

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

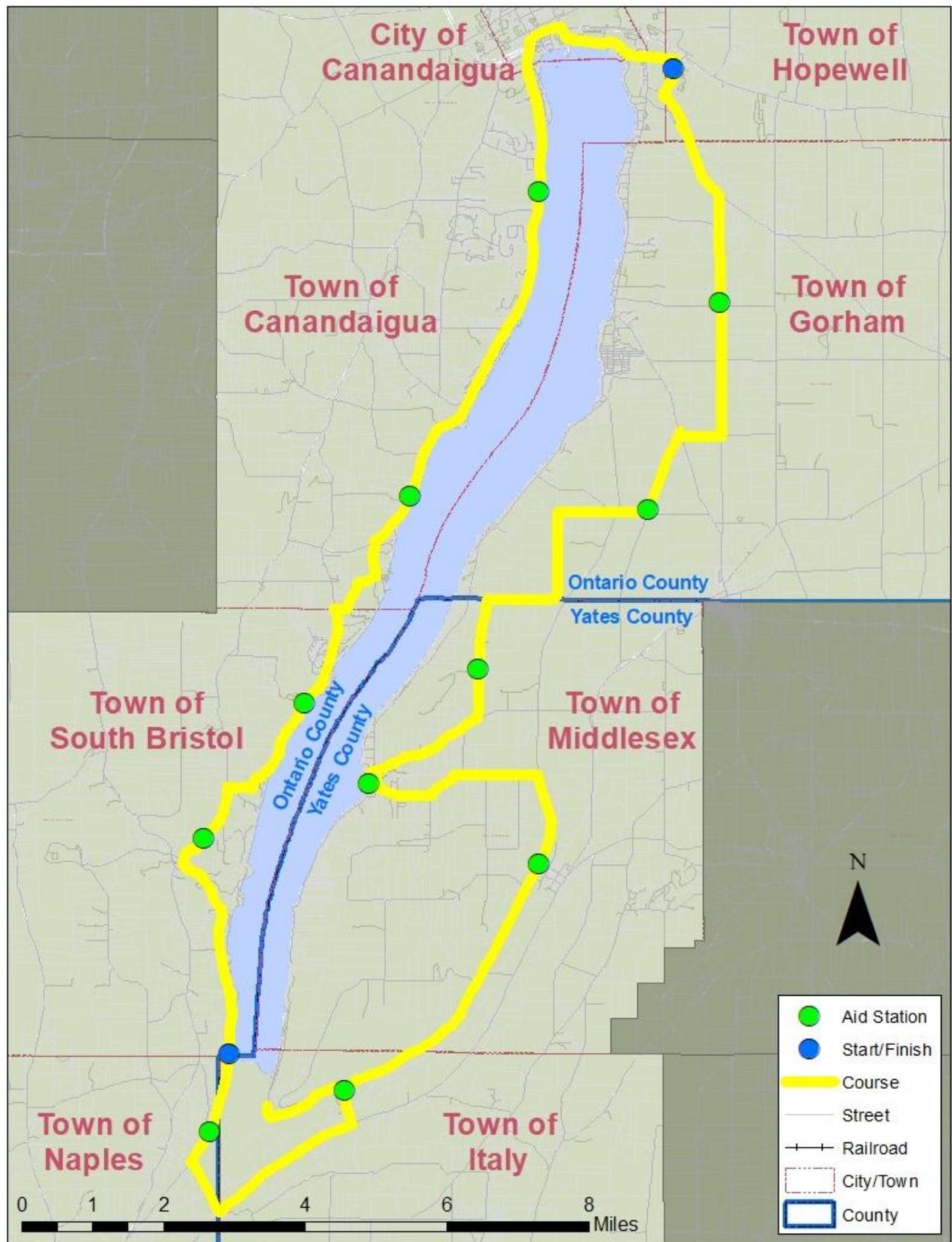


Figure 2: Start to Aid Station 1 Section Map



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

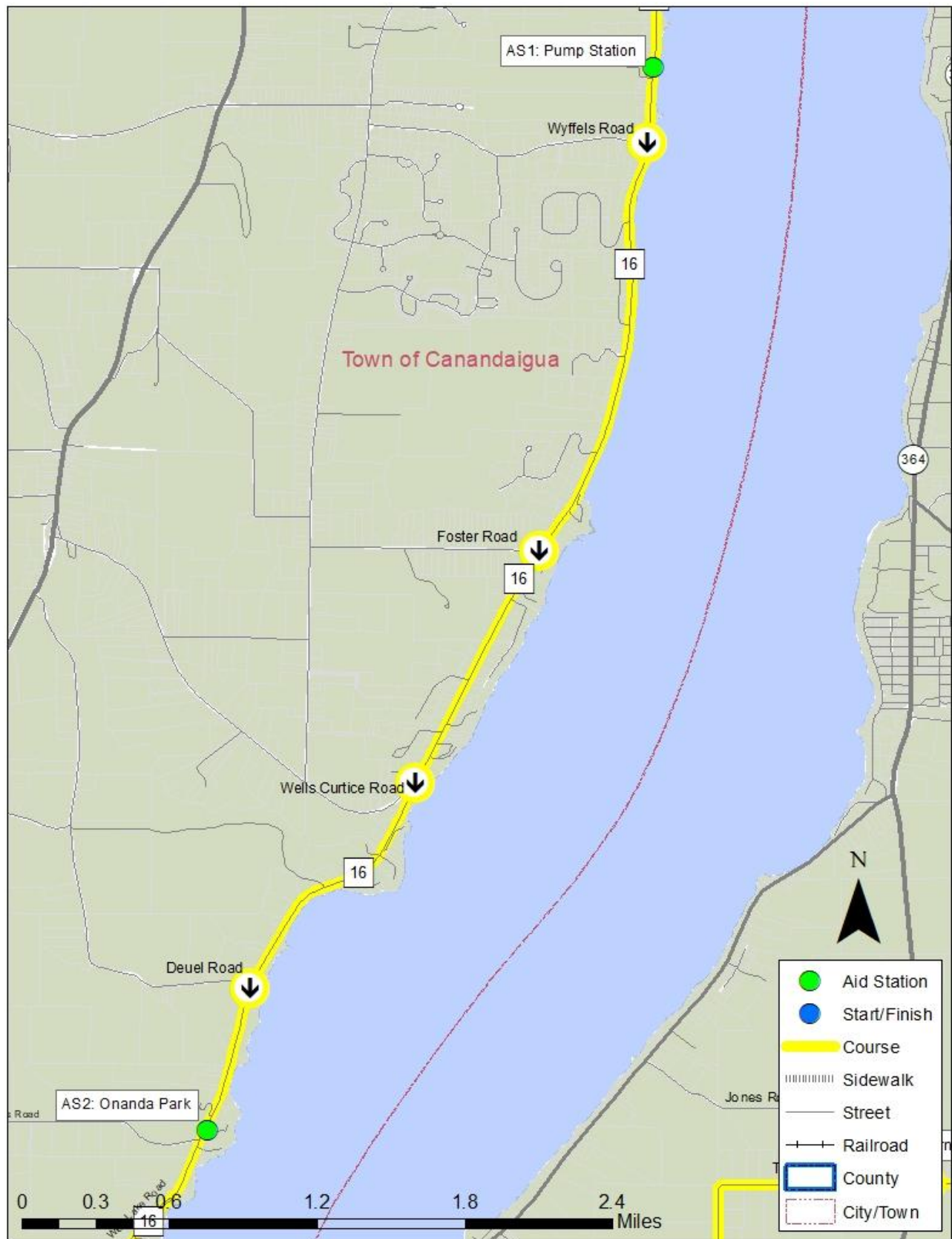


Figure 4: Aid Station 2 to Aid Station 3 Section Map

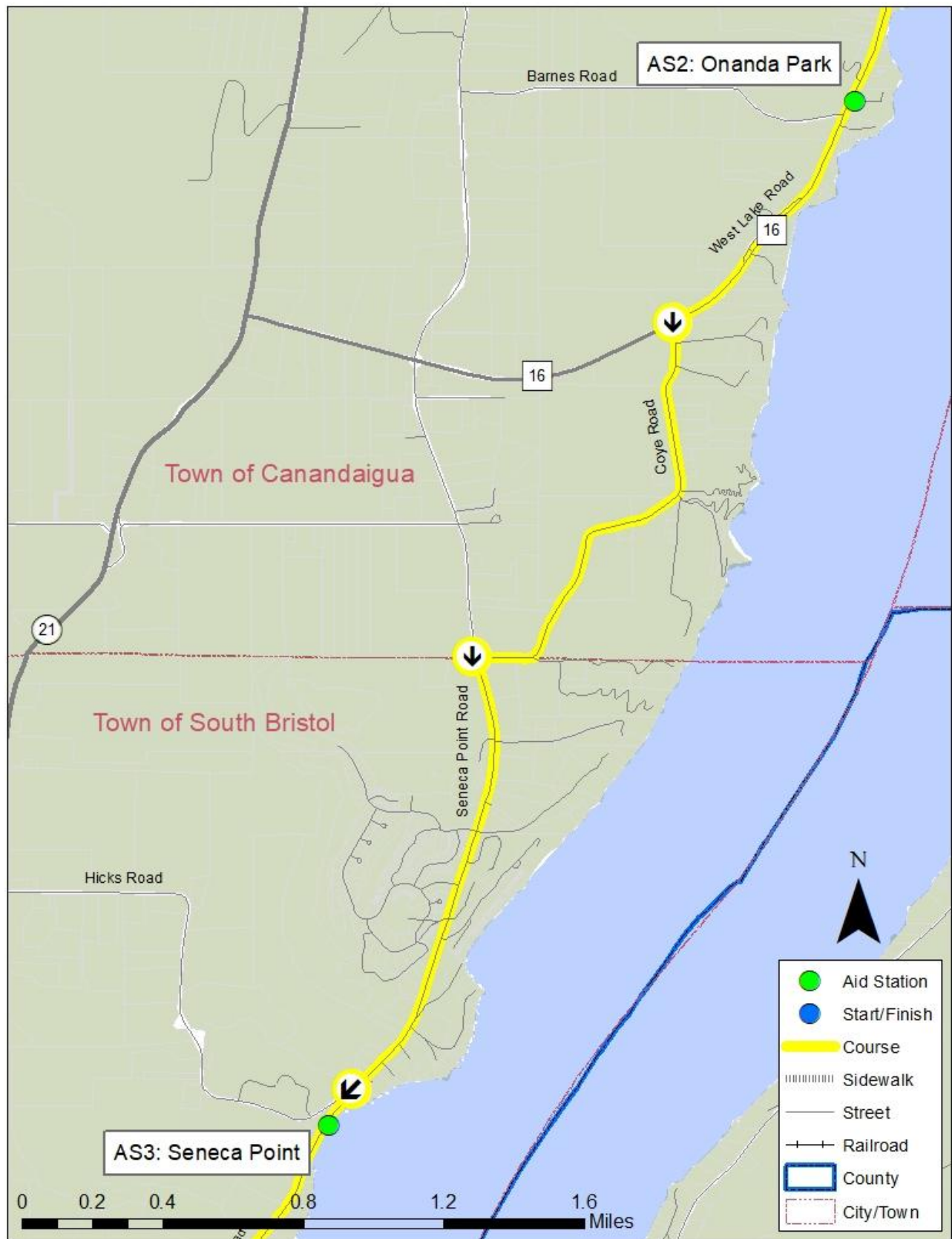


