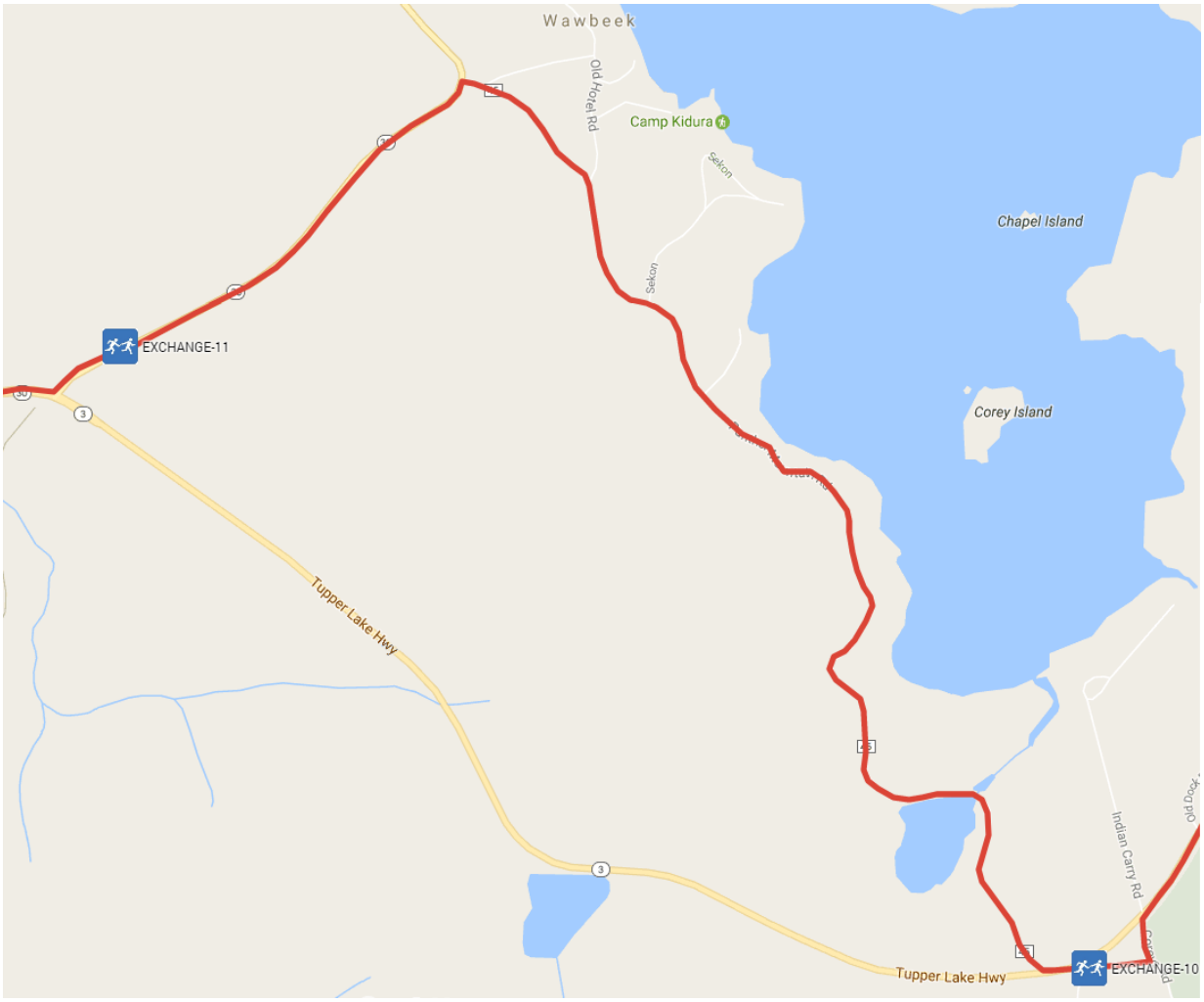
EXCHANGE #10:
Coreys Rd/Adirondack Park Preserve
New York 3
Harrietstown, NY 12983
GPS: 44.22822, -74.31719

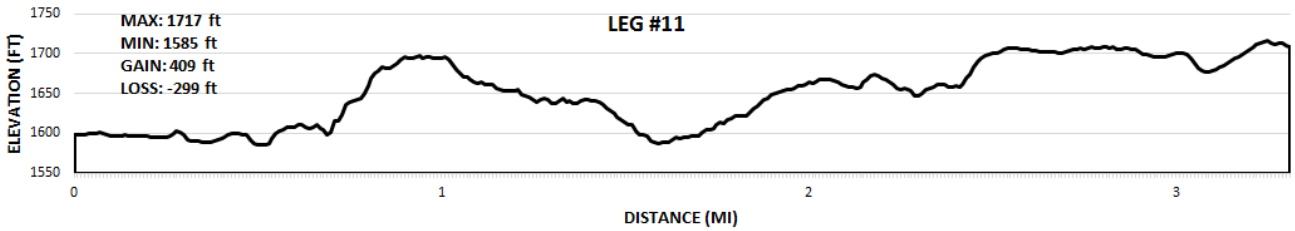
EXCHANGE #11:
NY-30 Dirt Pull-off Area
NY-30 North of NY-3 Intersection
Tupper Lake, NY 12986
GPS: 44.24548, -74.35478

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **0.05 mi:** Continue on Adirondack Park Preserve and Cross NY-3 – ***Cross NY-3 at Intersection***
- ← **0.05 mi:** Turn left onto NY-3 S – ***Run on right side of road going with traffic***
- → **2.4 mi:** Turn right onto Panther Mountain Rd
- ← **0.8 mi:** Turn left onto NY-30 S

EXCHANGE: Right side of road in Dirt Pull-off Parking Area
VAN PARKING: Right side of road in Dirt Pull-off Parking Area





Leg #12: 7.2 Miles – MODERATE **NO VAN SUPPORT**

❖ NOTE: PARTIAL TRAIL RUN (NO VAN SUPPORT ON TRAIL) – 2.4 Miles

EXCHANGE #11:
NY-30 Dirt Pull-off Area
NY-30 North of NY-3 Intersection
Tupper Lake, NY 12986
GPS: 44.24548, -74.35478

MAJOR EXCHANGE #12:
Tupper Lake Village Municipal Park
Demars Blvd, Rte 3 W
Tupper Lake, NY 12986
GPS: 44.22831, -74.46575

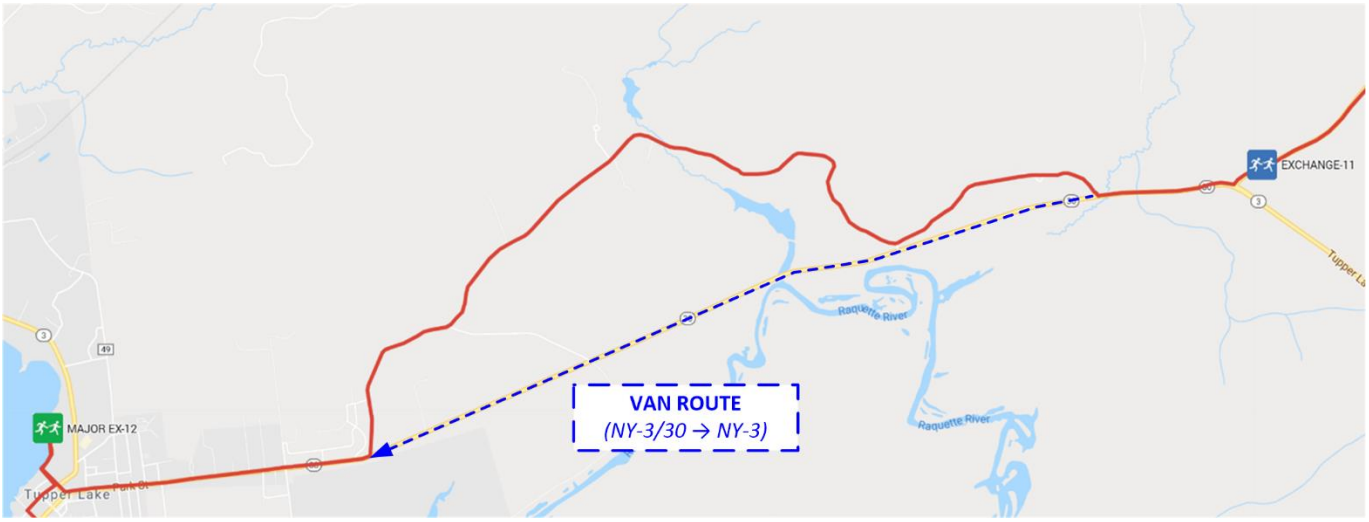
LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

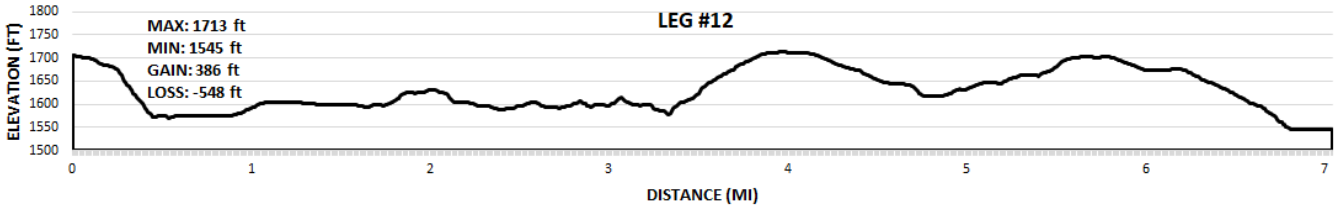
- ↑ **0.2 mi:** Head south on NY-30 S toward NY-3 – ***Run on right side of road with traffic***
- → **0.6 mi:** Turn right onto NY-3 S – ***Run on right side of road with traffic***
- → **2.4 mi:** Turn right onto DEC Trailhead – ***Run on DEC Trail past gate entrance***
- ↑ **2.2 mi:** Exit Trail and continue on Old Wawbeek Rd
- → **1.4 mi:** Turn right on NY-3 S – ***Run on right side of road and then on sidewalk***
- → **0.1 mi:** Turn right onto Mill Ave – ***Run on sidewalk on right side of road – Cross Lake St @ Sidewalk***
- ↑ **0.2 mi:** Enter Tupper Lake Park Trail to Exchange

VAN DIRECTIONS: ***FROM DEC TRAIL ENTRANCE TO TUPPER LAKE PARK****

- ↑ **5.0 mi:** Head south on NY-3/30 S from DEC Trail Head to Tupper Lake
- → **0.1 mi:** Turn right onto Mill St (Across from Stewarts)
- → **0.2 mi:** Turn right onto Lake St/Demars Blvd to Tupper Lake Park

EXCHANGE: Lake Trail near the Park Pavilion
VAN PARKING: Tupper Lake Village Municipal Park (Parking Area Access near the Baseball Fields)





Leg #13: 3.2 Miles – EASY

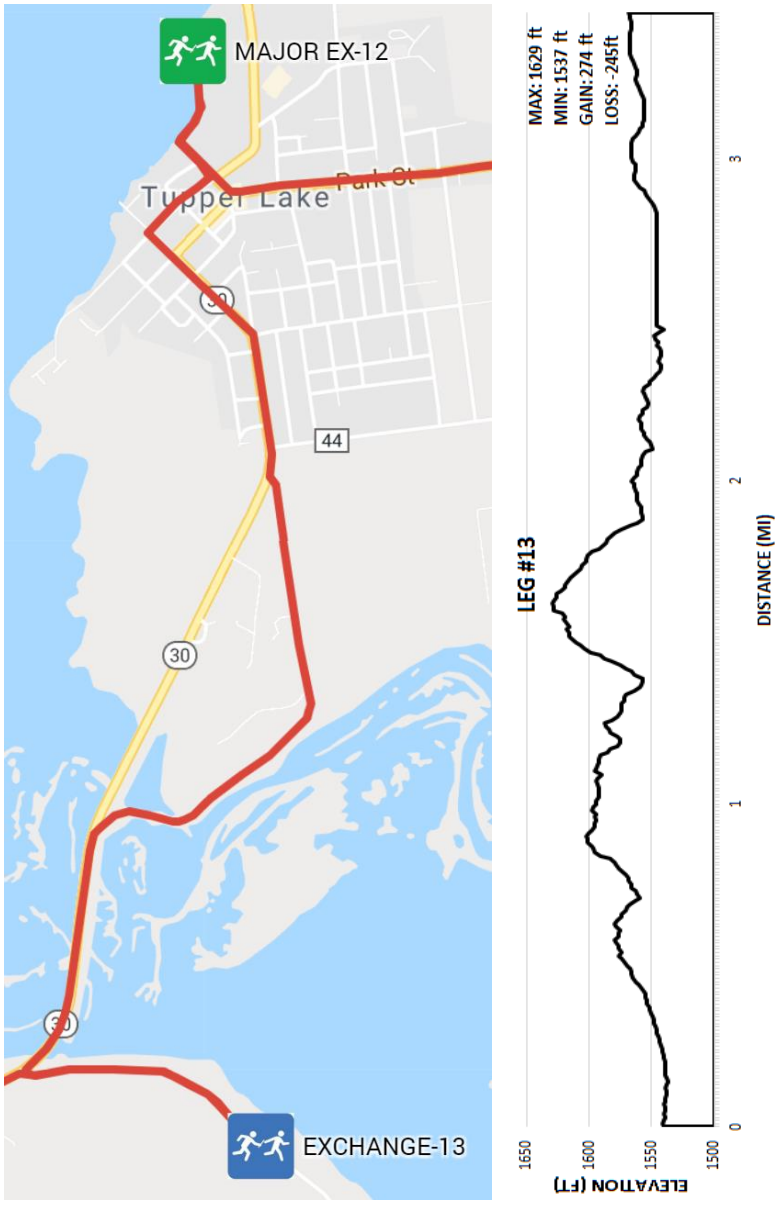
MAJOR EXCHANGE #12:
Tupper Lake Village Municipal Park
Demars Blvd, Rte 3 W
Tupper Lake, NY 12986
GPS: 44.22831, -74.46575

EXCHANGE #13:
Tupper Lake Rod Sports & Gun Club
116 Lake Simond Rd
Tupper Lake, NY 12986
GPS: 44.19571, -74.4629

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **0.4 mi:** Head south on Tupper Lake Park Trail & Continue on Mill St – ***Run on sidewalk on right side of road***
- → **0.2 mi:** Turn Right onto Lake St – ***Run on sidewalk on right side of road***
- ← **0.1 mi:** Turn left onto Wawbeek Ave – ***Cross Lake St at Crosswalk and run on sidewalk on right side of road***
- ↑ **0.5 mi:** Continue on NY-30 S – ***Cross NY-30 at Crosswalk, then turn right & run on left side of road***
- ← **0.8 mi:** Turn left onto Raquette River Dr
- ← **0.5 mi:** Turn left onto NY-30 S
- ← **0.6 mi:** Turn left onto Lake Simond Rd

EXCHANGE/VAN PARKING: Left side of road in dirt parking lot on lake across from Tupper Lake Rod Sports & Gun Building



Leg #14: 5.7 Miles – MODERATE

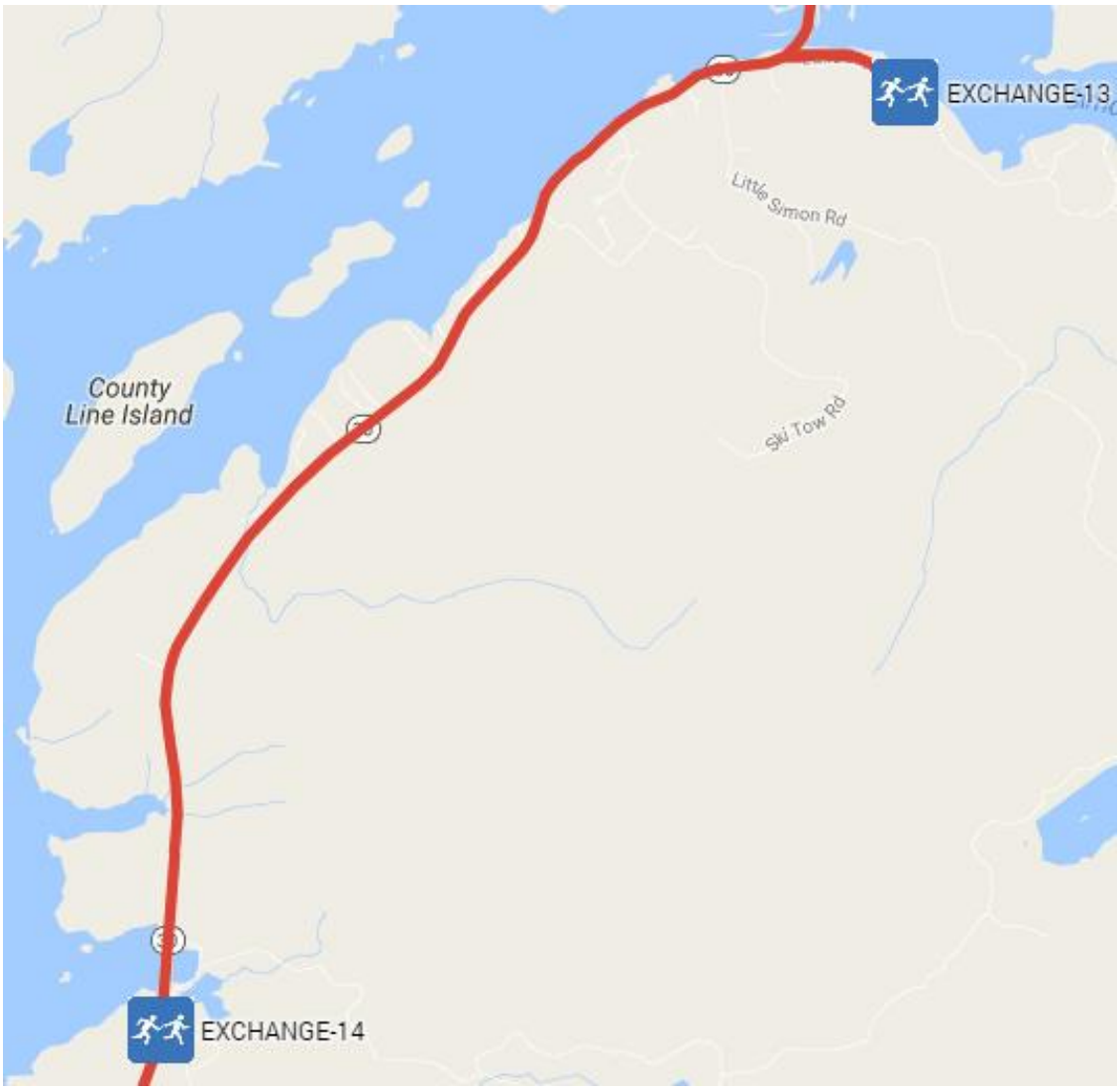
EXCHANGE #13:
Tupper Lake Rod Sports & Gun Club
116 Lake Simond Rd
Tupper Lake, NY 12986
GPS: 44.19571, -74.4629

