

50K Cue Sheet

Total	Lap	Turn	Note	For
0.0	0.0	S	Boat Launch Aid (porta-potties)	1.8
1.8	1.8	L	onto Parish Rd	0.8
2.6	2.6	L	onto Rte. 245	2.2
4.8	4.8	L	onto Sunnyside Rd	0.1
4.9	4.9	S	Sunnyside Aid Station	0.3
5.2	0.3	R	at Y onto West Ave	4.4
9.6	4.7	S	Middlesex Aid Station (rest rooms)	1.3
10.9	1.3	L	onto S Vine Valley Rd	2.4
13.4	3.8	L	onto S Lake Rd	0.1
13.5	3.9	S	Vine Valley Aid Station (out)	1.4
14.8	1.4	U	turnaround on S Lake Rd	1.4
16.2	2.8	S	Vine Valley Aid Station (back)	0.1
16.3	0.1	S	to stay on S Lake Rd	0.3
16.6	0.4	S	up N Vine Valley Rd (CR 10)	1.7
18.3	2.1	L	onto Bare Hill Rd	0.7
19.0	2.8	S	Bear Hill Aid Station	1.1
20.1	1.1	R	onto Town Line Rd	0.9
21.0	2.0	L	onto Twitchell Rd	2.1
23.1	4.1	S	across 364 (name change to Green Rd)	0.4
23.6	4.6	L	onto Arnold Rd at Aid Station	1.2
24.8	1.2	R	onto CR 1	0.0
24.8	1.3	L	onto Conklin Rd	0.6
25.4	1.9	L	onto Middle Rd	1.9
27.3	3.7	S	Kipp Rd Aid Station	1.6
28.8	1.6	L	onto CR 18	1.1
30.0	2.7	R	onto Lincoln Hill Rd	0.4
30.3	3.1	S	around barrier & down hill on grass	0.1
30.5	3.2	R	onto Marvin Sands Drive	0.2
30.6	3.4	R	onto Bus Loop	0.1
30.7	3.5	R	onto Lot A road toward Laker Drive	0.1
30.8	3.5	R	onto Laker Drive	0.3
31.1	3.8	S	Finish	

Total = cumulative distance from Start.

Lap = distance from last aid station.

For = distance to next turn (or aid station if no turn).