Figure 5: Aid Station 3 to Aid Station 4 Section Map

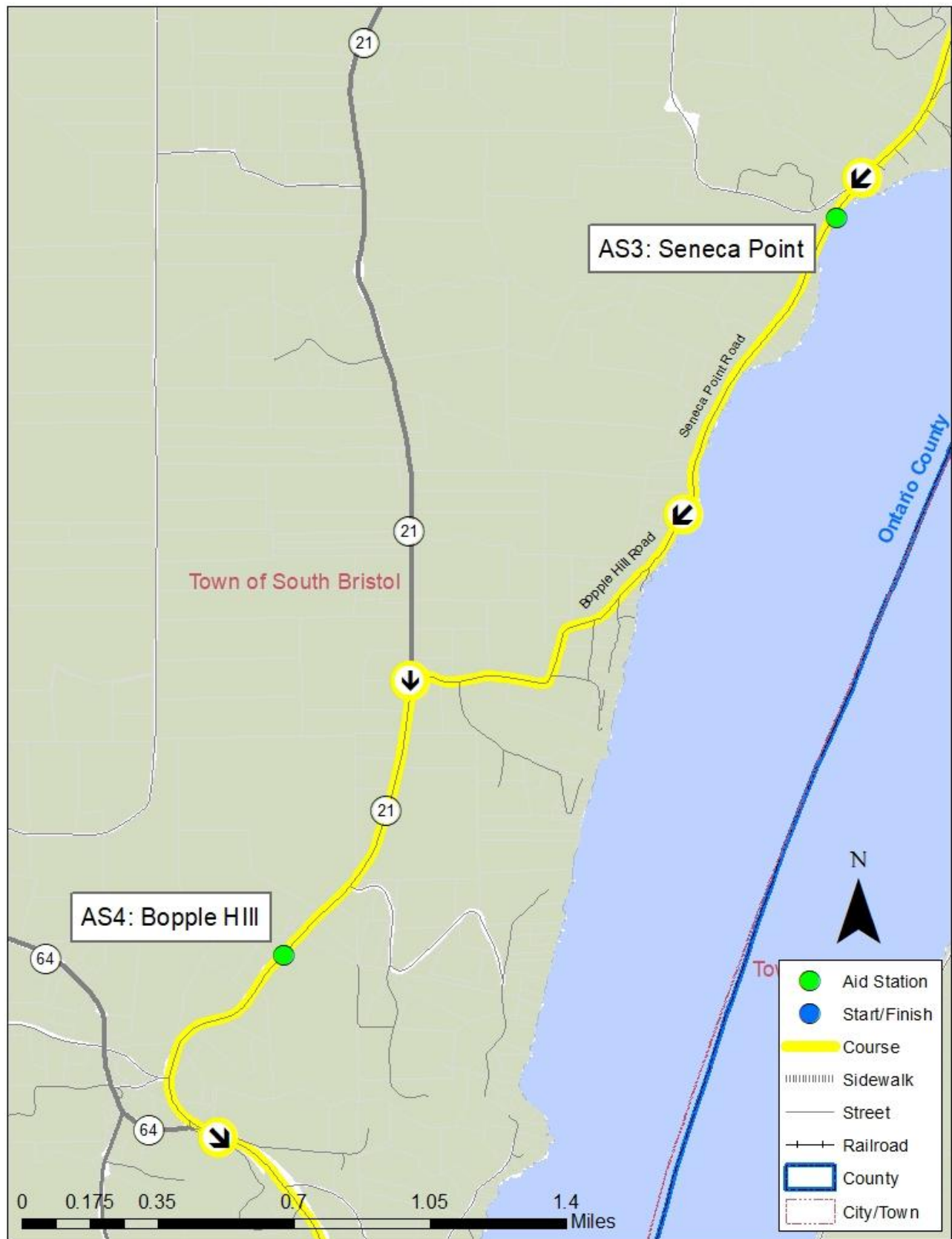


Figure 6: Aid Station 4 to Aid Station 5 Section Map

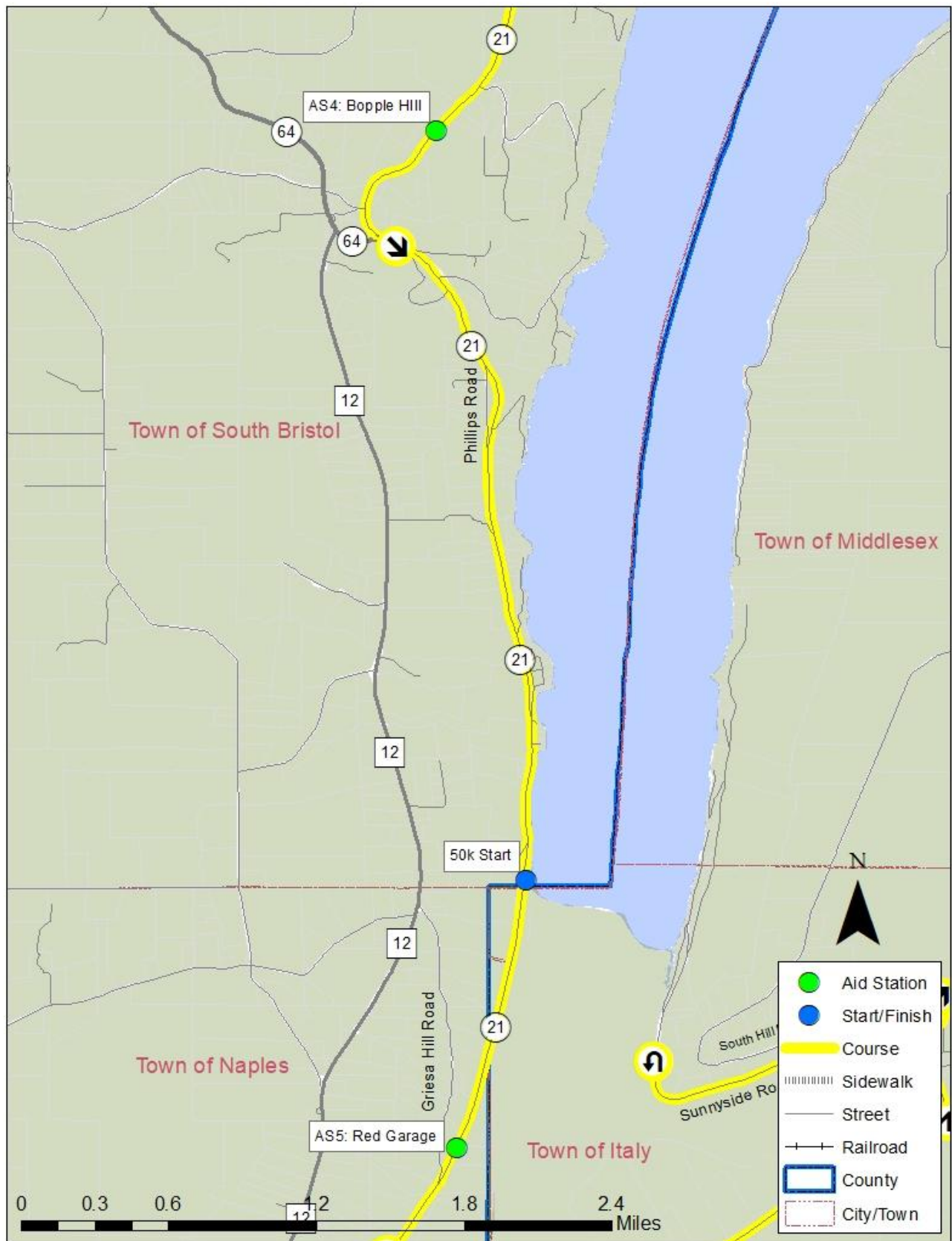


Figure 7: Aid Station 5 to Aid Station 6 Section Map

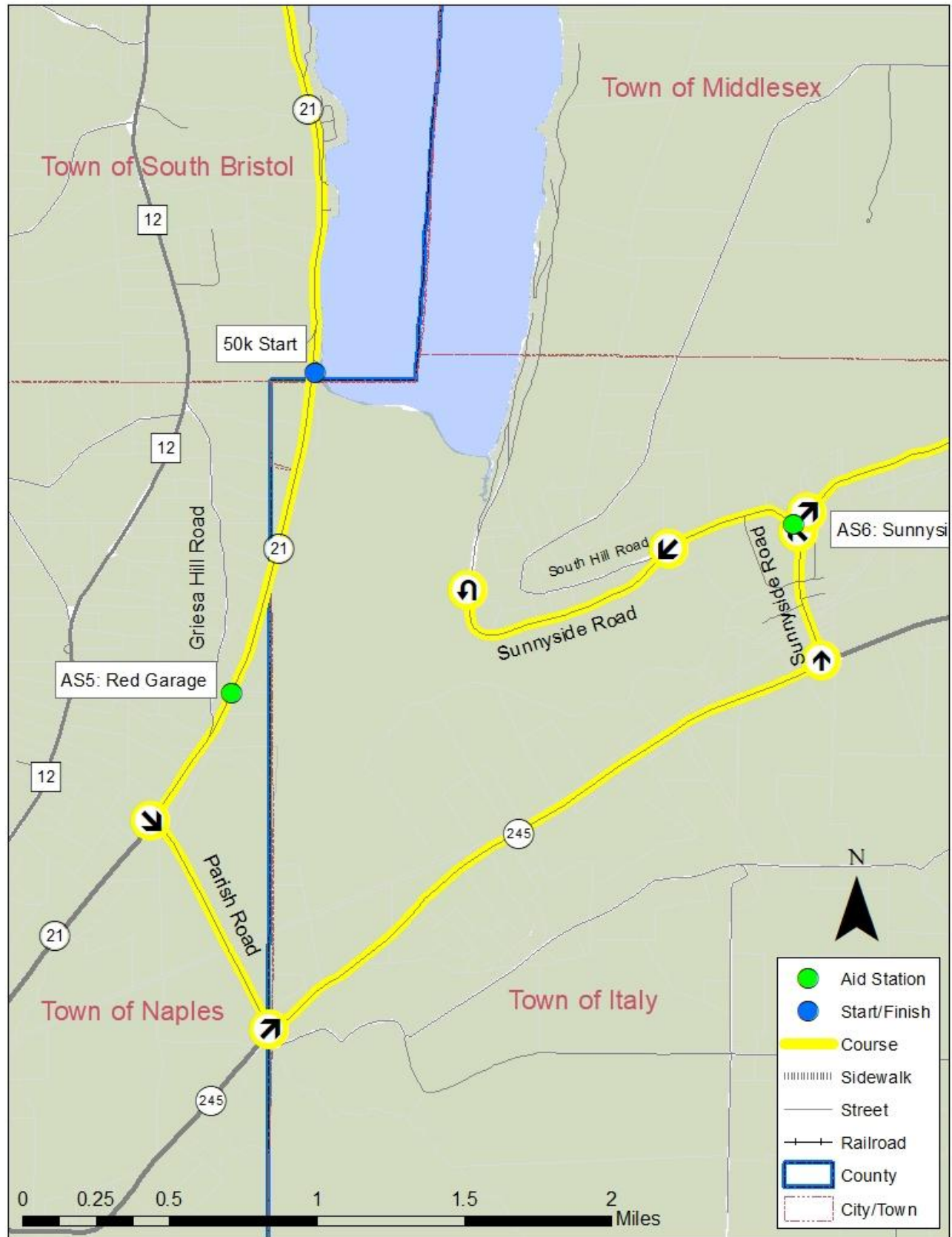


Figure 8: Aid Station 6 to Aid Station 8 Section Map