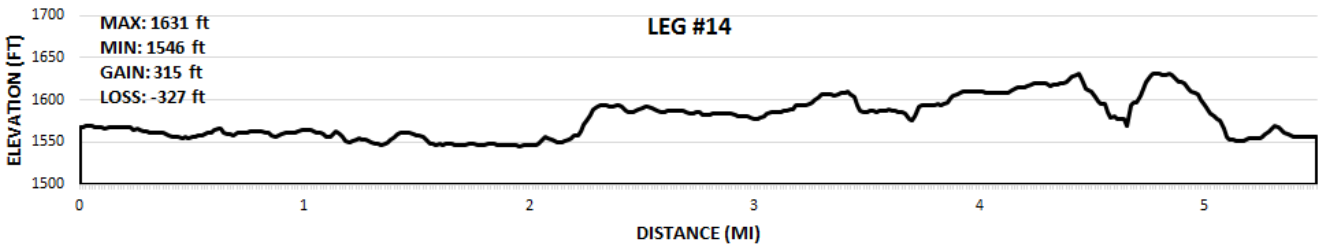
EXCHANGE #14:
Dirt Construction Equipment Lot
State Route 30
Tupper Lake, NY 12986
GPS: 44.14025, -74.52449

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **0.6 mi:** Head west on Lake Simond Rd
- ← **5.1 mi:** Turn left and head south on NY-30 S

EXCHANGE/VAN PARKING: Left side of road at Dirt Construction Equipment Lot (Parking is after Gate)





Leg #15: 5.8 Miles – MODERATE

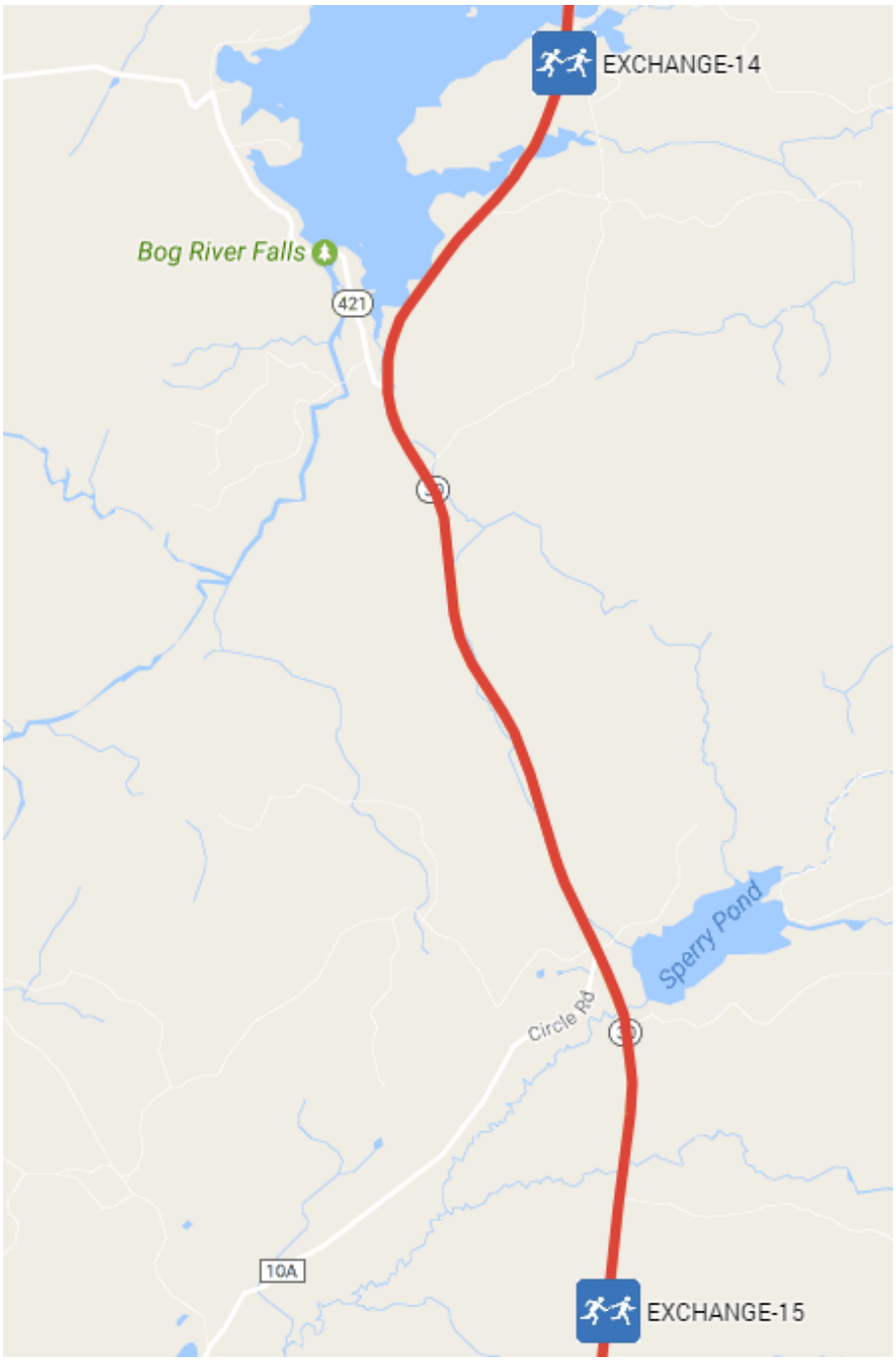
EXCHANGE #14:
Dirt Construction Equipment Lot
State Route 30
Tupper Lake, NY 12986
GPS: 44.14025, -74.52449

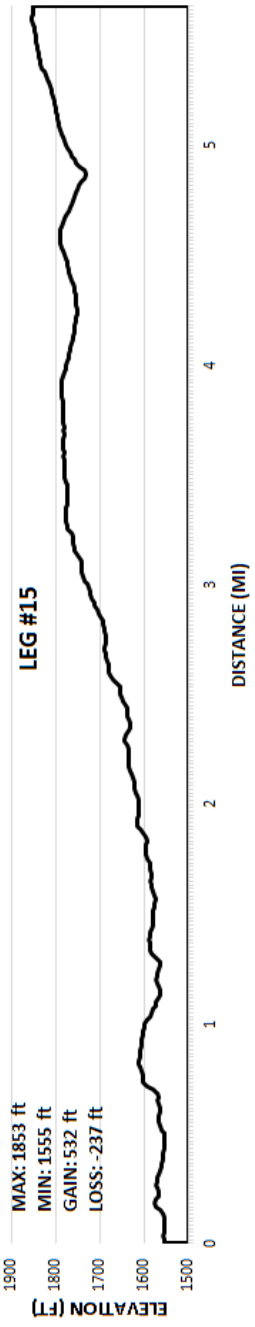
EXCHANGE #15:
Dirt/Gravel Lot (NY-30)
State Route 30
Tupper Lake, NY 12986
GPS: 44.06347, -74.52071

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

↑ **5.8 mi:** Head south on NY-30 S

EXCHANGE: Left side of road on shoulder of NY-30 S
VAN PARKING: Right side of road at Dirt/Gravel Lot (NY-30)





Leg #16: 7.1 Miles – MODERATE

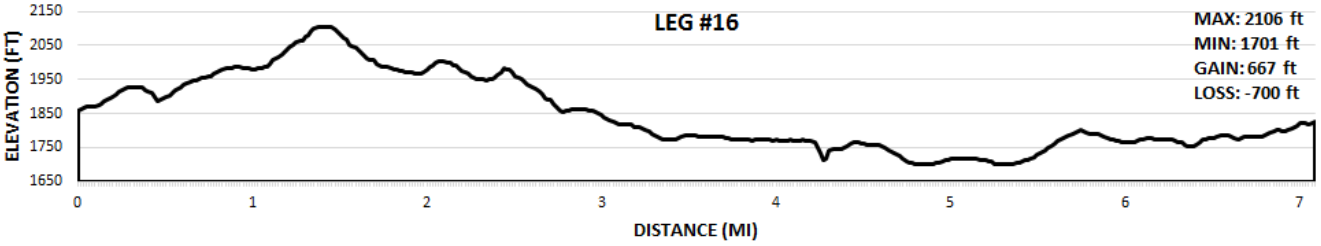
EXCHANGE #15:
Dirt/Gravel Lot (NY-30)
State Route 30
Tupper Lake, NY 12986
GPS: 44.06347, -74.52071

EXCHANGE #16:
NYS DOT Maintenance Building
State Route 30
Long Lake, NY 12847
GPS: 43.98154, -74.45062

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

↑ **7.1 mi:** Head south on NY-30 S

EXCHANGE/VAN PARKING: Left side of road at NYS DOT Maintenance Building



Leg #17: 2.3 Miles – EASY

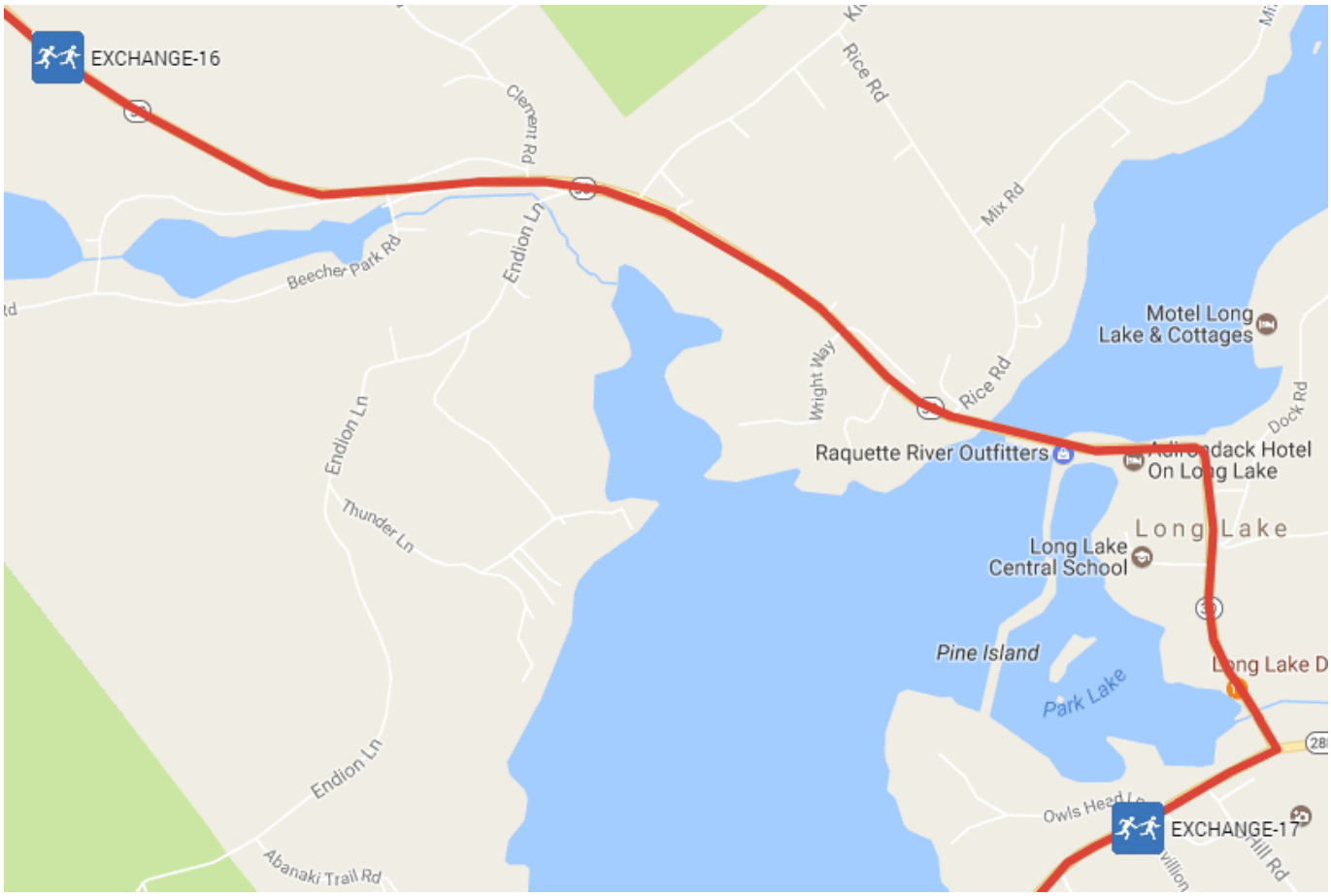
EXCHANGE #16:
NYS DOT Maintenance Building
State Route 30
Long Lake, NY 12847
GPS: 43.98154, -74.45062

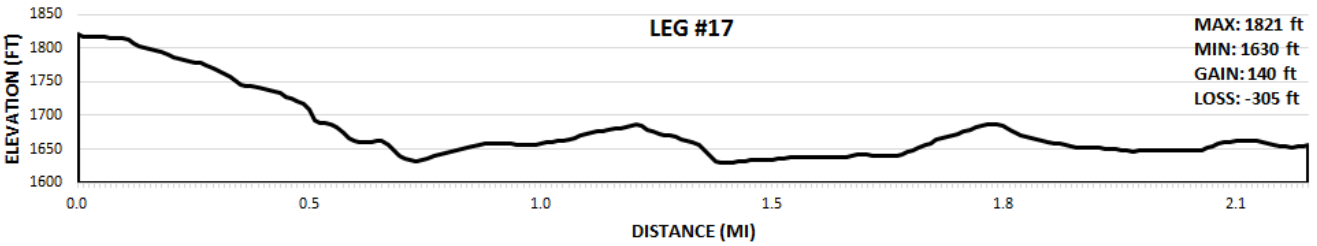
EXCHANGE #17:
Mt. Sabattis Recreation Area
State Route 30
Long Lake, NY 12847
GPS: 43.96703, -74.42234

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **2.1 mi:** Head south on NY-30 S – ***Run on sidewalk into Long Lake***
- → **0.2 mi:** Turn right onto NY-28N W/NY-30 S and run on sidewalk – ***At crosswalk cross NY-28N at NY-30 intersection***

EXCHANGE/VAN PARKING: Left side of road at Mt. Sabattis Recreation Area





Leg #18: 9.4 Miles – VERY HARD **THE ADK EXPERIENCE CLIMB**

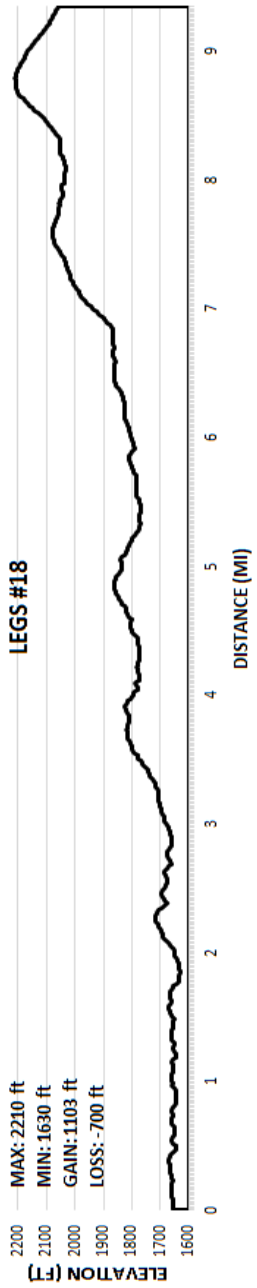
EXCHANGE #17:
Mt. Sabattis Recreation Area
State Route 30
Long Lake, NY 12847
GPS: 43.96703, -74.42234

MAJOR EXCHANGE #18:
Adirondack Experience
9097 New York 30
Blue Mountain Lake, NY 12812
GPS: 43.86935, -74.43168

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **9.35 mi:** Head south on NY-28N W/NY-30 S
- → **0.05 mi:** Turn right at Crosswalk into Adirondack Experience – ***Cross NY-3 @ Crosswalk***

EXCHANGE: Infront of Adirondack Experience Main Building
VAN PARKING: Right side of road at Adirondack Experience Main Parking Lot



Leg #19: 12.3 Miles – HARD **GOING FOR DISTANCE**

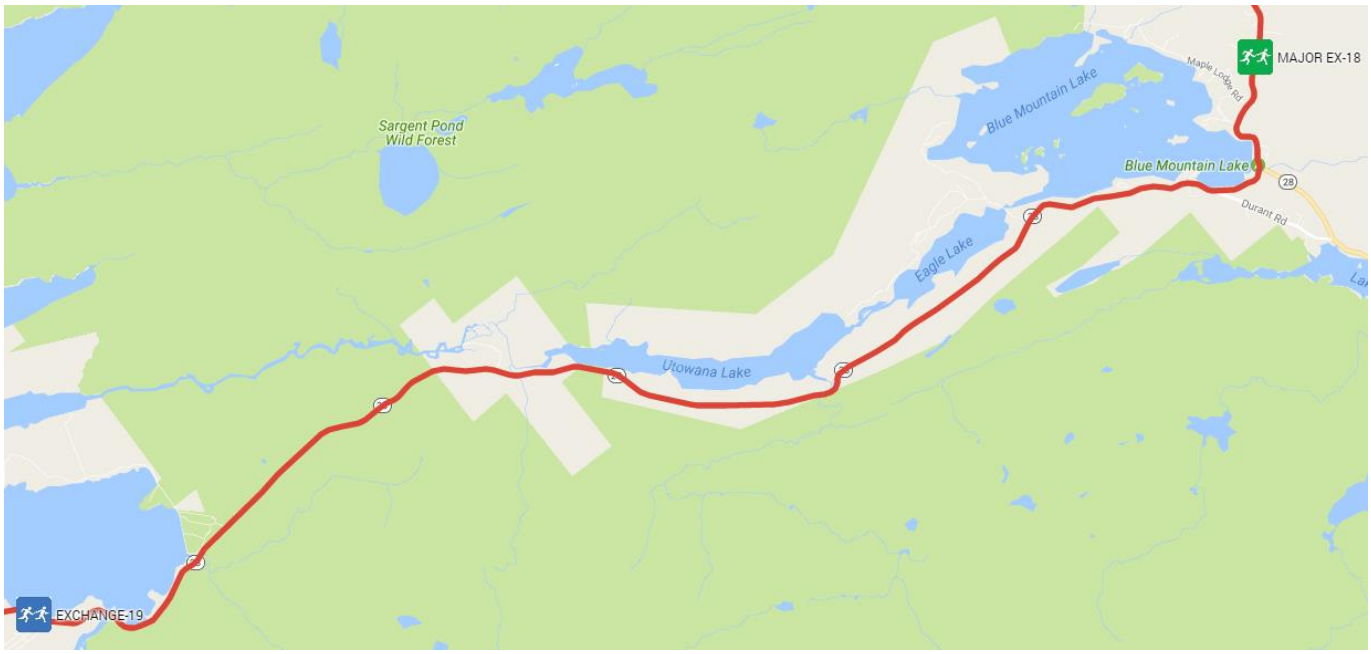
MAJOR EXCHANGE #18:
Adirondack Experience
9097 New York 30
Blue Mountain Lake, NY 12812
GPS: 43.86935, -74.43168

