

## 50 Mile Cue Sheet

Total	Lap	Turn	Note	For
0.0	0.0	S	stay on Laker Drive	0.4
0.4	0.4	R	onto Marvin Sands Dr	0.1
0.5	0.5	L	onto Lakeshore Dr	1.6
2.1	2.1	R	slight turn onto S Main St	0.1
2.3	2.3	L	onto grass shoulder of 5 & 20	0.3
2.5	2.5	L	to cross gully	0.0
2.5	2.5	R	to follow fence line	0.2
2.8	2.8	L	onto W Lake Rd (CR 16)	2.1
4.9	4.9	S	<b>Pump Aid Station</b>	4.8
9.7	4.8	S	<b>Onanda Park Aid Station (rest rooms)</b>	0.9
10.6	0.9	L	onto Coye Rd	1.3
11.9	2.2	L	onto Seneca Point Rd	1.3
13.3	3.6	S	toward Bopple Hill Rd	0.1
13.4	3.7	S	<b>Bopple Bottom Aid Station</b>	1.8
15.2	1.8	L	onto Rte. 21	1.4
16.6	3.2	L	to stay on Rte. 21	0.0
16.6	3.2	S	<b>Bristol Springs Aid Station</b>	2.8
19.4	2.8	S	<b>Boat Launch Aid (porta-potties)</b>	1.8
21.2	1.8	L	onto Parish Rd	0.8
22.0	2.6	L	onto Rte. 245	2.2
24.2	4.8	L	onto Sunnyside Rd	0.1
24.3	4.9	S	<b>Sunnyside Aid Station</b>	0.3
24.6	0.3	R	at Y onto West Ave	4.4
29.0	4.7	S	<b>Middlesex Aid Station (rest rooms)</b>	1.3
30.3	1.3	L	onto S Vine Valley Rd	2.4
32.8	3.8	L	onto S Lake Rd	0.1
32.9	3.9	S	<b>Vine Valley Aid Station (out)</b>	1.4
34.2	1.4	U	turnaround on S Lake Rd	1.4
35.6	2.8	S	<b>Vine Valley Aid Station (back)</b>	0.1
35.7	0.1	S	to stay on S Lake Rd	0.3
36.0	0.4	S	up N Vine Valley Rd (CR 10)	1.7
37.7	2.1	L	onto Bare Hill Rd	0.7
38.4	2.8	S	<b>Bear Hill Aid Station</b>	1.1
39.5	1.1	R	onto Town Line Rd	0.9
40.4	2.0	L	onto Twitchell Rd	2.1
42.5	4.1	S	across 364 (name change to Green Rd)	0.4
43.0	4.6	L	<b>onto Arnold Rd at Aid Station</b>	1.2
44.2	1.2	R	onto CR 1	0.0
44.2	1.3	L	onto Conklin Rd	0.6
44.8	1.9	L	onto Middle Rd	1.9
46.7	3.7	S	<b>Kipp Rd Aid Station</b>	1.6
48.2	1.6	L	onto CR 18	1.1
49.4	2.7	R	onto Lincoln Hill Rd	0.4
49.7	3.1	S	around barrier & down hill on grass	0.1
49.9	3.2	R	onto Marvin Sands Drive	0.2
50.0	3.4	R	onto Bus Loop	0.1
50.1	3.5	R	onto Lot A road toward Laker Drive	0.1
50.2	3.5	R	onto Laker Drive	0.3
50.5	3.8	S	<b>Finish</b>	

**Total** = cumulative distance from Start.

**Lap** = distance from last aid station.

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