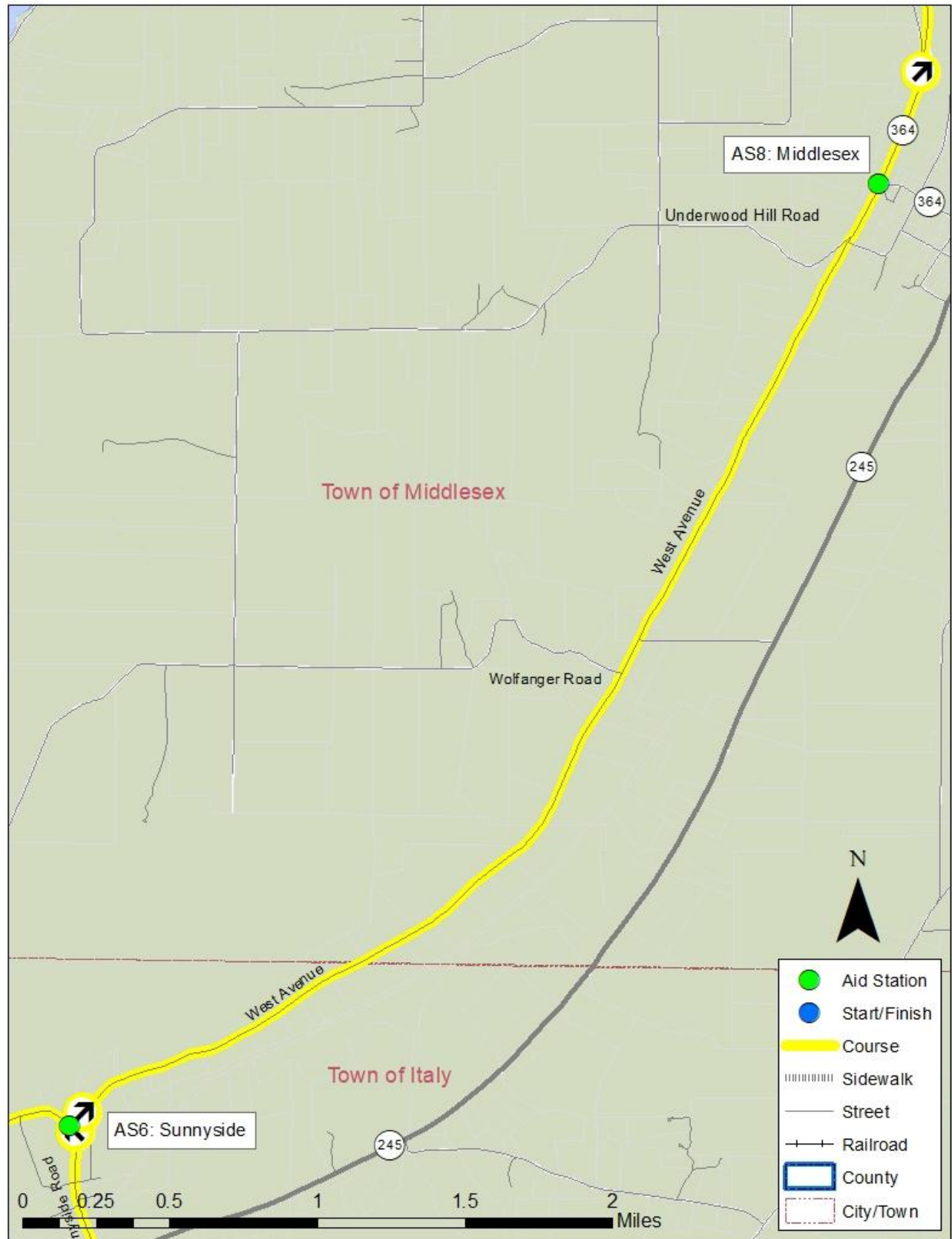


Figure 9: Aid Station 8 to Aid Station 10 Section Map



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

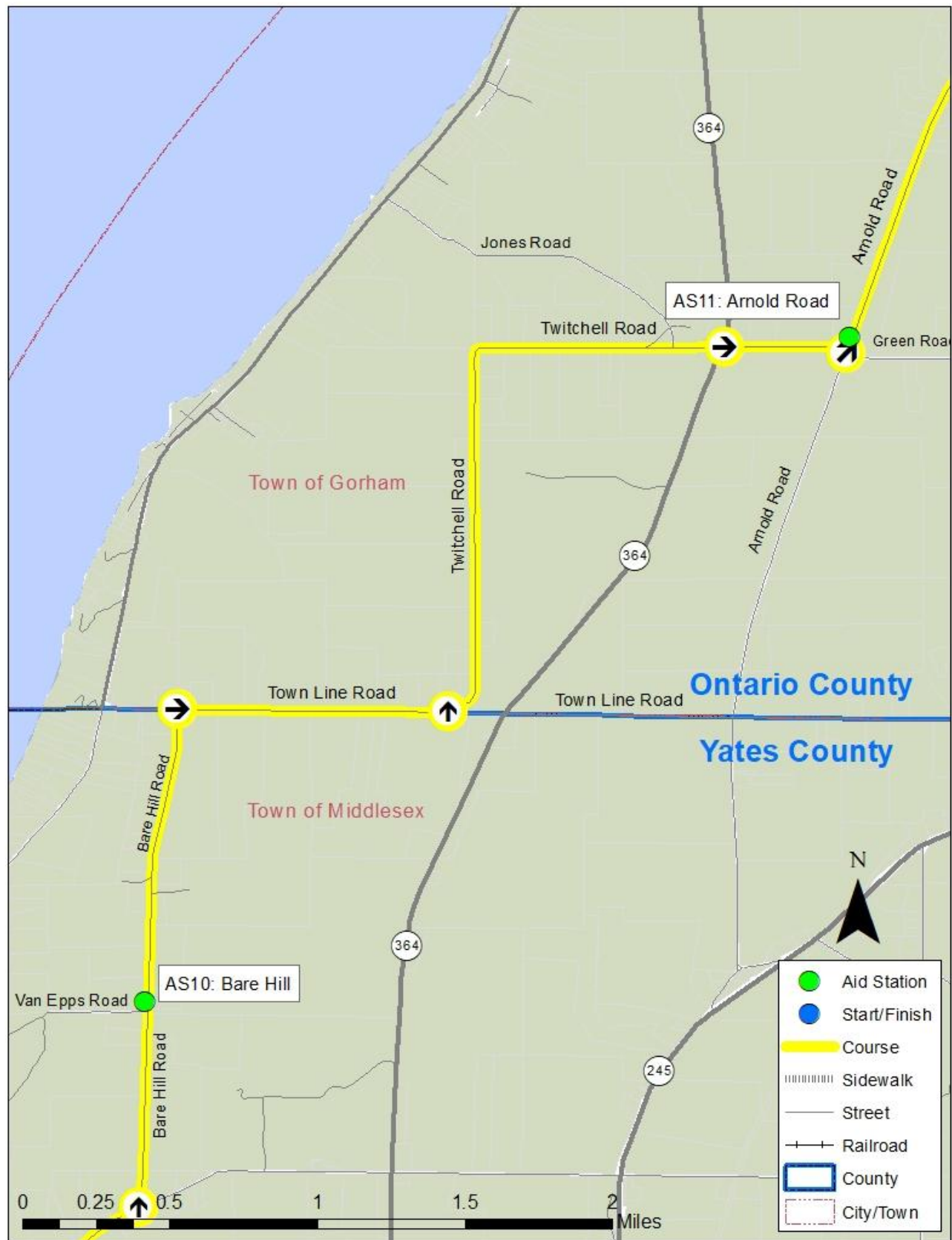


Figure 11: Aid Station 11 to Aid Station 12 Section Map

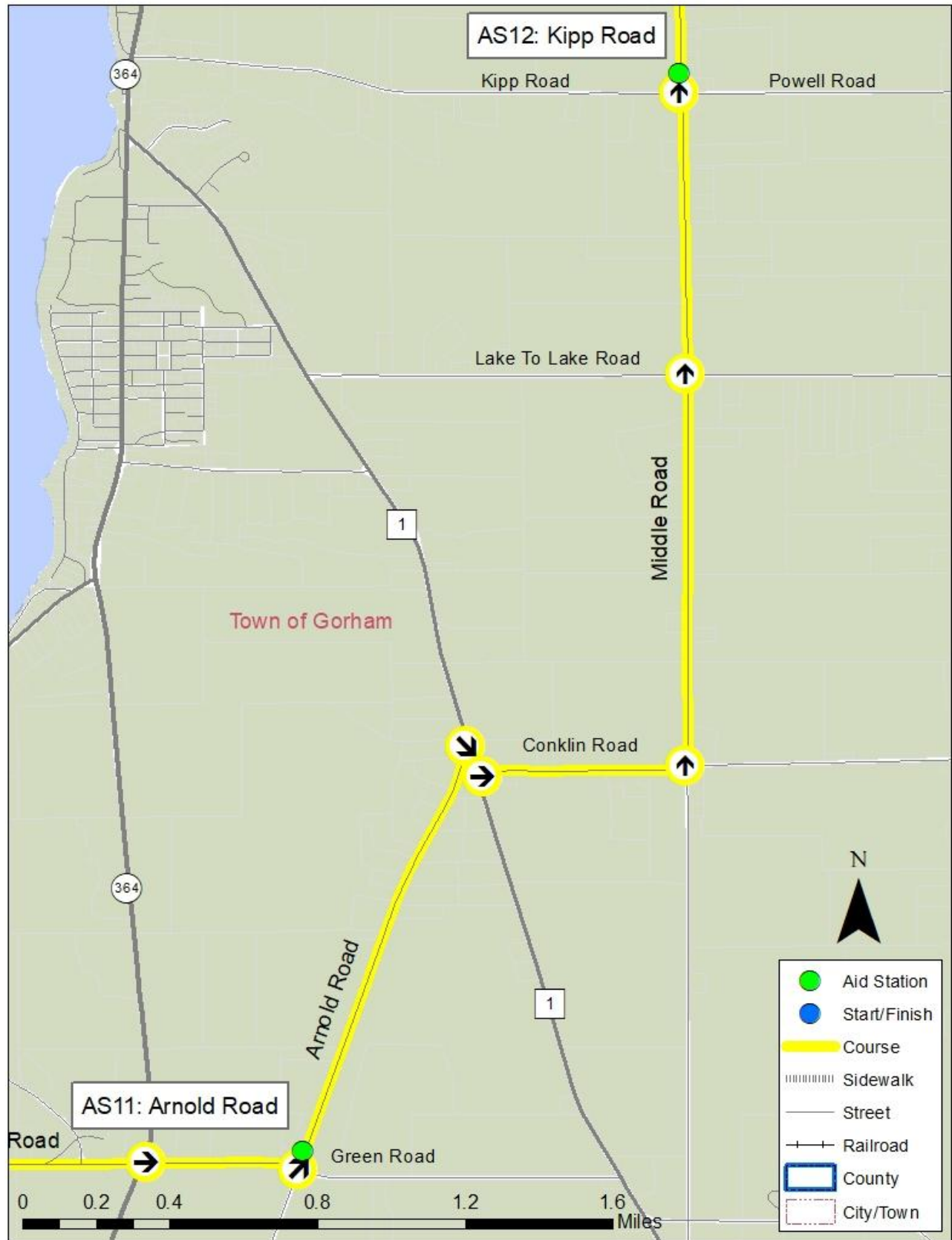


Figure 12: Aid Station 12 to Finish Section Map