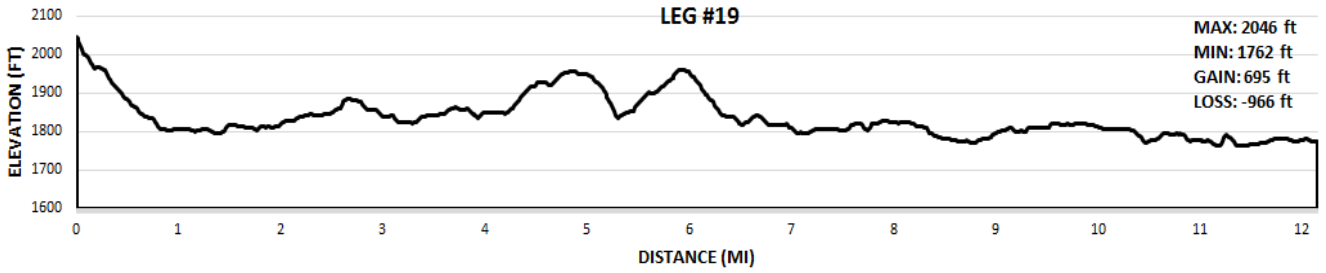
EXCHANGE #19:
Burke's Marina
592 New York 28
Raquette Lake, NY 13436
GPS: 43.80685, -74.6214

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- → **0.05 mi:** Exit Adirondack Experience & Turn right onto NY-3 – ***Cross NY-3 @ Crosswalk***
- ↑ **1.0 mi:** Head south on NY-28N W/NY-30 S – ***Cross crosswalk at NY-30 S intersection***
- ↑ **11.3 mi:** Continue straight onto NY-28 S

EXCHANGE/VAN PARKING: Left side of road at Burke's Marina dirt parking area





Leg #20: 2.3 Miles – EASY

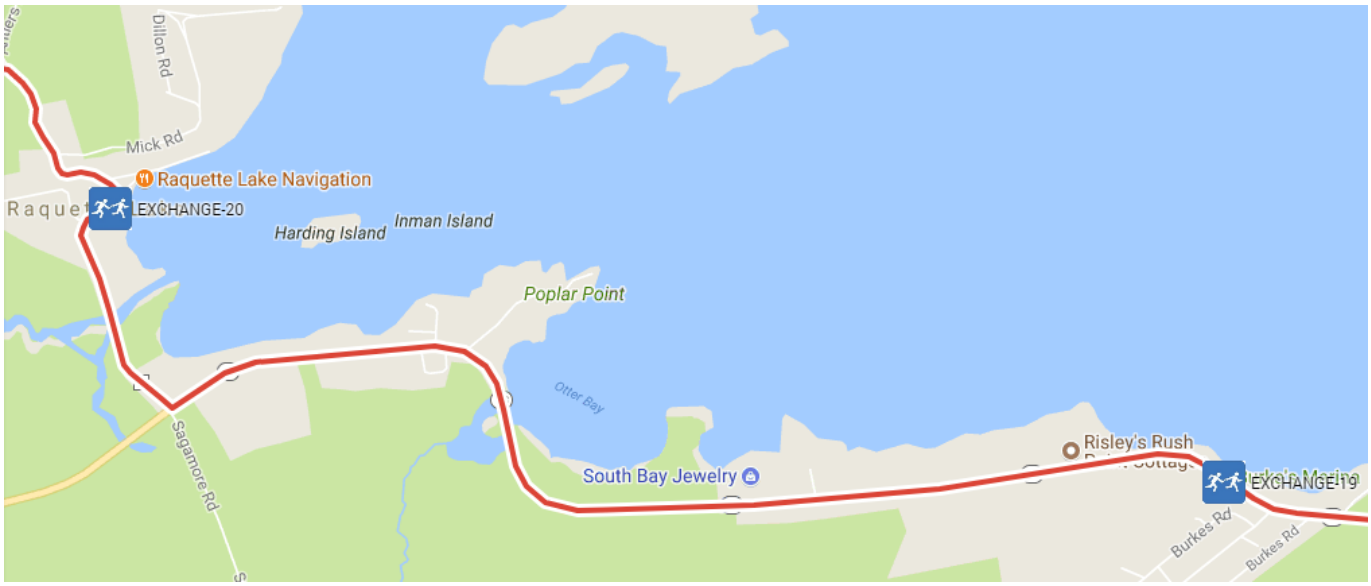
EXCHANGE #19:
Burke's Marina
592 New York 28
Raquette Lake, NY 13436
GPS: 43.80685, -74.6214

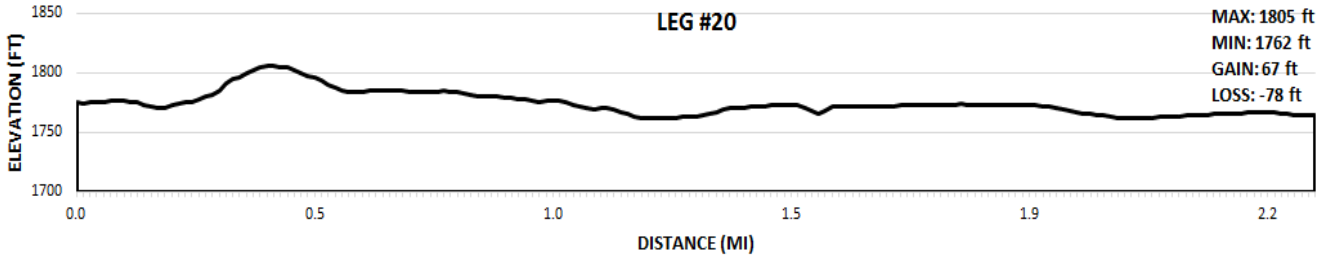
EXCHANGE #20:
Raquette Lake Town Center
4 Main St
Raquette Lake, NY 13436
GPS: 43.81312, -74.65686

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **1.9 mi:** Head west on NY-28 N
- → **0.4 mi:** Turn right onto County Rd 2 – ***Cross NY-28 at School crossing area***

EXCHANGE/VAN PARKING: Left side of road in Raquette Lake Town Center (Dirt Lot under Trees)





Leg #21: 9.3 Miles – HARD **QUIET DIRT CAMP ROAD**

❖ NOTE: PARTIAL DIRT ROAD RUN FOR ~7 MILES…VANS DRIVE SLOW

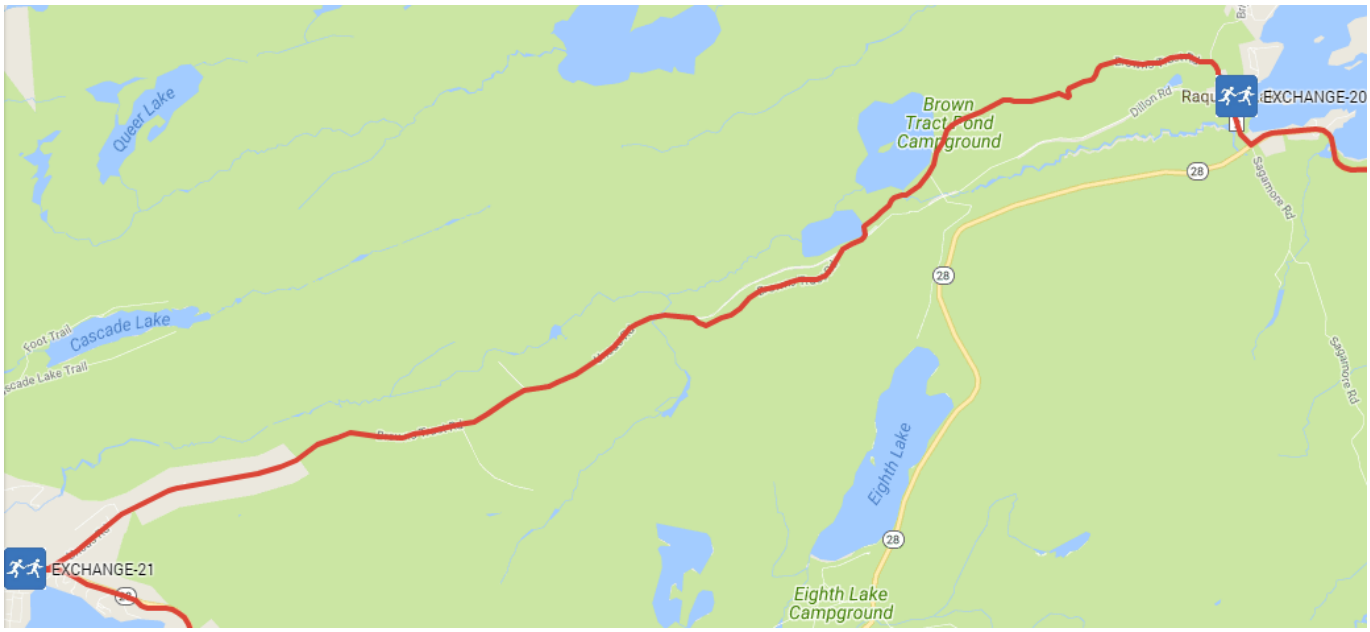
EXCHANGE #20:
Raquette Lake Town Center
4 Main St
Raquette Lake, NY 13436
GPS: 43.81312, -74.65686

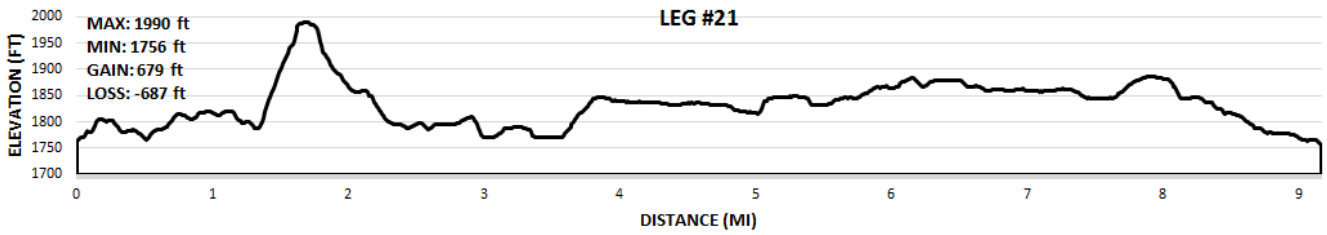
EXCHANGE #21:
Eagle Bay Vistor Center
NY-28
Eagle Bay, NY 13331
GPS: 43.76879, -74.81487

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **0.3 mi:** Continue onto County Rd 2 to Antlers Rd
- ← **7.0 mi:** Left onto Brown Tracts Rd – ***Turns into Dirt Rd until Uncas Rd (Drive Safe & Slow)***
- ↑ **1.8 mi:** Continue onto Uncas Rd
- → **0.2 mi:** Turn right onto NY-28 – ***Cross Uncas Rd and run on dirt shoulder to NY-28; run with traffic***

EXCHANGE: Right side of road near crosswalk east of Visitor Center
VAN PARKING: Right side of road at Visitor Center and Left side of road at open gravel lot across Visitor Center





Leg #22: 2.4 Miles – EASY **PARTIAL VAN SUPPORT**

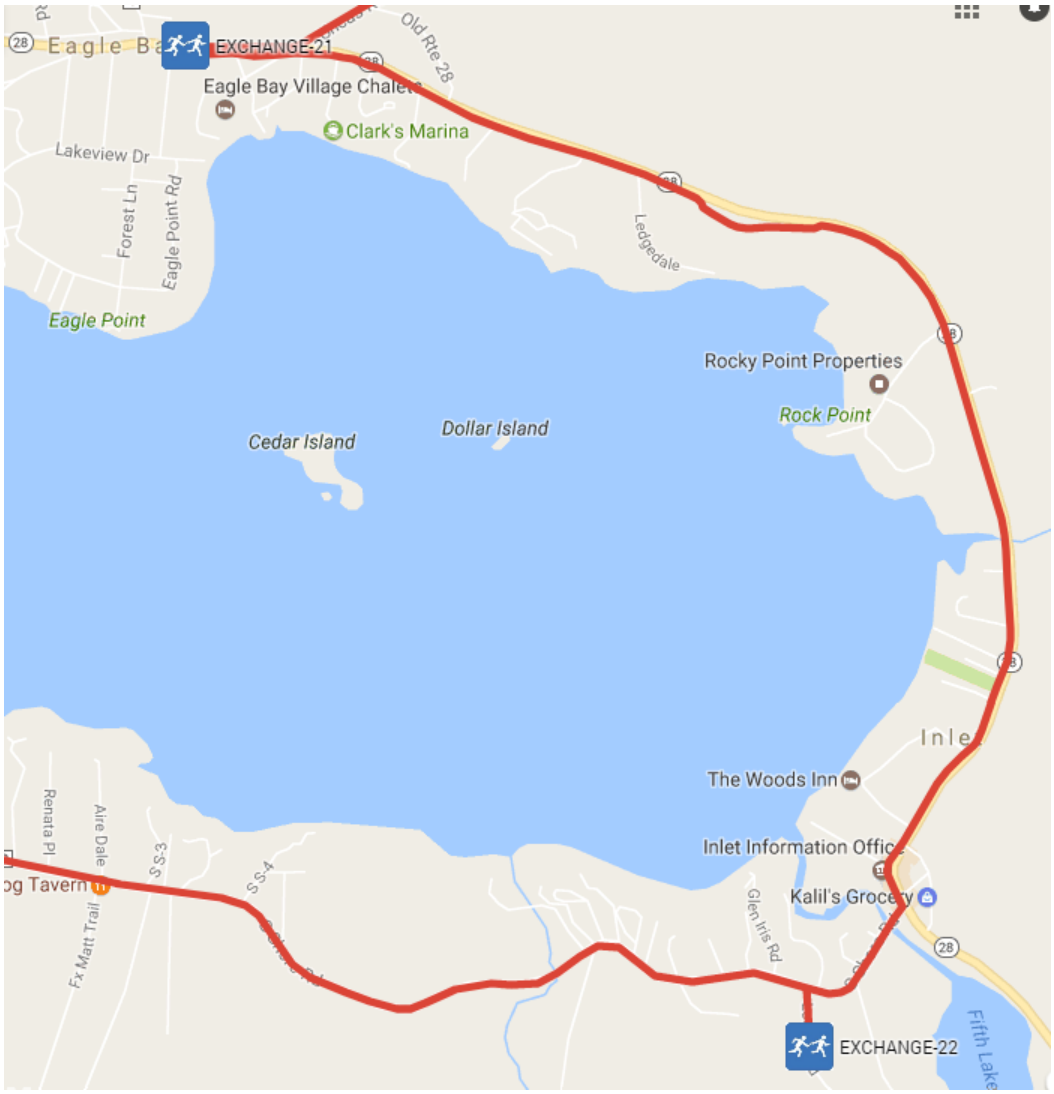
EXCHANGE #21:
Eagle Bay Vistor Center
NY-28
Eagle Bay, NY 13331
GPS: 43.76879, -74.81487

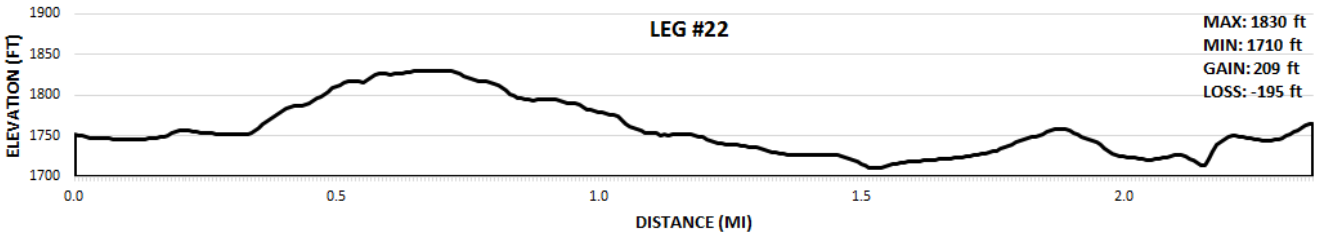
EXCHANGE #22:
Fern Park
Loomis Rd
Inlet, NY 13360
GPS: 43.74813, -74.79703

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **2.1 mi:** Head east on NY-28 sidewalk trail to Inlet – ***Cross NY-28 at crosswalk and run on sidewalk into Inlet***
- → **0.2 mi:** Turn right onto S Shore Rd – ***Cross S Shore Rd***
- ← **0.1 mi:** Turn left onto Loomis Rd

EXCHANGE/VAN PARKING: Left side of road at Fern Park (Park at the park down Loomis Rd)





Leg #23: 4.3 Miles – MODERATE **BREW YOUR OWN EXCHANGE**

❖ NOTE: BREW YOUR OWN EXCHANGE IS AN UNVOLUNTEERED EXCHANGE

EXCHANGE #22:
Fern Park
Loomis Rd
Inlet, NY 13360
GPS: 43.74813, -74.79703

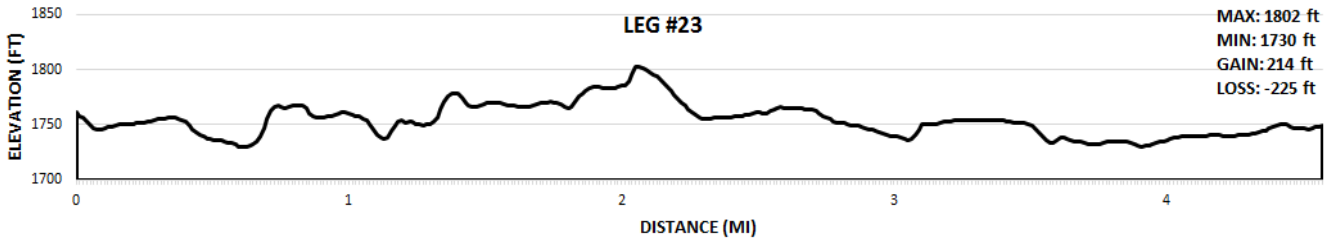
EXCHANGE #23:
Quiver Pond Pull-off Area
S Shore Rd
Town of Webb, NY 13420
GPS: 43.73841, -74.87224

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **0.1 mi:** Head north on Loomis Rd
- ← **4.2 mi:** Turn left on S Shore Rd

EXCHANGE: MAKE YOUR OWN EXCHANGE: On left side of road near Quiver Pond Dirt Pull-off Area
VAN PARKING: Right side of road near Quiver Pond Dirt Pull-off Area

- ❖ **THIS IS A MAKE YOUR OWN EXCHANGE SO FIND A SAFE AREA TO PARK NEAR THE QUIVER POND PULL-OFF**



Leg #24: 7.5 Miles – MODERATE

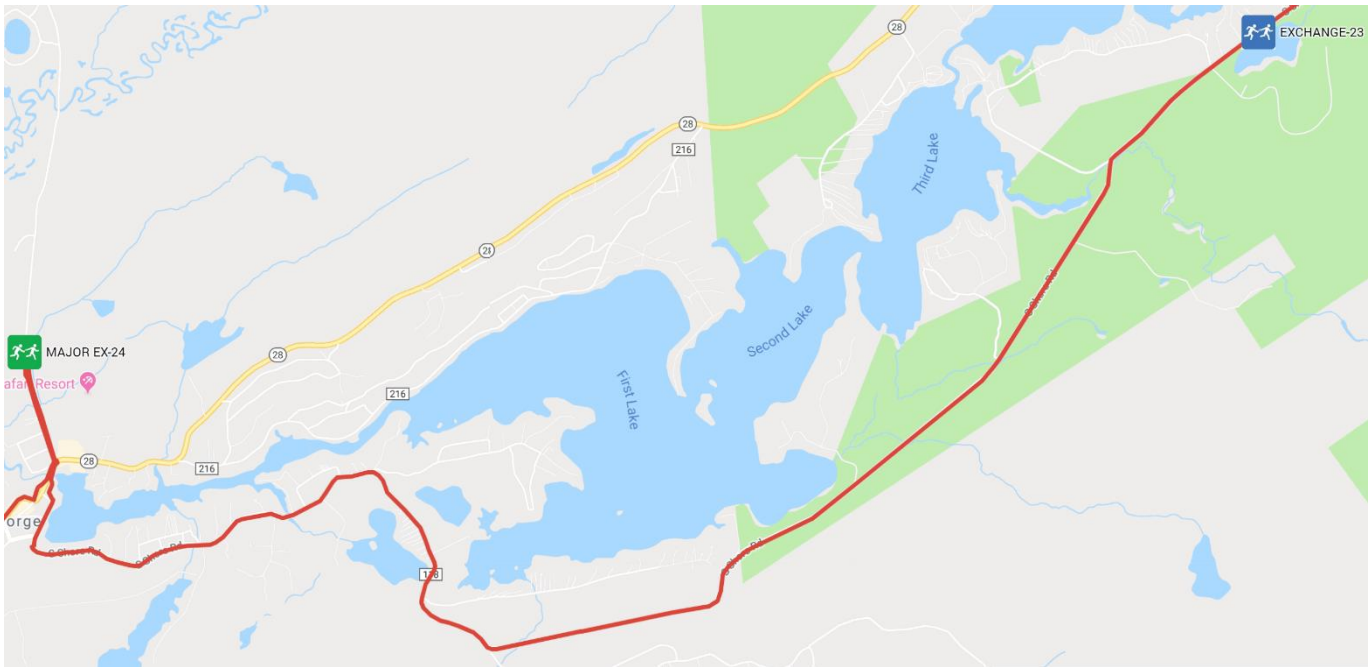
EXCHANGE #23:
Quiver Pond Pull-off Area
S Shore Rd
Town of Webb, NY 13420
GPS: 43.73841, -74.87224

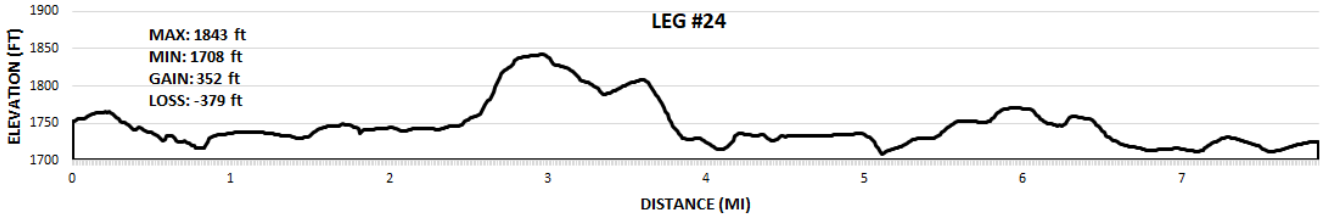
MAJOR EXCHANGE #24:
George T Hiltebrant Recreation Center
201 North St
Old Forge, NY 13420
GPS: 43.719925, -74.971761

LEG DIRECTIONS: *****RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED*****

- ↑ **6.6 mi:** Head west on S Shore Rd
- → **0.4 mi:** Turn right onto Tobie Trail alongside Lakeview Ave
- ← **0.5 mi:** Turn left onto North St – ***Cross NY-28 @ Crosswalk***

EXCHANGE: Exchange in front of Recreation Center
VAN PARKING: Behind Recreation Center in Dirt Parking Lot





Leg #25: 2.7 Miles – EASY

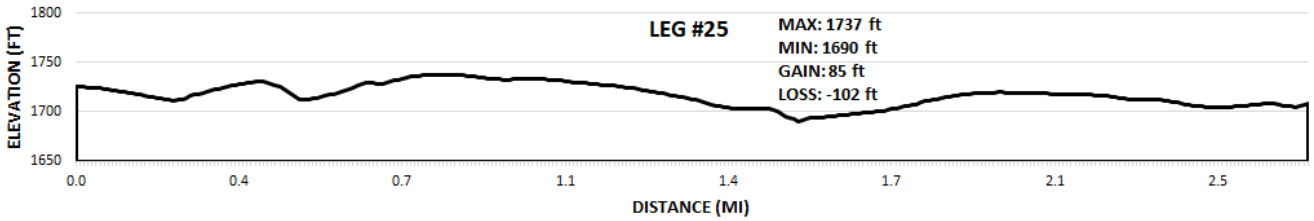
MAJOR EXCHANGE #24:
George T Hiltebrant Recreation Center
201 North St
Old Forge, NY 13420
GPS: 43.719925, -74.971761

EXCHANGE #25:
Adirondack Scenic Railroad Thendara Train Station
103 Birch St
Thendara, NY 13472
GPS: 43.69872, -75.0062

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **0.5 mi:** Head south on North St on Paved Trail/Sidewalk
- → **1.8 mi:** Turn right onto NY-28 S and run on Sidewalk through Old Forge
- ← **0.3 mi:** Turn left onto Ford St onto Tobie Trail – ***Cross NY-28 @ Crosswalk***
- → **0.1 mi:** Turn right onto Birch St

EXCHANGE: Left side of road on paved Tobie Trail entrance across road from Train Station Building
VAN PARKING: Right side of road at Adirondack Scenic Railroad Thendara Train Station Parking Lot



Leg #26: 4.1 Miles – EASY

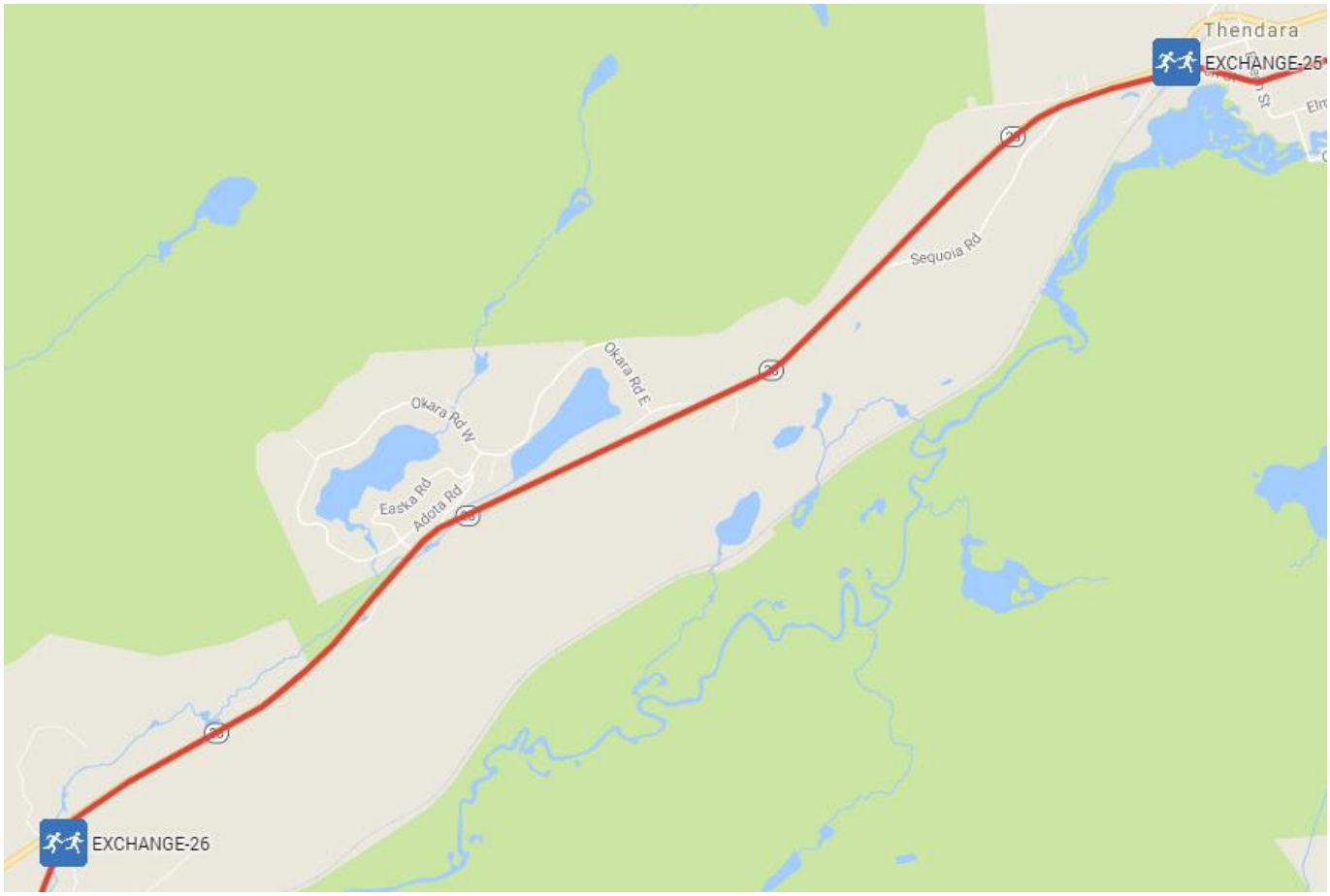
EXCHANGE #25:
Adirondack Scenic Railroad Thendara Train Station
103 Birch St
Thendara, NY 13472
GPS: 43.69872, -75.0062

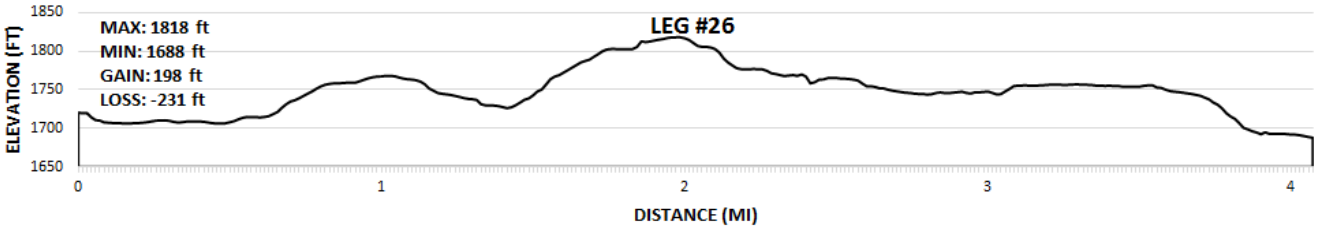
EXCHANGE #26:
Scusa Rd / Minnehaha Rd Intersection
179 Scusa Rd
Thendara, NY 13472
GPS: 43.66629, -75.07014

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **0.4 mi:** Head south on paved walkway parallel with NY-28 S
- ↑ **3.5 mi:** Stay straight onto NY-28 S at end of paved walkway
- ← **0.1 mi:** Turn left onto Scusa Rd

EXCHANGE: Left shoulder of Scusa Rd at Minnehaha Rd Intersection
VAN PARKING: Right side of Scusa Rd near Minnehaha Rd. Park safely on shoulder of the road.





Leg #27: 8.5 Miles – MODERATE **BREW YOUR OWN EXCHANGE**

❖NOTE: BREW YOUR OWN EXCHANGE IS AN UNVOLUNTEERED EXCHANGE

EXCHANGE #26:
Scusa Rd / Minnehaha Rd Intersection
179 Scusa Rd
Thendara, NY 13472
GPS: 43.66629, -75.07014

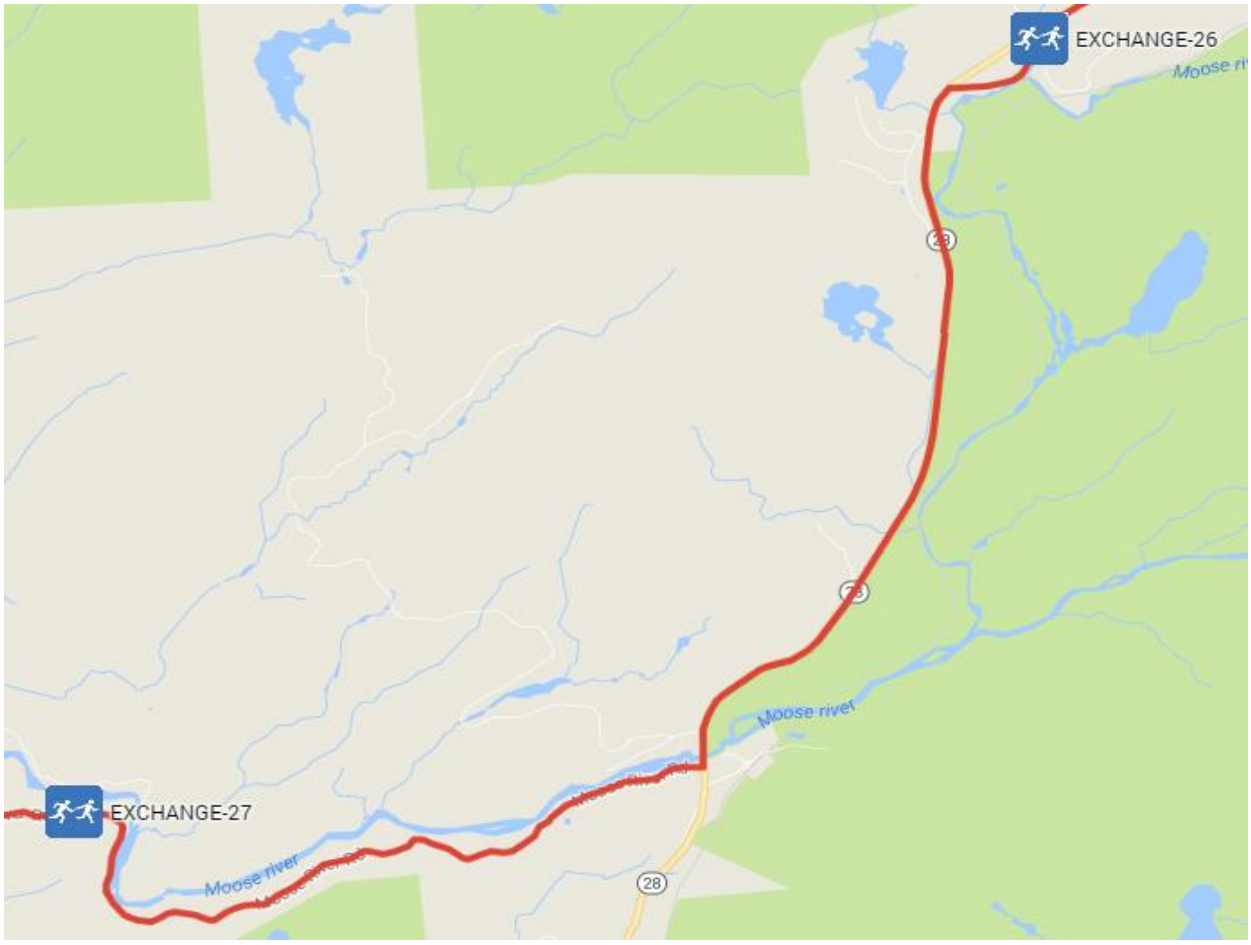
EXCHANGE #27:
Moose River Access Pull-Off Area
9924 Moose River Rd
Port Leyden, NY 13433
GPS: 43.60791, -75.16241

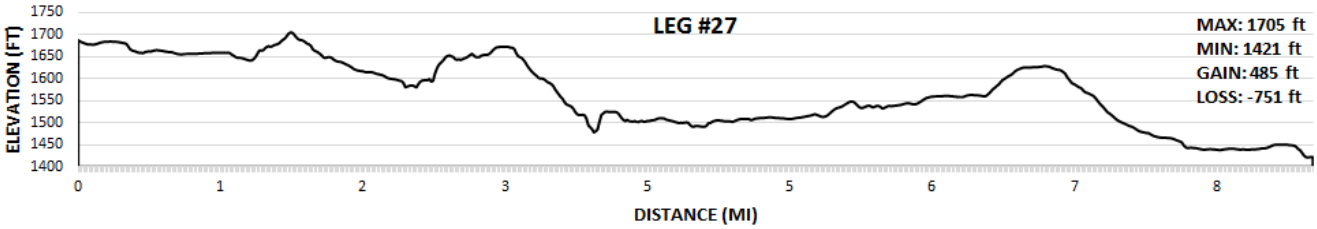
LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **0.6 mi:** Continue straight on Scusa Rd
- ← **4.0 mi:** Turn left onto NY-28 S off from Scusa Rd
- → **3.9 mi:** Turn right onto Moose River Rd – ***Cross NY-28 onto Moose River Rd***

EXCHANGE: MAKE YOUR OWN EXCHNAGE: Left side of road near the Moose River Access Pull-off Area
VAN PARKING: Right side of road near Moose River Access Pull-Off Area

- ❖ **THIS IS A MAKE YOUR OWN EXCHANGE SO FIND A SAFE AREA TO PARK NEAR THE PULL-OFF AREA**





Leg #28: 7.1 Miles – MODERATE

EXCHANGE #27:
Moose River Access Pull-Off Area
9924 Moose River Rd
Port Leyden, NY 13433
GPS: 43.60791, -75.16241

EXCHANGE #28:
Lewis County Recreation Area
White Pine Ln
Port Leyden, NY 13433
GPS: 43.57562, -75.28223

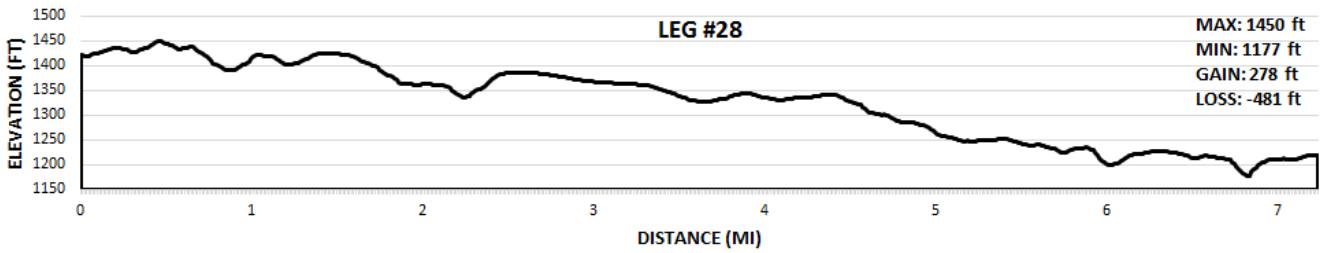
LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **6.9 mi:** Continue on Moose River Rd
- → **0.2 mi:** Turn right onto White Pine Ln – ***Cross Moose River Rd and run on Dirt Road to Exchange***

VAN DIRECTIONS: ***VAN ROUTE FROM WHITE PINE LN TO EXCHANGE PARKING****

- ↑ **0.2 mi:** Continue on Moose River Rd
  - ❖ **VANS DO NOT ENTER WHITE PINE LANE**
- → **0.2 mi:** Turn right on N South Rd
- → **0.1 mi:** Turn right into Exchange Gravel Parking Lot

EXCHANGE/VAN PARKING: Dirt Gravel Lot just south of White Pine Lane and N South Rd Intersection