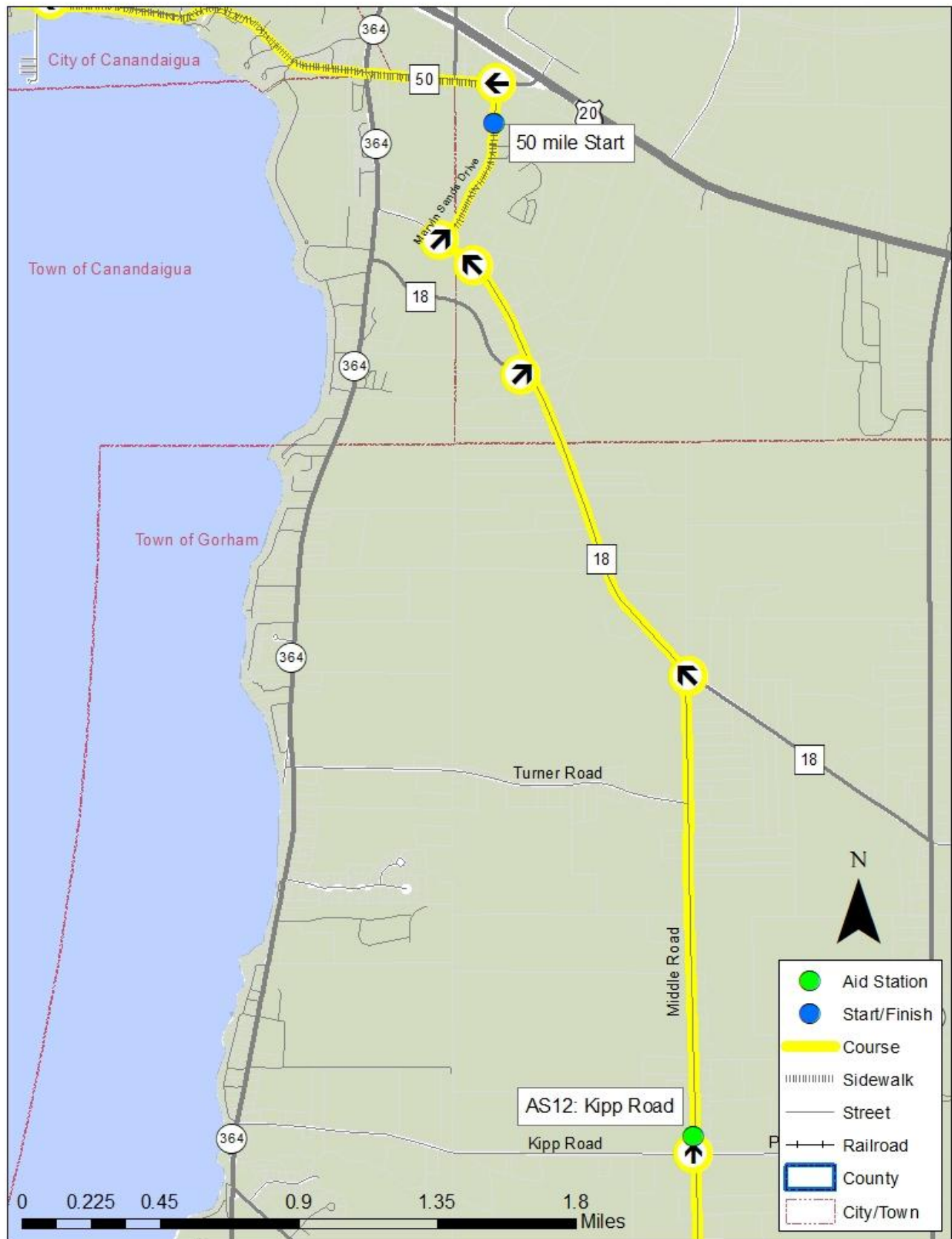


Figure 13: Intersection of Lakeshore and State Route 364 Detail Map



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

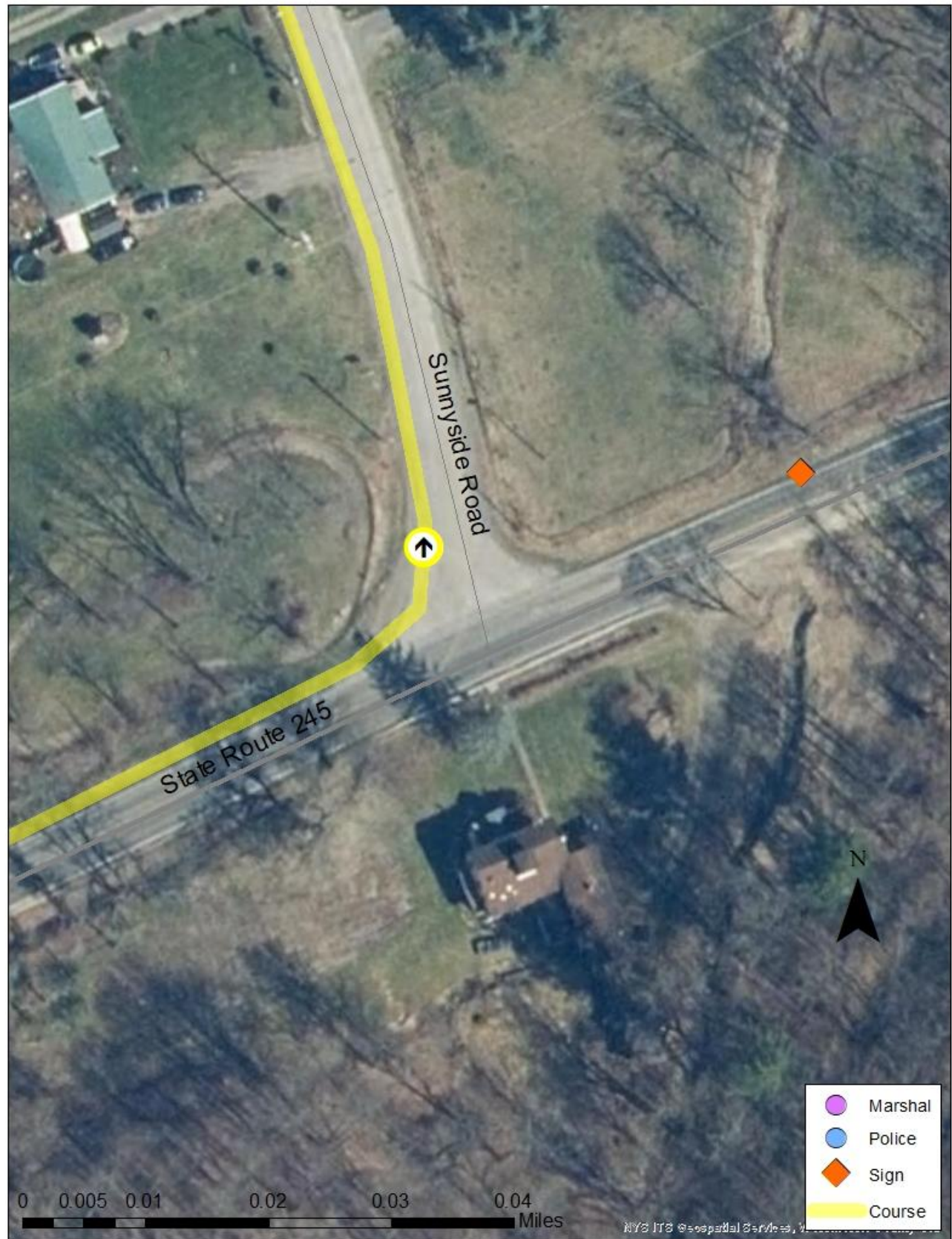


Figure 19: Intersection of S. Vine Valley Rd and S. Lake Rd Detail Map



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