Leg #29: 6.1 Miles – EASY

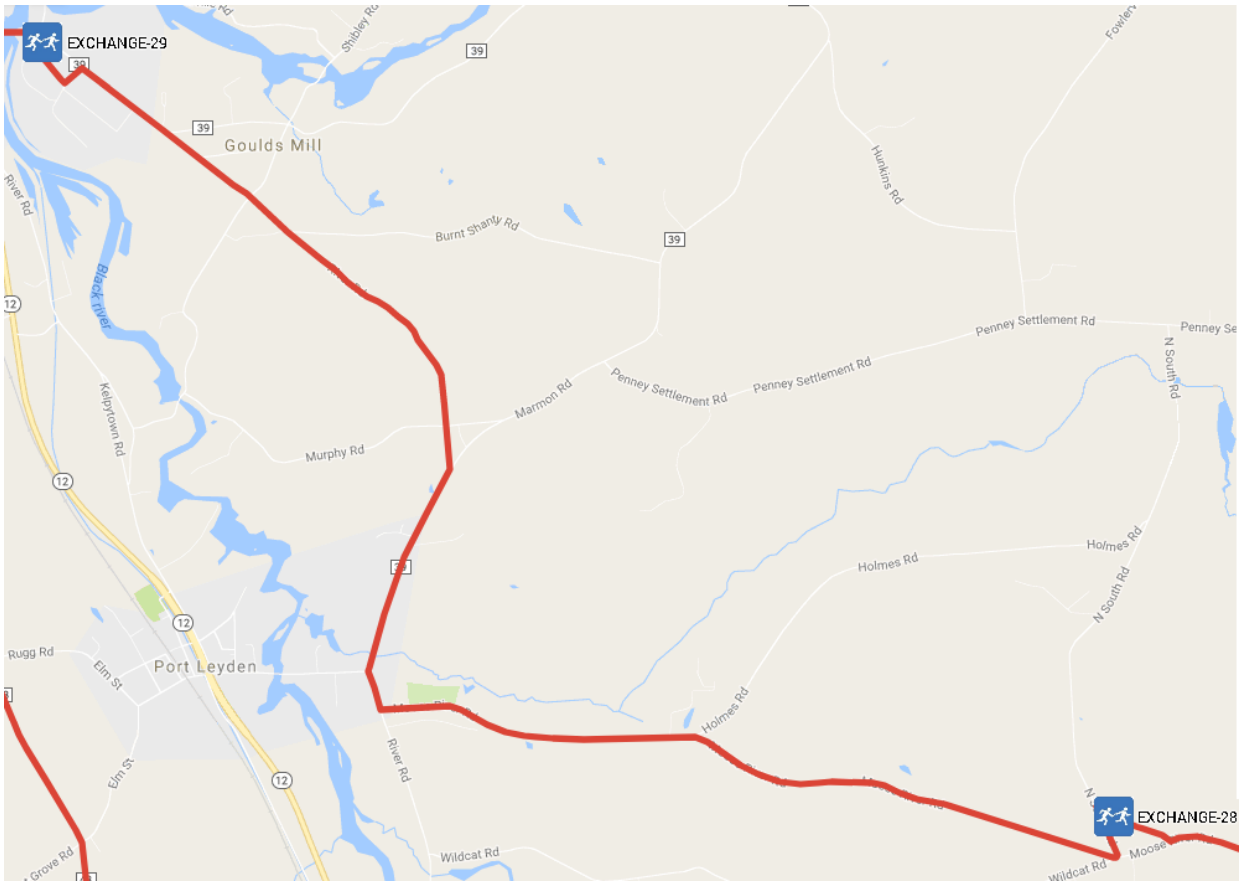
EXCHANGE #28:
Lewis County Recreation Area
White Pine Ln
Port Leyden, NY 13433
GPS: 43.57562, -75.28223

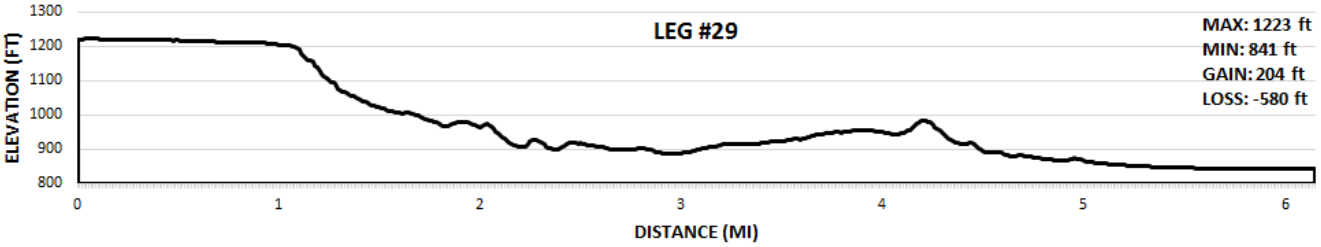
EXCHANGE #29:
Riverside Park
Community Memorial Park
Lyons Falls, NY 13368
GPS: 43.61438, -75.35645

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **0.1 mi:** Continue on White Pine Ln toward N South Rd
- ← **0.2 mi:** Sharp left onto N South Rd – ***Cross South Road at White Pine Ln to run on right side of road***
- → **2.7 mi:** Turn right on Moose River Rd
- → **0.1 mi:** Turn right onto Pearl St – ***Cross Pearl St***
- ↗ **0.7 mi:** Slight right to continue on Pearl St – ***Cross Main St***
- ↖ **1.6 mi:** Slight left onto River Rd
- ↑ **0.4 mi:** Continue on Laura St – ***Run on sidewalk***
- ← **0.1 mi:** Turn left into S Park Entrance
- → **0.2 mi:** Turn right onto Community Memorial Park to Exchange

EXCHANGE/VAN PARKING: Exchange near north park entrance by playground; Van parking along park dirt road





Leg #30: 3.9 Miles – HARD

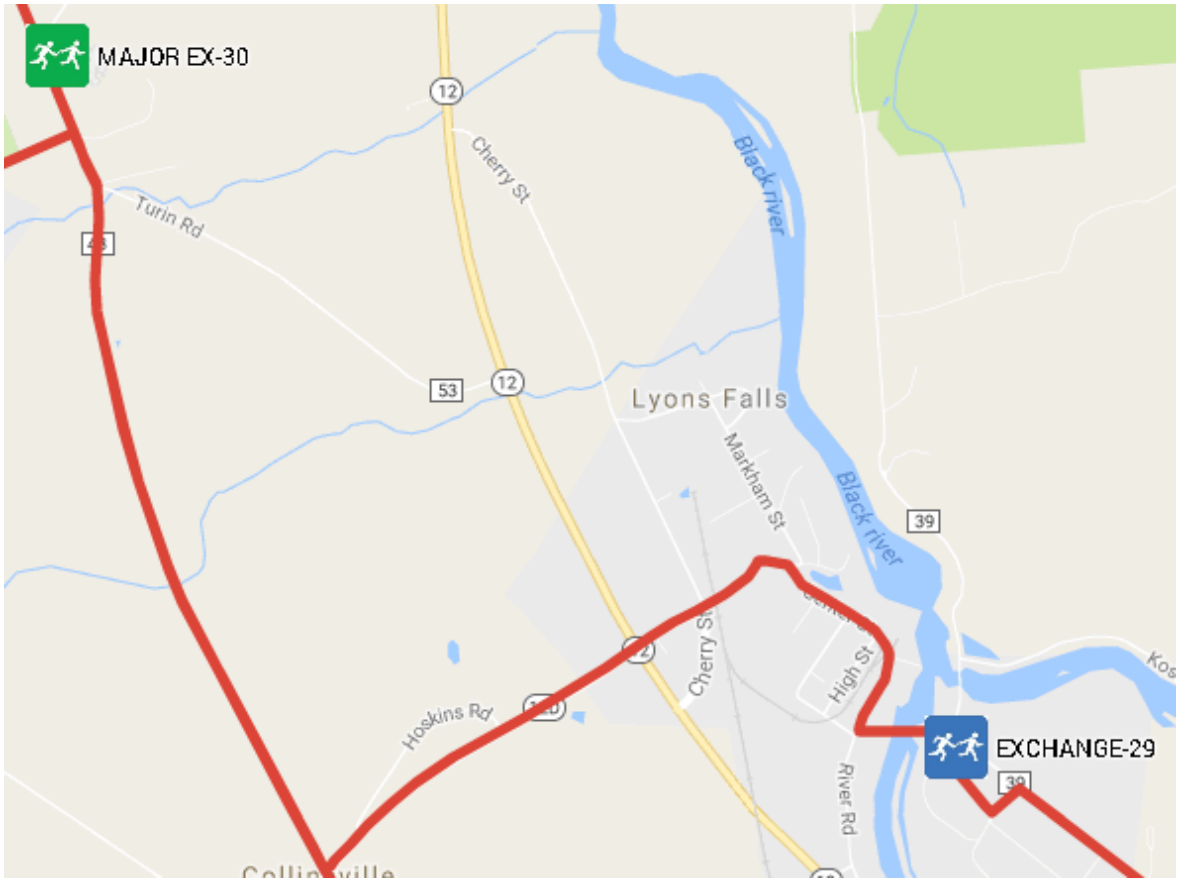
EXCHANGE #29:
Riverside Park
Community Memorial Park
Lyons Falls, NY 13368
GPS: 43.61438, -75.35645

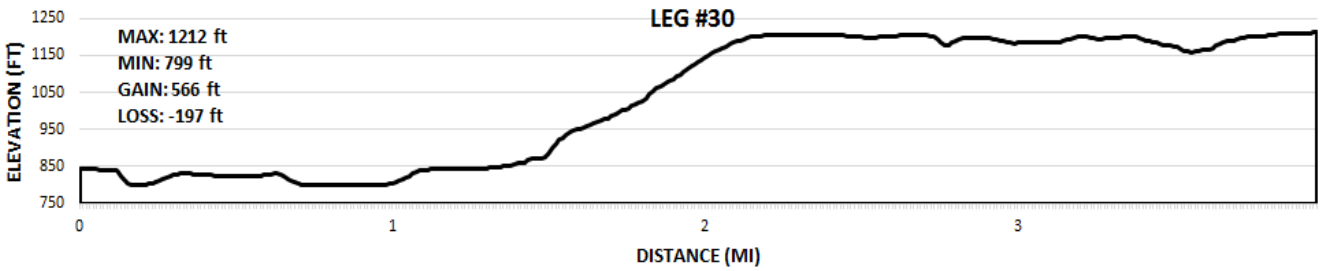
MAJOR EXCHANGE #30:
South Lewis High School
4264 East Road
Turin, NY 13473
GPS: 43.6361, -75.3954

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ← **0.3 mi:** Turn left onto Laura St – ***Cross Laura St at crosswalk and run on sidewalk on right side of road***
- → **0.5 mi:** Turn right onto Franklin St/Center St – ***Run on sidewalk on right side of road***
- ← **0.5 mi:** Turn left onto McAlpine St – ***Cross McAlpine St and run on sidewalk on right side of road***
- ↑ **0.7 mi:** Continue onto NY-12D S – ***Run on right side of road with traffic***
- → **1.9 mi:** Turn right onto East Rd to Exchange at South Lewis

EXCHANGE: Right side of road in front of School
VAN PARKING: South Lewis Bus Parking Lot on Whiskey Lane Rd from East Rd





Leg #31: 6.1 Miles – MODERATE

START OF SPRINT RELAY

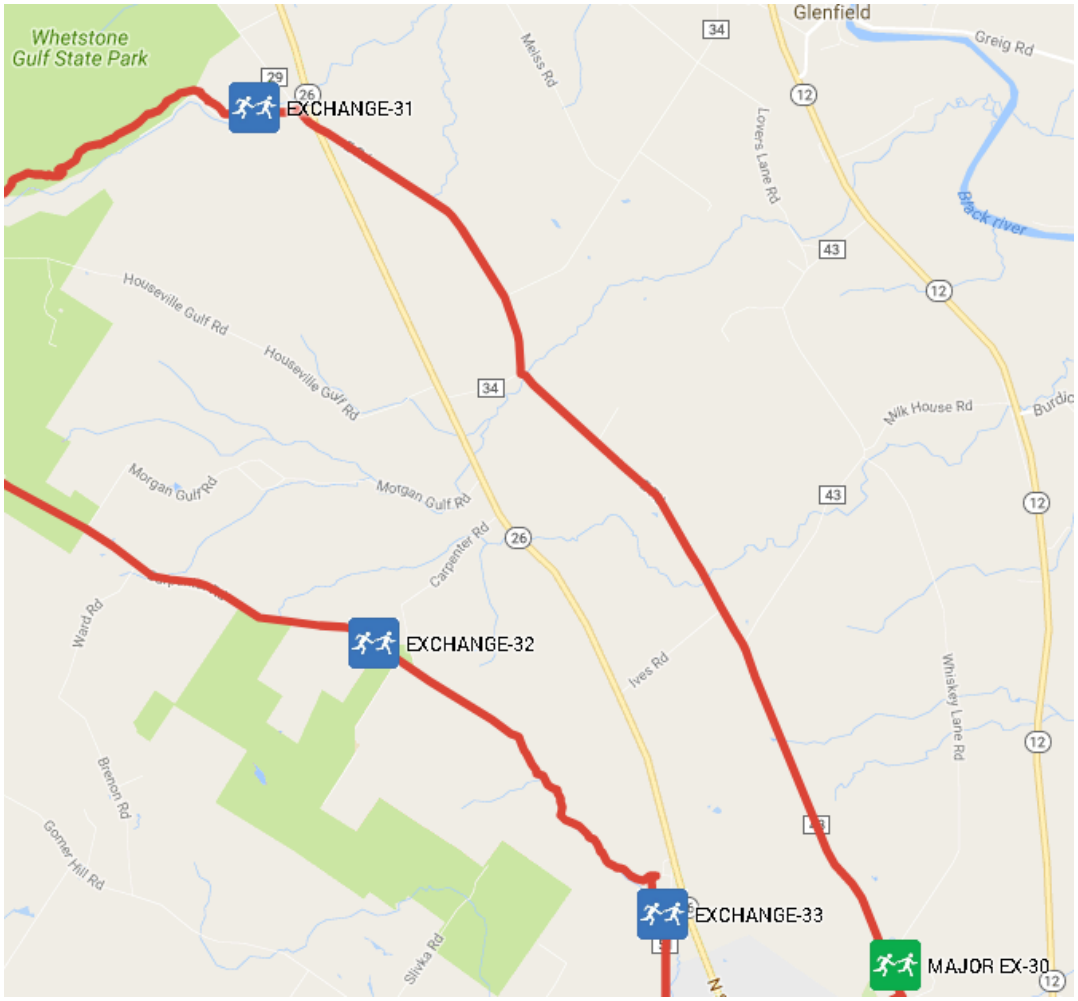
MAJOR EXCHANGE #30:
South Lewis High School
4264 East Road
Turin, NY 13473
GPS: 43.6361, -75.3954

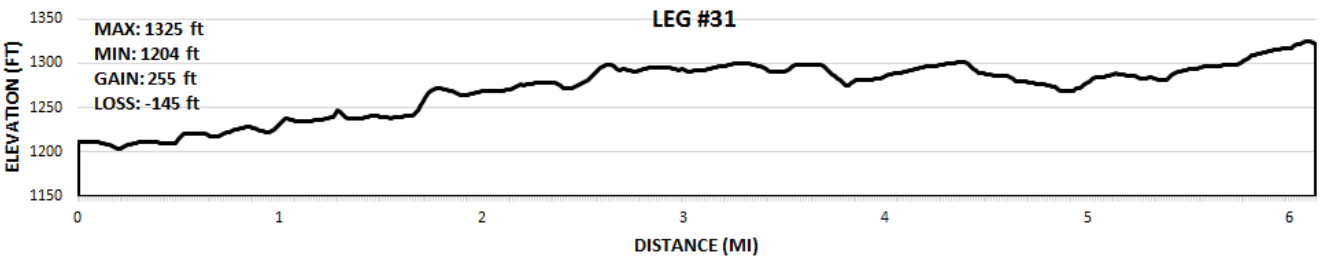
EXCHANGE #31:
Whetstone Gulf State Park
6065 West Rd
Lowville, NY 13367
GPS: 43.70286, -75.46442

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **2.2 mi:** Head north on E Rd
- ↖ **1.7 mi:** Slight left to continue north on E Rd
- → **1.8 mi:** Turn right onto Houseville Rd/Continue on E Rd – ***Cross Houseville Rd***
- ↑ **0.2 mi:** Cross NY-26 and head North on W Rd – ***Cross NY-26 at W/E Rd intersection***
- ← **0.2 mi:** Turn left in Whetstone Gulf State Park and take the road to the back of the park

EXCHANGE/ VAN PARKING: North Rim Trail Head Parking Area at Whetstone Gulf State Park near Bathroom/Beach Access





Leg #32: 6.4 Miles – VERY HARD "THE WHETSTONE WARRIOR"

❖ NOTE: PARTIAL TRAIL RUN (NO VAN SUPPORT ON TRAIL) – 2.3 Miles

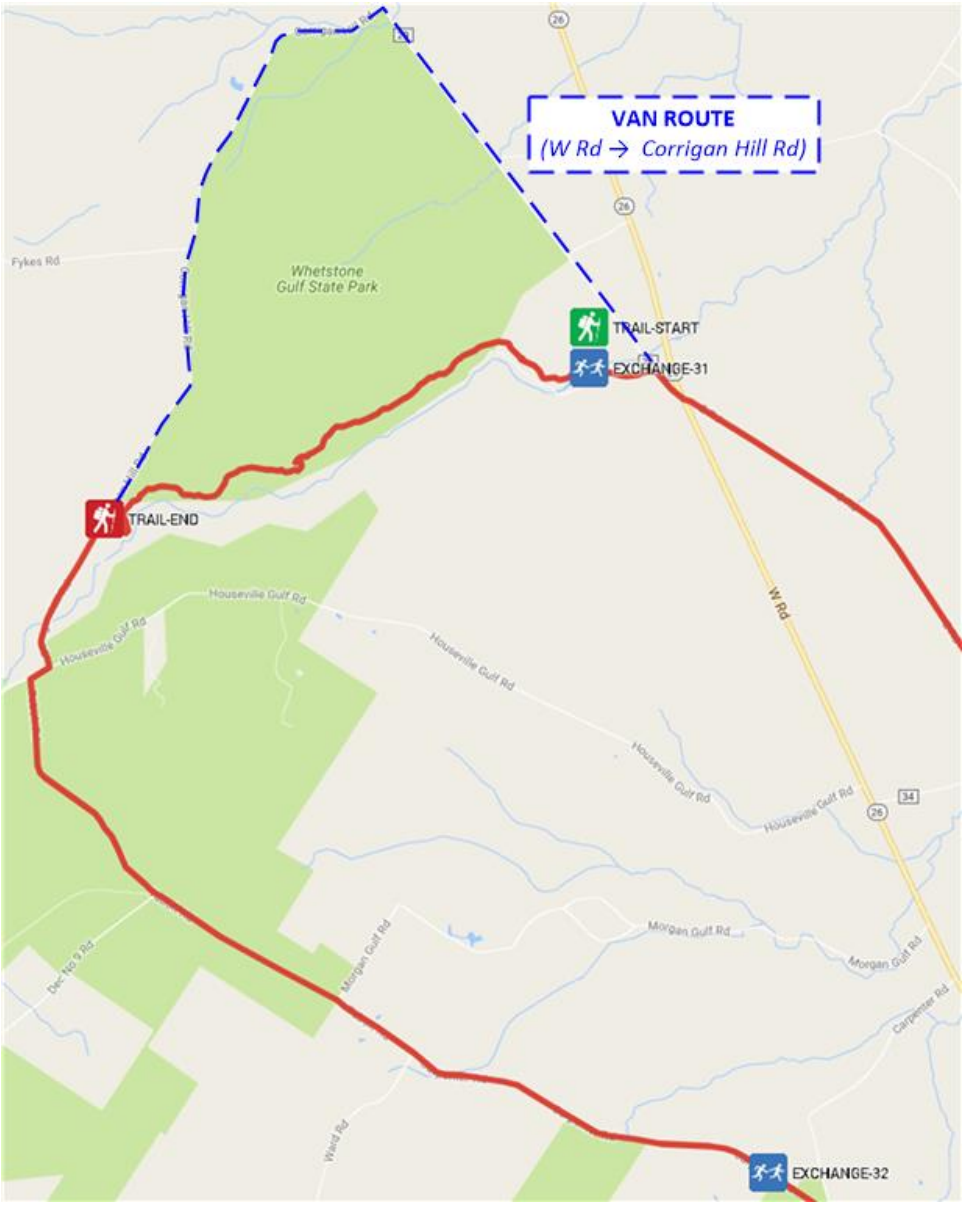
EXCHANGE #31:
Whetstone Gulf State Park
6065 West Rd
Lowville, NY 13367
GPS: 43.70286, -75.46442

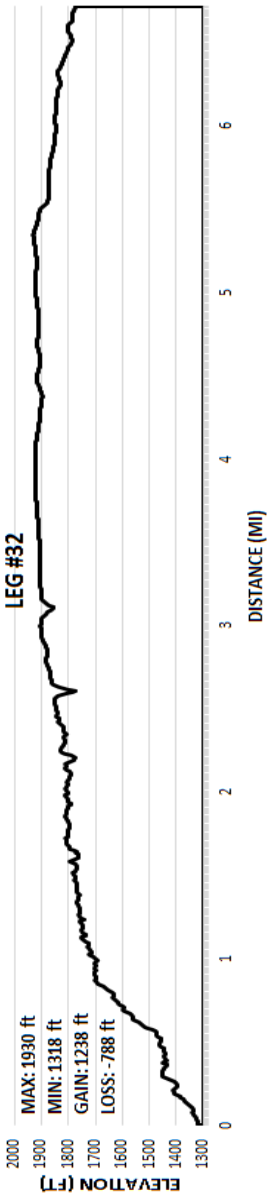
EXCHANGE #32:
Timberview Resort
5265 Carpenter Rd
Turin, NY 13473
GPS: 43.66113, -75.45149

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↖ **2.3 mi:** Head west on Whetstone North Rim Trail – ***TRAIL RUN AROUND GORGE!!***
- ← **0.6 mi:** Turn left onto Corrigan Hill Rd
- → **0.1 mi:** Turn right onto Houseville Gulf Rd – ***Cross Houseville Rd at Corrigan Rd***
- ← **2.0 mi:** Turn left onto Tabolt Rd
- ↑ **1.4 mi:** Continue onto Carpenter Rd – ***Cross Carpenter Rd at Exchange and run on right side of road***

EXCHANGE/VAN PARKING: Right side of road at Timberview Resort Parking Lot (Runners cross road to Exchange)





Leg #33: 2.4 Miles – EASY **NO VAN SUPPORT**

❖ NOTE: PARTIAL TRAIL RUN (NO VAN SUPPORT ON TRAIL) – 1.3 Miles

EXCHANGE #32:
Timberview Resort
5265 Carpenter Rd
Turin, NY 13473
GPS: 43.66113, -75.45149

EXCHANGE #33:
Snow Ridge Ski Resort
4173 W Rd
Turin, NY 13473
GPS: 43.64003, -75.4204

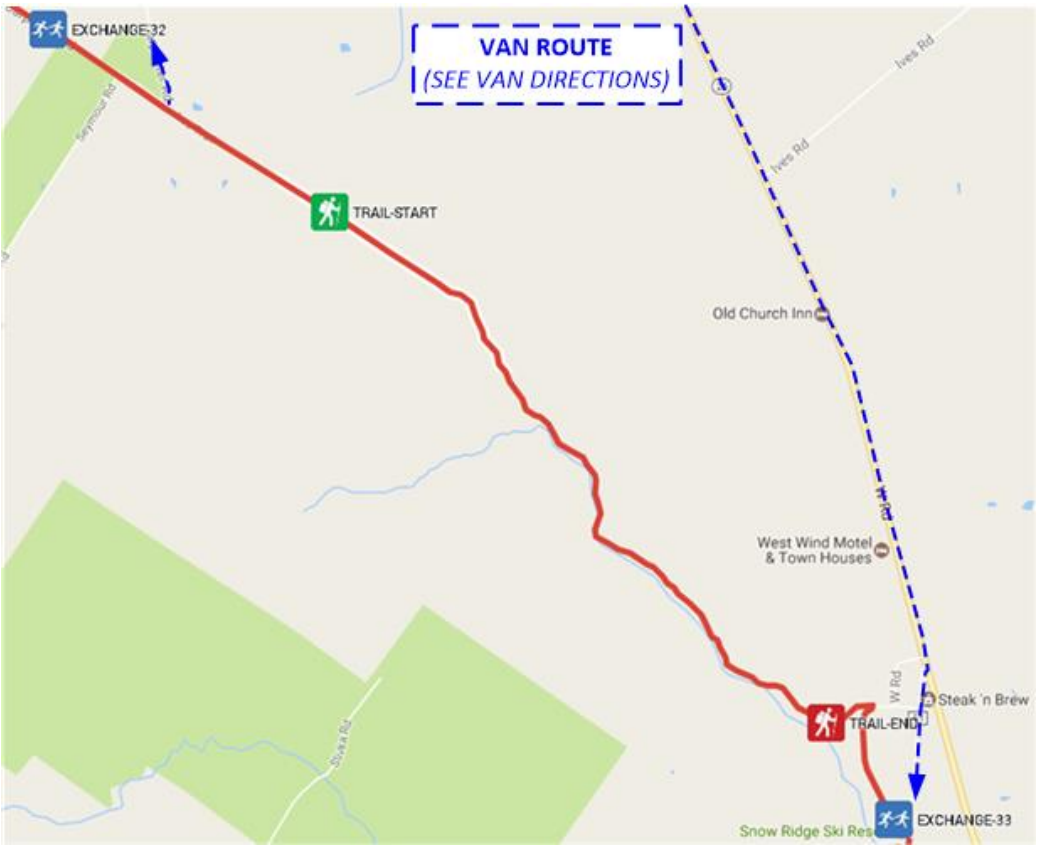
LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

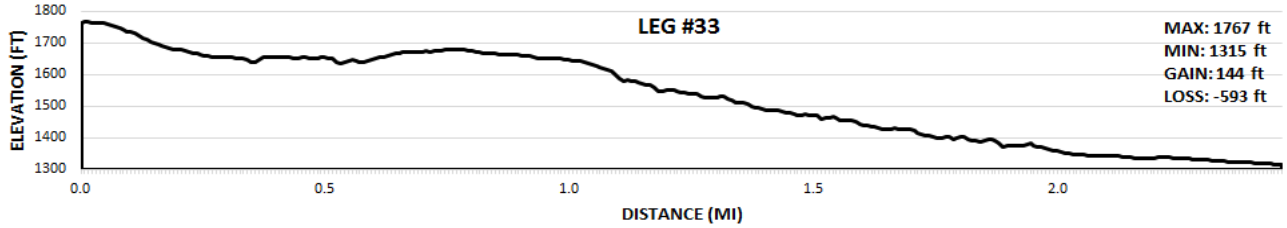
- ↑ **0.3 mi:** Head southwest on Carpenter Rd – ***Run on right side of road with traffic***
- ↑ **0.4 mi:** Continue straight on Lee Trail – ***Enter Trail Head after gate***
- ↑ **1.3 mi:** Continue on Main Trail to Snow Ridge (Runs along Creek) – ***TRAIL RUN ALONG CREEK!!***
- → **0.4 mi:** Turn right at exit of Trail onto Snow Ridge Parking Lot Dirt Road to Ski Lodge

VAN DIRECTIONS:

- ← **1.1 mi:** Turn right to stay on Carpenter Rd
- → **2.1 mi:** Turn right onto NY-26 S
- → **0.3 mi:** Turn right onto W Rd to Snow Ridge Ski Resort

EXCHANGE:/VAN PARKING: At Snow Ridge Ski Resort Main Lodge area/parking





Leg #34: 5.0 Miles – EASY

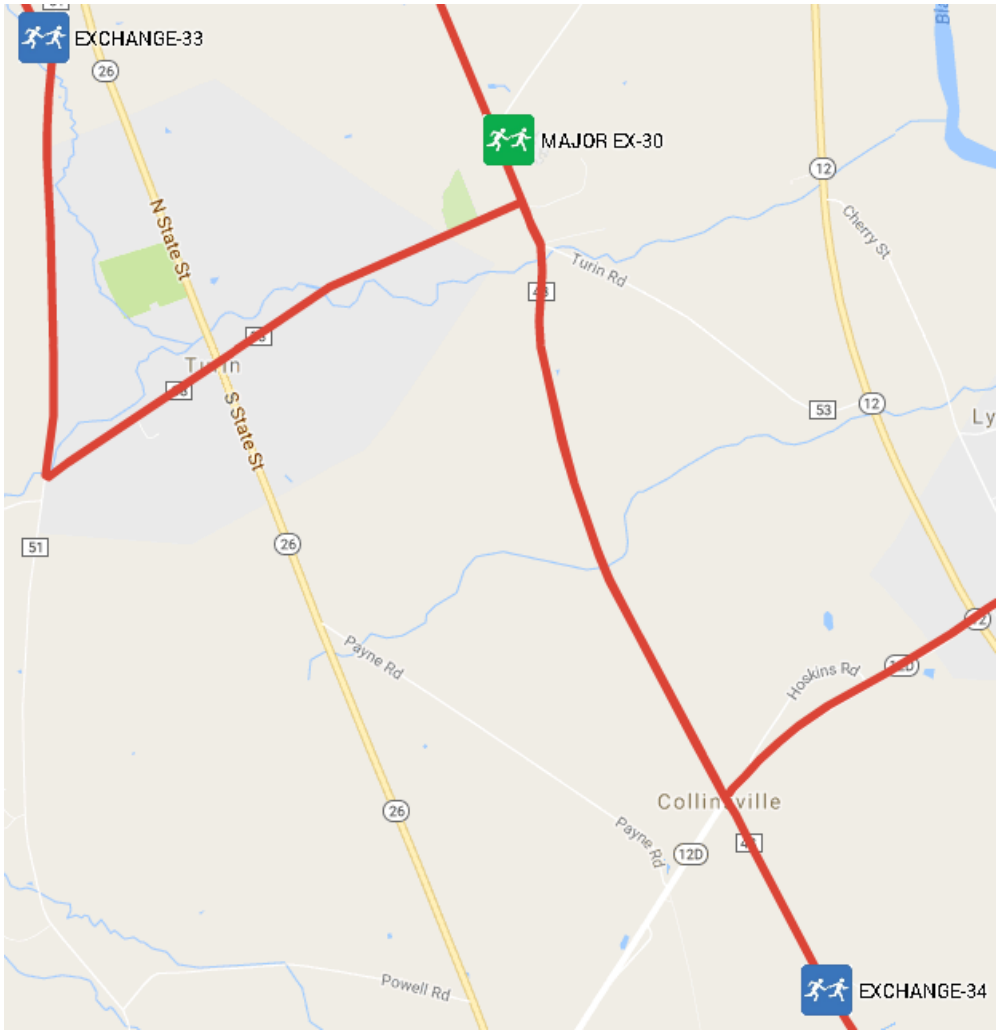
EXCHANGE #33:
Snow Ridge Ski Resort
4173 W Rd
Turin, NY 13473
GPS: 43.64003, -75.4204

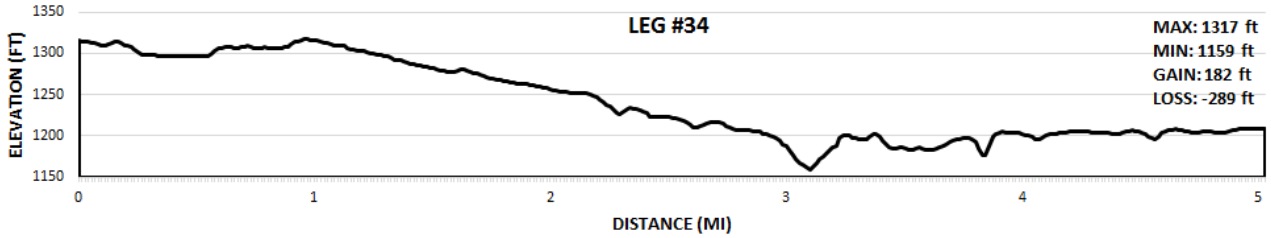
EXCHANGE #34:
The Hayloft at Moonshine Farm
6615 Buneo Rd
Port Leyden, NY 13433
GPS: 43.60302, -75.37831

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **1.2 mi:** Head south on W Rd
- ← **1.5 mi:** Turn left onto W Main St – ***Cross NY-26 at Main St and continue on Main St to E Rd***
- → **0.1 mi:** Turn right onto E Rd
- ↗ **2.2 mi:** Slight right to stay on E Rd – ***Cross NY-12D and continue on E Rd to Exchange***

EXCHANGE: Left side of road at entrance to Hayloft at Moonshine Farm parking lot
VAN PARKING: Left side of road at The Hayloft at Moonshine Farm grass parking lot





Leg #35: 3.8 Miles – EASY

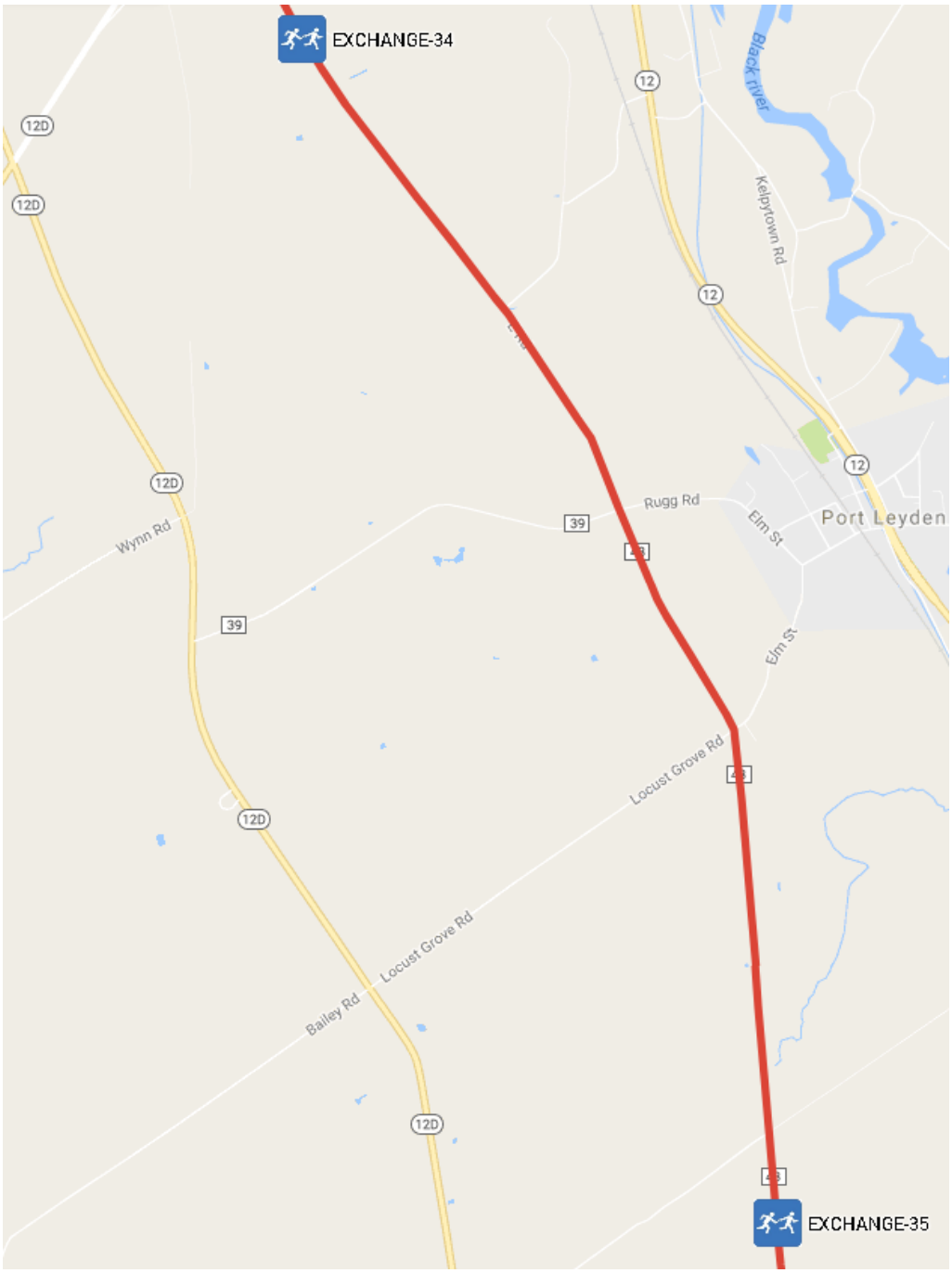
EXCHANGE #34:
The Hayloft at Moonshine Farm
6615 Buneo Rd
Port Leyden, NY 13433
GPS: 43.60302, -75.37831

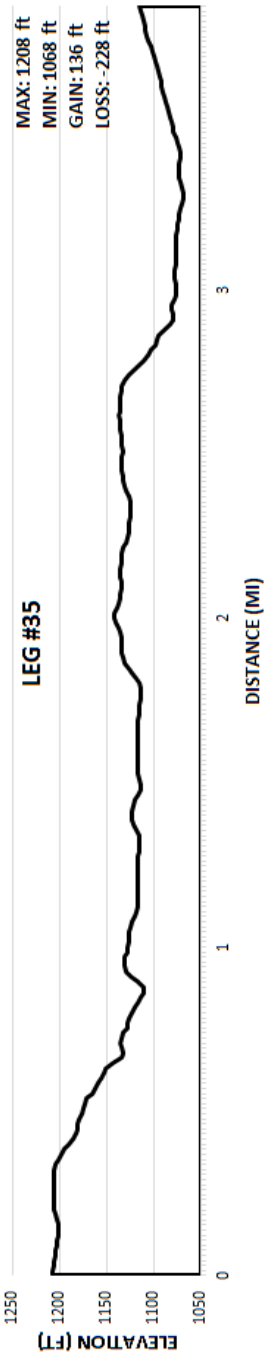
EXCHANGE #35:
Dig & Push Excavating Barn
2599 E Rd
Boonville, NY 13309
GPS: 43.55378, -75.3512

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

↑ **3.8 mi:** Head south on E Rd

EXCHANGE: Left side of road across from Dig & Push
VAN PARKING: Right side of road at Dig & Push Gravel Parking Lot