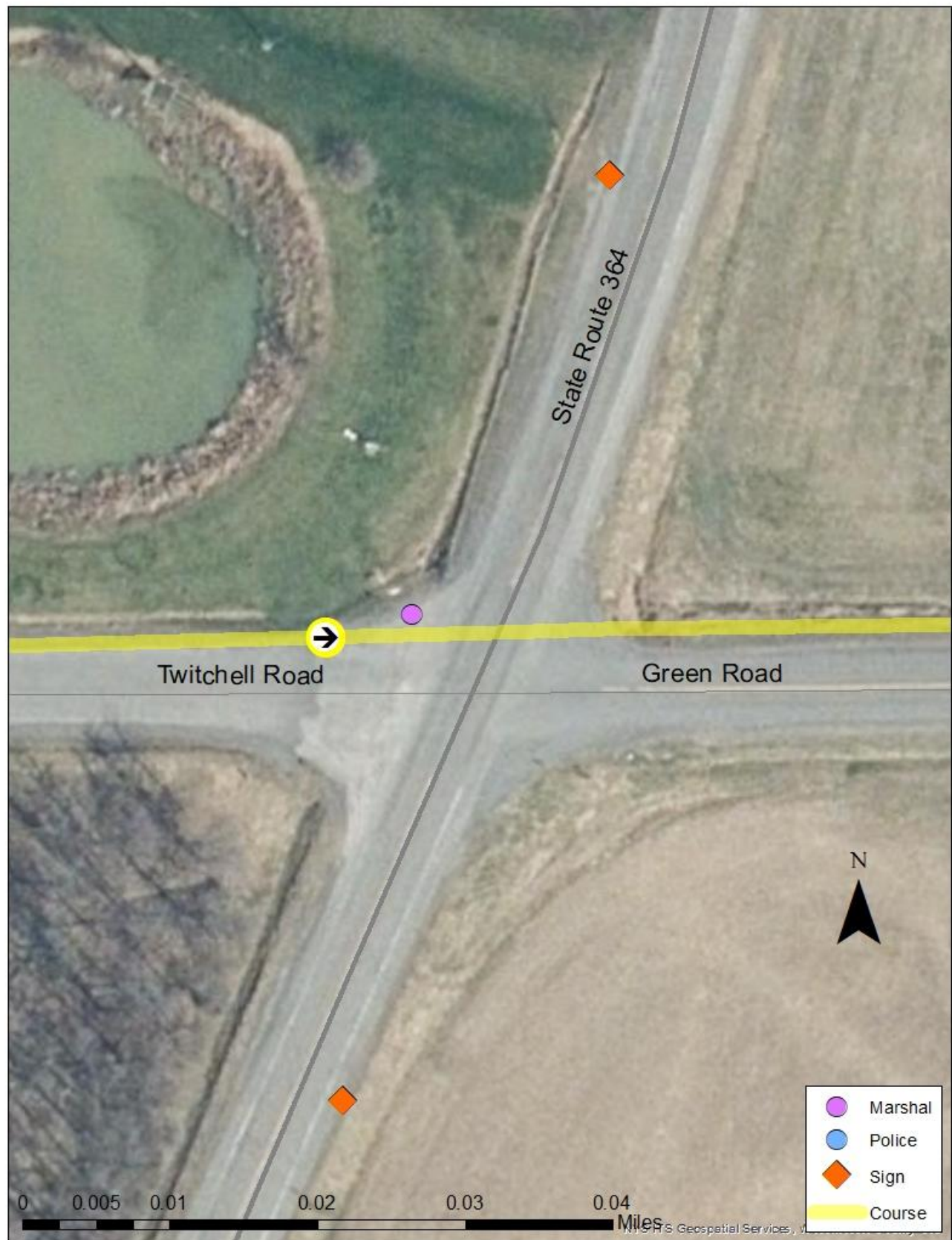


Figure 22: Intersection of Arnold Rd, County Road 1, and Conklin Rd Detail Map



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

|                |                                                     |
|----------------|-----------------------------------------------------|
| <b>Marshal</b> | A person responsible for directing runners          |
| <b>Mark</b>    | Pavement markings directing runners (see Figure 25) |
| <b>Sign</b>    | 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 | <a href="mailto:teague@gofarfetchd.com">teague@gofarfetchd.com</a>           |
| Co-Director        | Bert Gallmon | 585-737-3650 | <a href="mailto:bert@wolfpackmultisport.com">bert@wolfpackmultisport.com</a> |
| Assistant Director | Gil Robs     | 585-703-6831 | <a href="mailto:egils.robs@gmail.com">egils.robs@gmail.com</a>               |
| Assistant Director | Martha Doody | 585-315-2078 | <a href="mailto:mdoody321@gmail.com">mdoody321@gmail.com</a>                 |

## 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 Vehicle

There will be a vehicle moving along the course to deliver supplies, pick up supplies, and to respond to any concerns. The vehicle will use their flashers when stopping or traveling slowly. It will not park on the main traffic routes or shoulders, instead using parking lots, driveways, and the shoulders of side streets.