Leg #36: 6.2 Miles – MODERATE

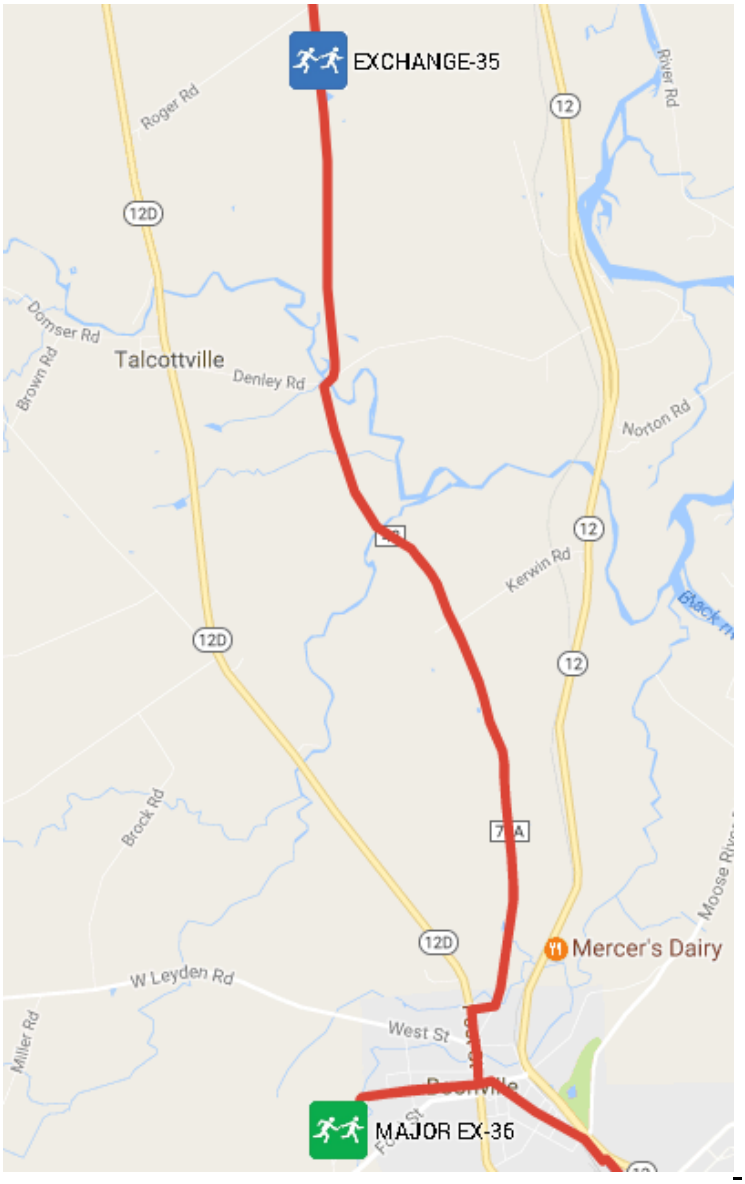
EXCHANGE #35:
Dig & Push Excavating Barn
2599 E Rd
Port Leyden, NY 13433
GPS: 43.55378, -75.3512

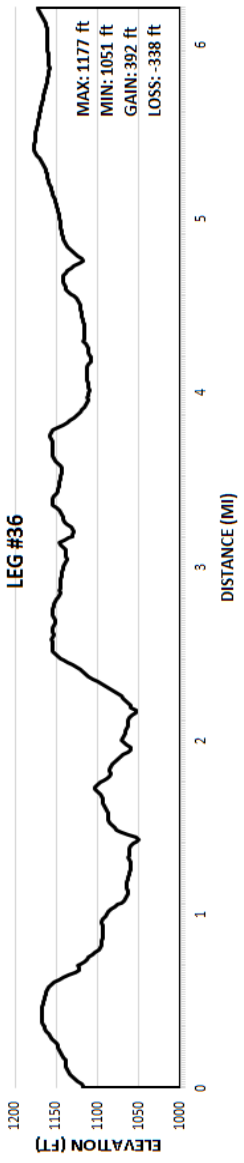
MAJOR EXCHANGE #36:
Adirondack Central High School
8181 New York 294
Boonville, NY 13309
GPS: 43.48076, -75.34925

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **1.5 mi:** Head south on E Rd
- ↗ **0.1 mi:** Slight right onto Denley Rd – ***Cross Denley Rd***
- ← **3.1 mi:** Turn left onto E Rd
- → **0.1 mi:** Turn right onto Hurlbut St
- ← **0.4 mi:** Turn left onto Post St – ***Cross Post St at Hurlbut St and run on sidewalk on right side of Post St***
- → **0.4 mi:** Turn right onto Schuyler St – ***Run on sidewalk on right side of street***
- ↑ **0.4 mi:** Continue on School Rd/Schuyler St – ***Cross Summit St and run on right side of road/sidewalk***
- → **0.2 mi:** Turn right into North Parking Lot of School towards Exchange

EXCHANGE/VAN PARKING: Adirondack Central High School North Parking Lot





Leg #37: 6.2 Miles – HARD **PARTIAL VAN SUPPORT (TRAIL RUN)**

MAJOR EXCHANGE #36:
Adirondack Central High School
8181 New York 294
Boonville, NY 13309
GPS: 43.48076, -75.34925

EXCHANGE #37:
Potato Hill Farm (BREIA Trail)
Potato Hill Rd
Boonville, NY 13309
GPS: 43.43772, -75.29845

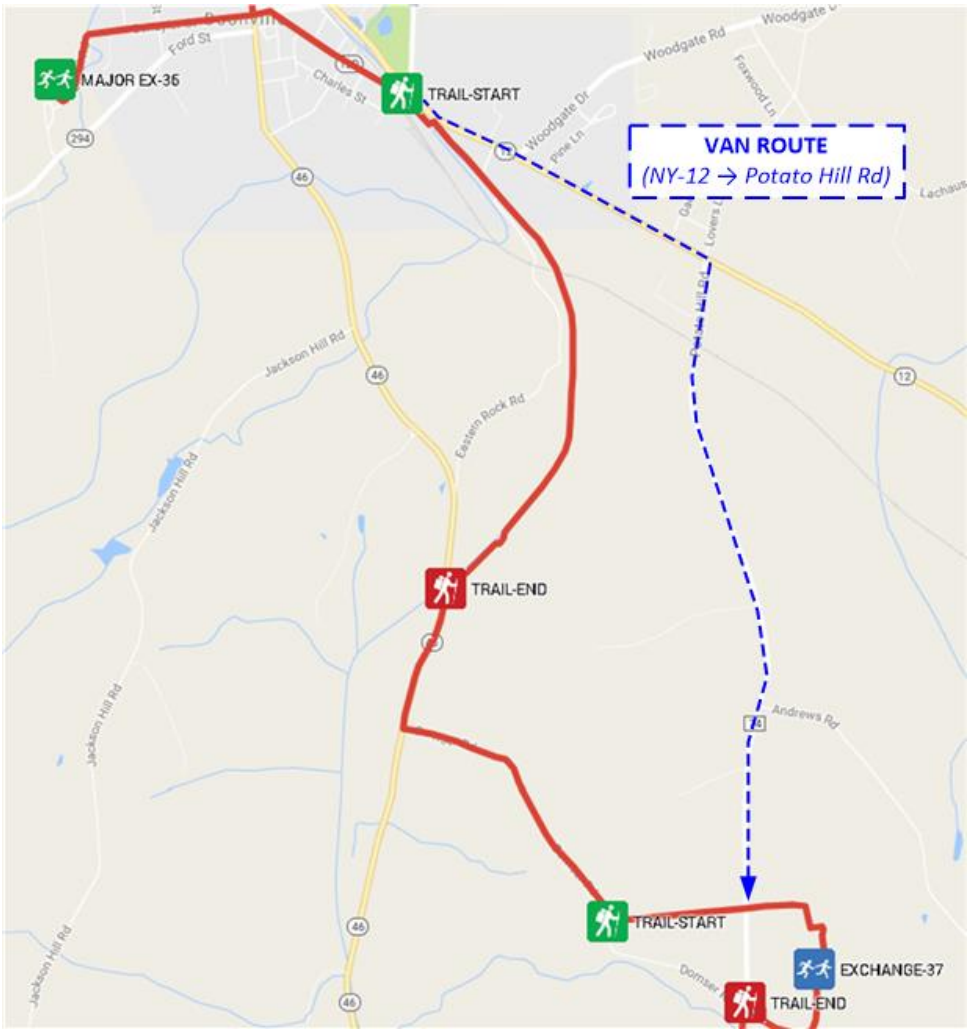
LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

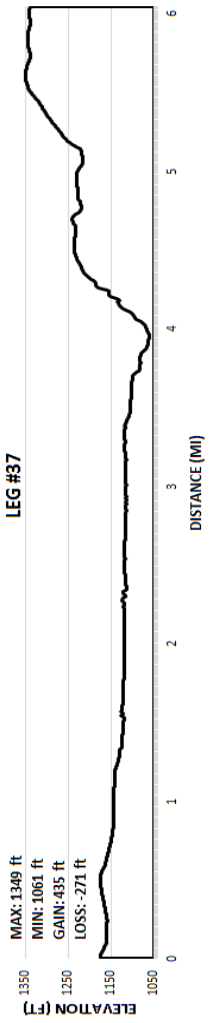
- → **0.2 mi:** Turn right to exit School North Parking Lot towards School Rd
- ↑ **0.7 mi:** Head north on School Rd/Schuyler St – ***Cross Summit St and run on sidewalk on right side of road***
- ↑ **0.6 mi:** Continue on Schuyler St/Main St – ***Cross Post St at crosswalk and run on sidewalk on right side of road***
- → **0.3 mi:** Turn right onto BREIA/Canal Trail – ***Trail entrance on north end of Nice & Easy before NY-12***
- ↑ **1.5 mi:** Continue Straight on BREIA/Canal Trail behind Shopping – ***TRAIL RUN ON CANAL!!***
- ← **0.5 mi:** Turn left on NY-46 S
- ← **1.0 mi:** Turn left onto Domser Rd
- ← **0.9 mi:** Turn left onto BREIA Trail off Domser Rd – ***Cross Potato Hill Rd at BREIA Trail Crosswalk***
- ↑ **0.4 mi:** Continue on BREIA Trail Loop through Potato Hill Farm to Exchange – ***TRAIL RUN THROUGH FARM!!***

VAN DIRECTIONS:

- → **1.1 mi:** Turn right onto NY-12 S from Trail Head at Nice & Easy Gas Station
- → **2.3 mi:** Turn right onto Potato Hill Rd – ***Turn into Potato Hill Farm and follow signs to Parking/Exchange***

EXCHANGE/VAN PARKING: At Potato Hill Farm near Bathrooms; Park at front Parking Lot near road entrance





Leg #38: 10.0 Miles – INSANE

THE P2B "HONEY BADGER" LEG!!

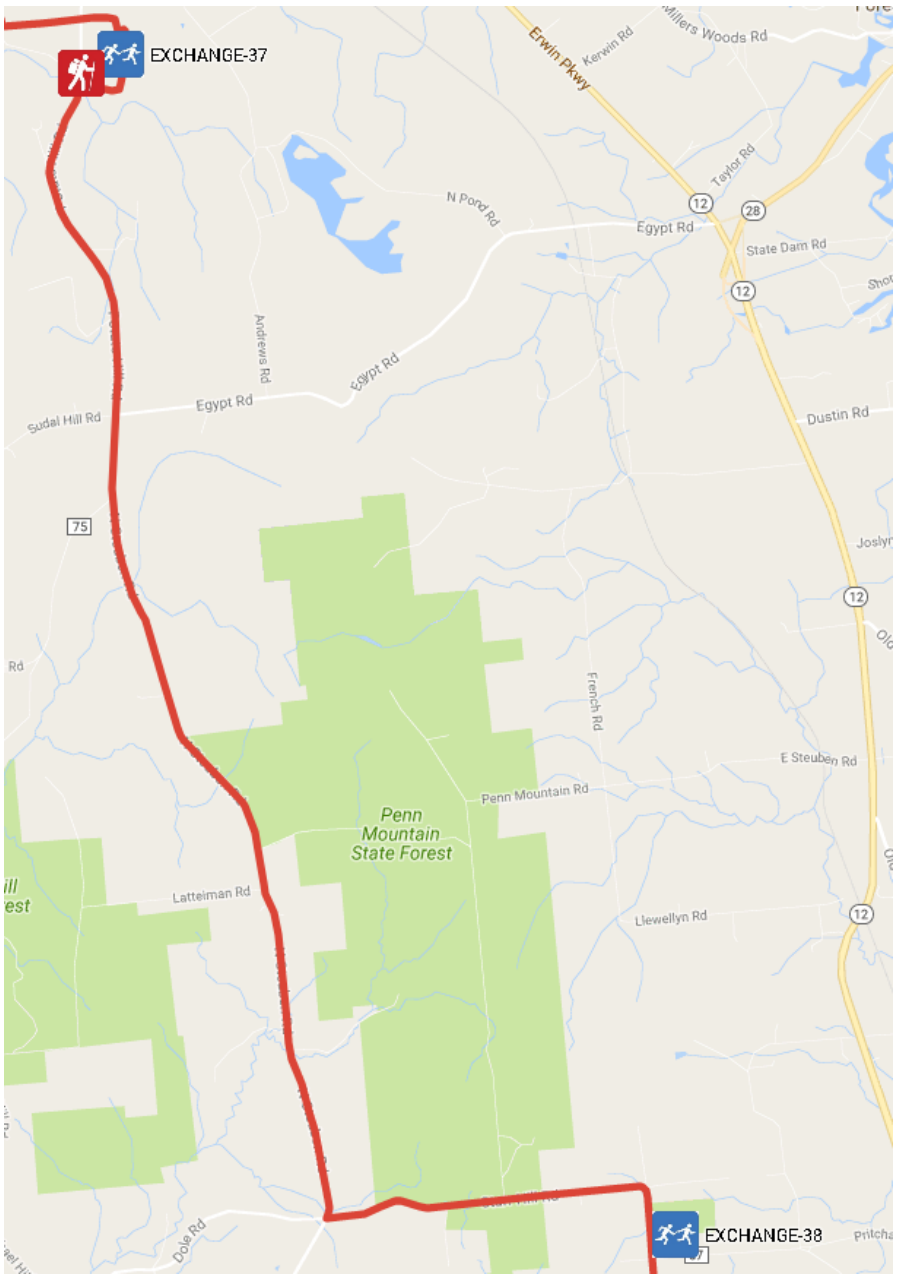
EXCHANGE #37:
Potato Hill Farm (BREIA Trail)
Potato Hill Rd
Boonville, NY 13309
GPS: 43.43772, -75.29845

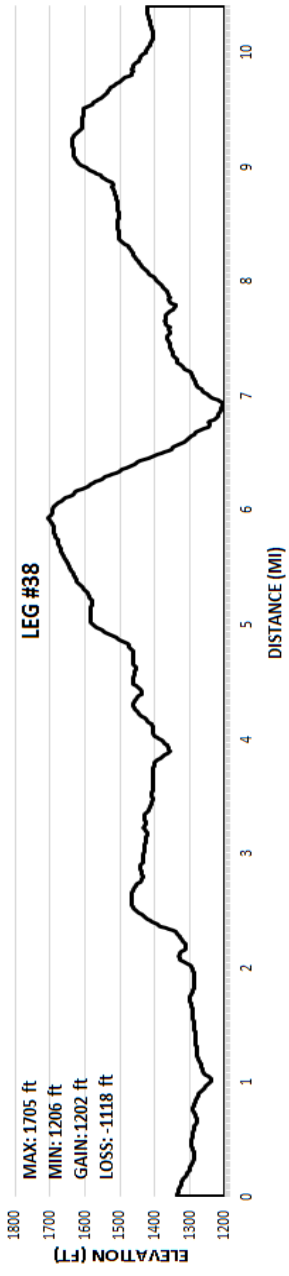
EXCHANGE #38:
Baron Von Steuben Memorial Park
9941 Starr Hill Rd
Remsen, NY 13438
GPS: 43.33706, -75.23322

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **0.5 mi:** Continue on BREIA Trail loop around Potato Hill Farm to Potato Hill Rd
- ← **7.2 mi:** Turn left and head south on Potato Hill Rd/Steuben Rd
- ← **2.2 mi:** Turn left on Starr Hill Rd
- ← **0.1 mi:** Turn left onto dirt road to Von Steuben Park after Park Gate

EXCHANGE: Baron Von Steuben Memorial Park Parking (Runners enter Park from Starr Hill Rd at wooden gate)
VAN PARKING: Baron Von Steuben Memorial Park Parking Lot (Vans enter through the south entrance to Park)





Leg #39: 6.3 Miles – MODERATE

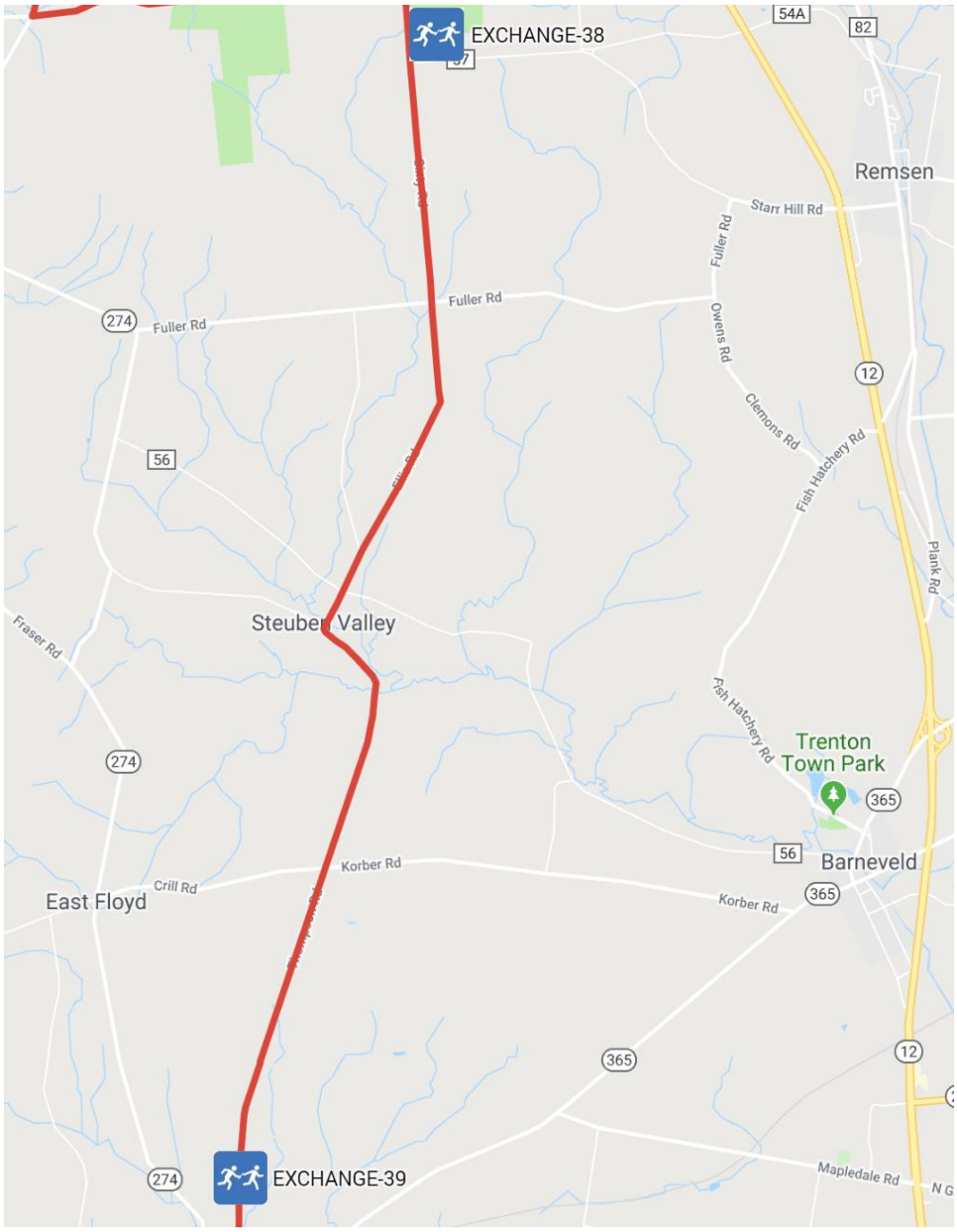
EXCHANGE #38:
Baron Von Steuben Memorial Park
9941 Starr Hill Rd
Remsen, NY 13438
GPS: 43.33706, -75.23322

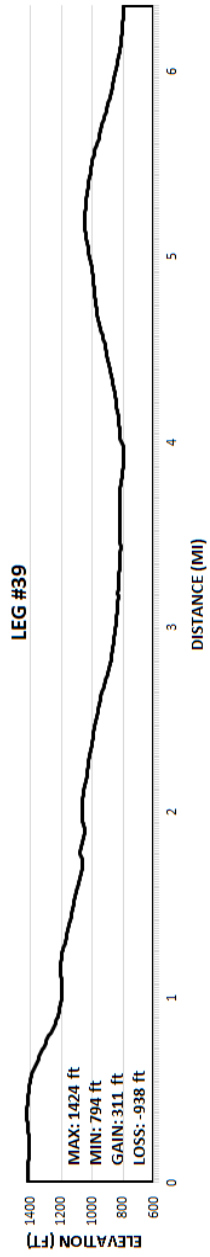
EXCHANGE #39:
Holland Patent High School
8079 Thompson Rd
Holland Patent, NY 13354
GPS: 43.252668, -75.253133

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **0.1 mi:** Head west out of Baron Von Steuben Memorial Park
- ← **1.4 mi:** Turn left on Starr Hill/ Sixty Rd
- ↑ **1.8 mi:** Cross Fuller Rd and Continue on Ellis Rd – ***Cross Fuller Rd***
- ↑ **3.0 mi:** Continue onto Thompson Rd

EXCHANGE/VAN PARKING: Left side of road at Holland Patent Middle School Entrance; Park in School Parking Lot





Leg #40: 5.0 Miles – MODERATE

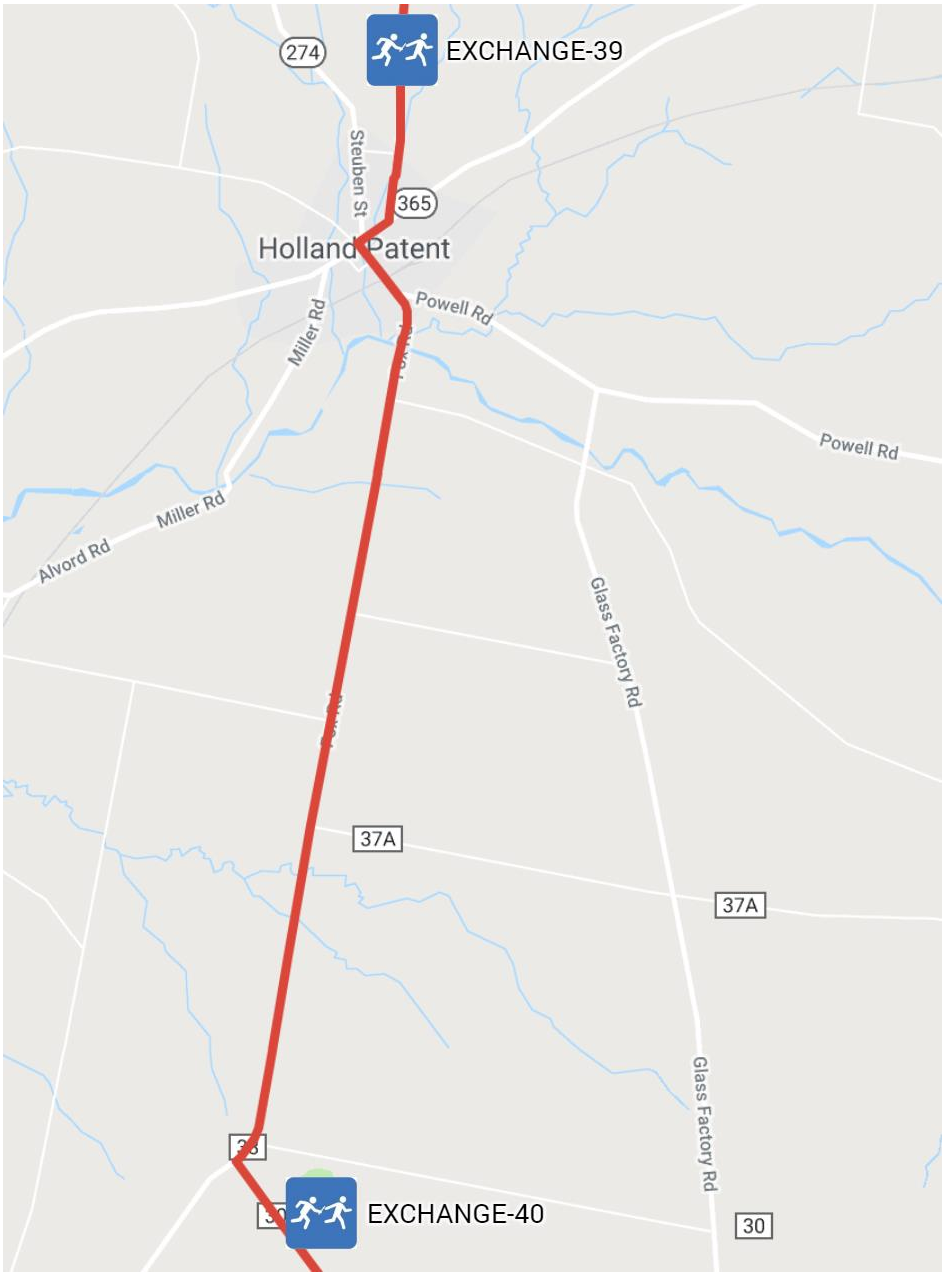
EXCHANGE #39:
Holland Patent High School
8079 Thompson Rd
Holland Patent, NY 13354
GPS: 43.252668, -75.253133

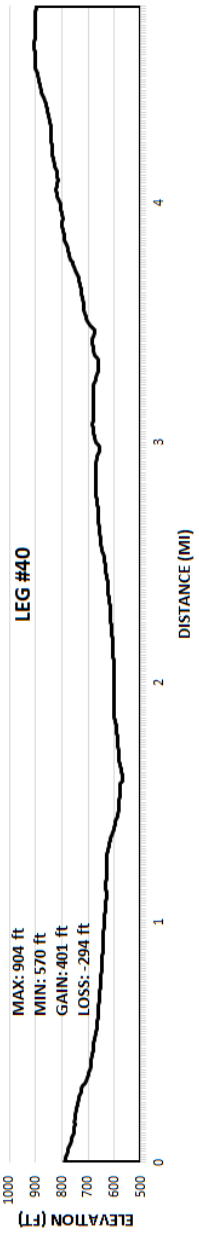
EXCHANGE #40:
Toby Road Park & Pavilion
9499 Toby Rd
Marcy, NY 13403
GPS: 43.18805, -75.25929

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **0.7 mi:** Head south on Thompson Rd/Elm St – ***Cross NY-365/Main St***
- → **0.1 mi:** Turn right onto Main St – ***Run on sidewalk***
- ← **3.7 mi:** Turn left onto Park Ave/Fox Rd
- ← **0.4 mi:** Turn left onto Toby Rd
- ← **0.1 mi:** Turn left into Toby Park to Exchange at Loop Around Circle near Restrooms at North End of Park

EXCHANGE/VAN PARKING: Toby Park & Pavilion North End Restroom Area; Park in Upper Parking Lots





Leg #41: 6.0 Miles – MODERATE

EXCHANGE #40:
Toby Road Park & Pavilion
9499 Toby Rd
Marcy, NY 13403
GPS: 43.18805, -75.25929

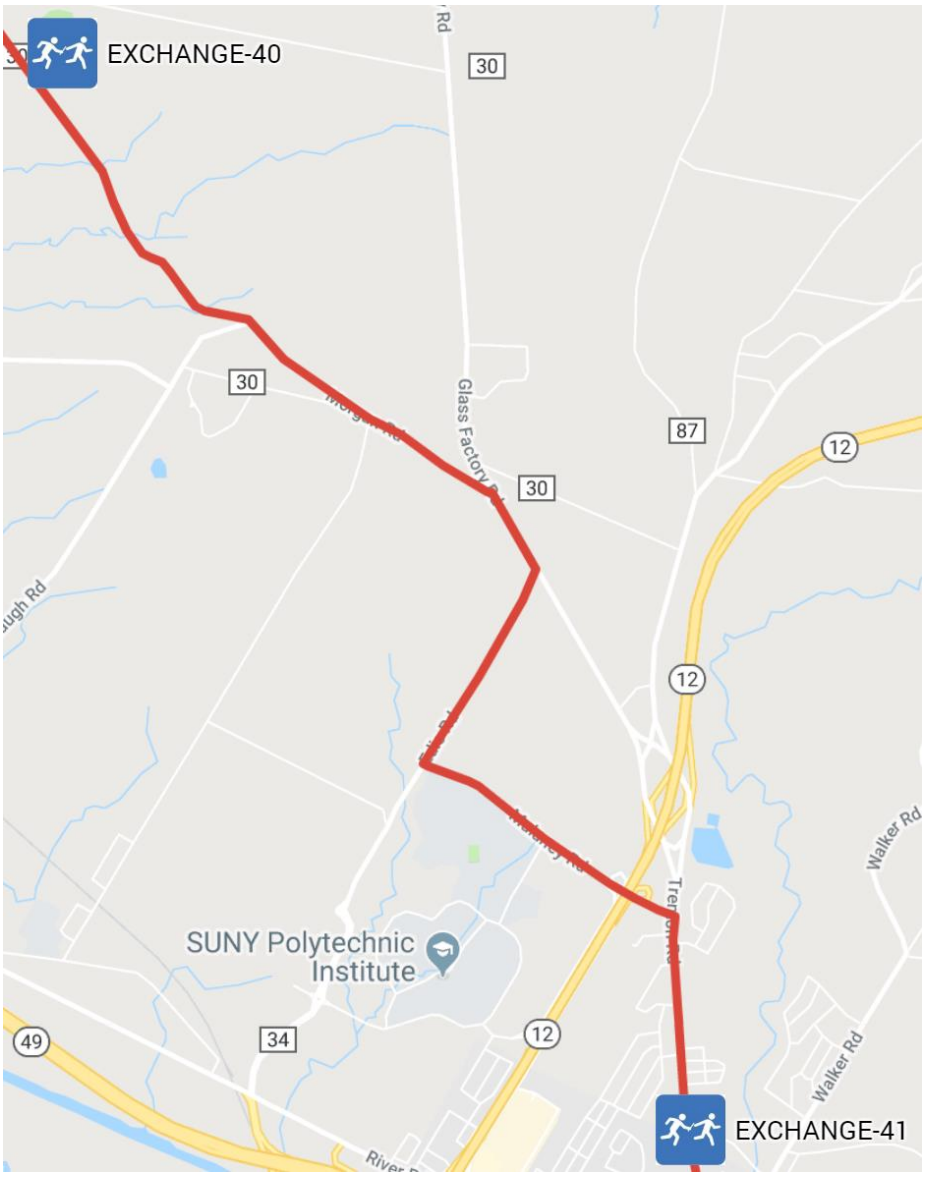
EXCHANGE #41:
Deerfield Fire Department
5476 Trenton Rd
Utica, NY 13502
GPS: 43.126934, -75.210752

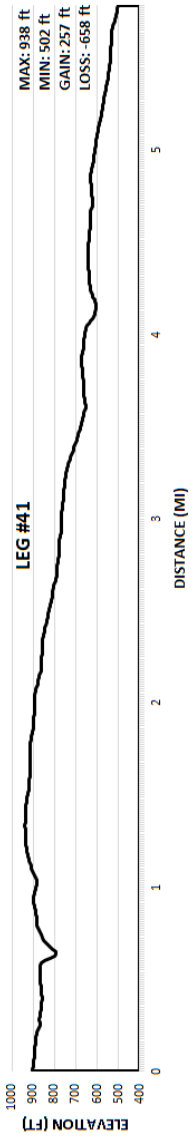
LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- ↑ **0.2 mi:** Head south on road in Toby Park towards Toby Rd
- ← **1.3 mi:** Turn left onto Toby Rd from Park
- ↑ **1.2 mi:** Continue on Morgan Rd
- → **0.4 mi:** Turn right onto Glass Factory Rd – ***Run on right side of road with traffic***
- → **0.9 mi:** Turn right onto Edic Rd
- ← **1.2 mi:** Turn left onto Mulaney Rd
- → **0.8 mi:** Turn right onto Trenton Rd – ***Cross Tenton Rd***

EXCHANGE/VAN PARKING: Deerfield Fire Dept Gravel Parking Lot

- ❖ **NOTE: VAN'S SHOULD HEAD STRAIGHT TO FINISH FROM EXCHANGE #41**



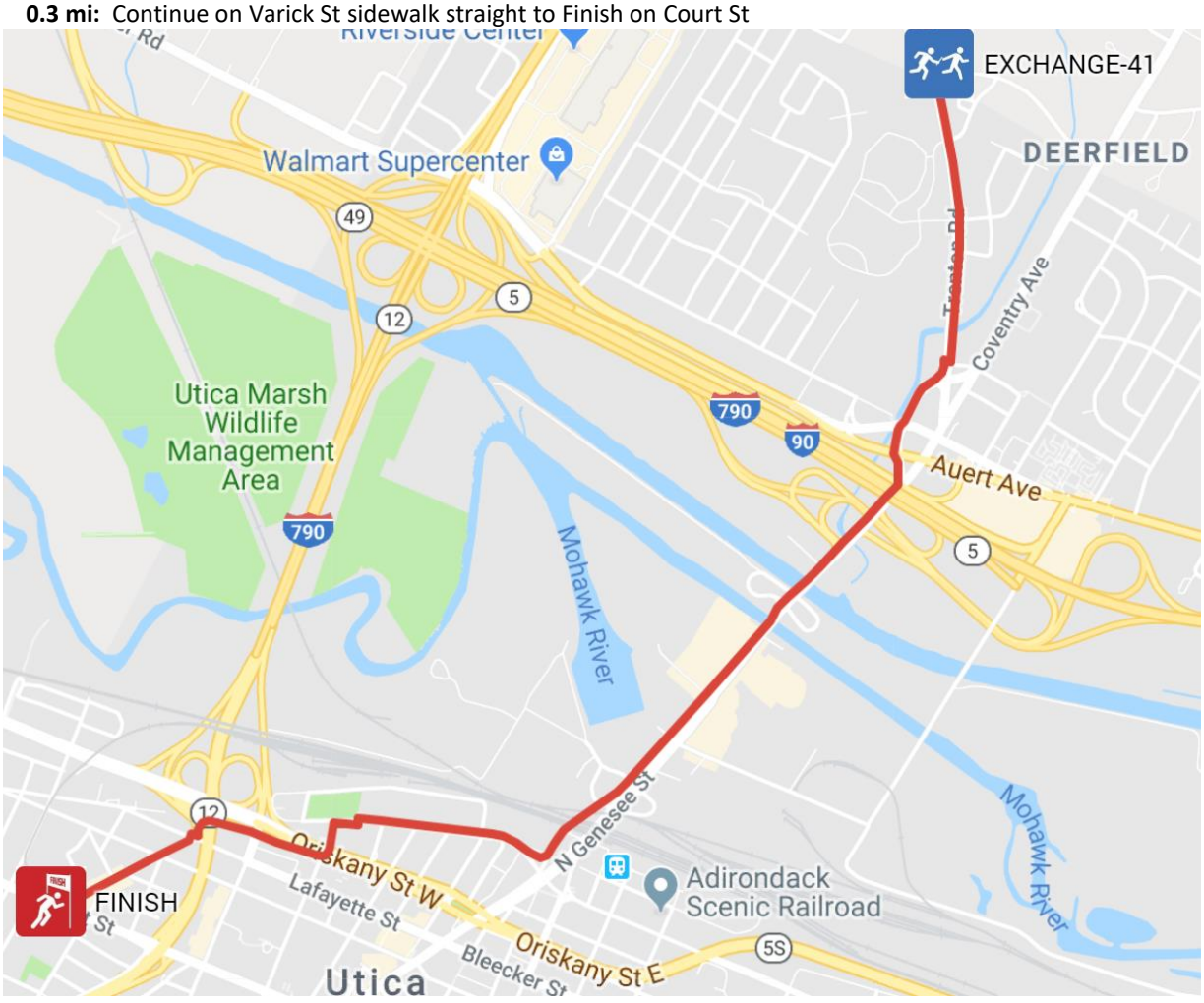
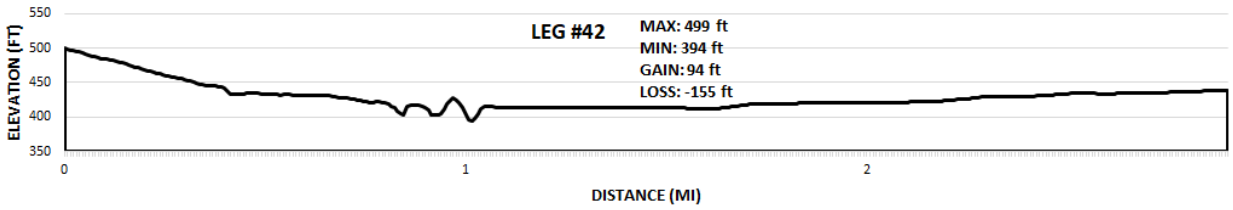


Leg #42: 3.0 Miles – EASY

** NO VAN SUPPORT (LET'S CELEBRATE) **

EXCHANGE #41:
Deerfield Fire Department
5476 Trenton Rd
Utica, NY 13502
GPS: 43.126934, -75.210752

FINISH:
Saranac Brewery
830 Varick Street
Utica, NY 13502
GPS: 43.10318, -75.24536

LEG DIRECTIONS: ***RUN ON LEFT SIDE OF ROAD AGAINST TRAFFIC UNLESS OTHERWISE STATED****

- → **0.6 mi:** Continue south on Trenton Rd
- ↗ **0.3 mi:** Slight right to stay on Trenton Rd – ***Run on sidewalk/shoulder with traffic***
- → **0.8 mi:** Continue on N Genesee St – ***Run on sidewalk and yield to vehicles at business road entrance/exits***
- ↗ **0.2 mi:** Slight right at Lee St – ***Run on sidewalk***
- → **0.4 mi:** Turn right onto Whitesboro St – ***Run on sidewalk***
- ← **0.1 mi:** Turn left onto Auditorium Dr – ***Cross Oriskany Blvd at Auditorium Dr Crosswalk***
- → **0.2 mi:** Turn right onto Oriskany Blvd Sidewalk onto the Multi-Use Path – ***Cross Cornelia at Oriskany Crosswalk***
- ↑ **0.0 mi:** Cross Lafayette St onto Varick St – ***Run on sidewalk on right side of road***
- ↑ **0.3 mi:** Continue on Varick St sidewalk straight to Finish on Court St