

**FROZEN  
50K**



CASSADAGA, NY

22 Mill Street, Cassadaga, NY.  
Saturday, February 5th, 2022

Check in, restrooms, pancakes and refreshments will all be located within the Cassadaga Community Center/Fire Hall

**Race is held Snow, Blizzard, Rain or Shine.**

**Covid-19 protocols in place.**

If you are feeling sick or showing symptoms of COVID, please refrain from participating.

As you check in we will be asking you to social distance within the building and at the pre-race meeting.

Per Governor Hochul and Chautauqua County all participants are required to wear a mask while indoors unless seated.

**YOU DO NOT NEED TO WEAR A FACE MASK WHILE RUNNING!**

**Let's just respect each other and be courteous.**

**Plenty of hand sanitizer will be available within the building and hand washing will be available in the men and women restrooms.**

**Run or walk 1 to 10 loops. NO cut off time.**

**Schedule:**

6:30am - Doors open

6:30am - 7:45am - Check in ~ please come to the table inside to check in.

7:45am - Pre-race meeting outside at the fire hall

8:00am - Start

**Parking:**

**DO NOT park on anyone's lawn or the roadways.**

- 22 Mill Street - Please do not block the fire department doors
- Park Avenue at the Cassadaga Beach
- 25 Maple Avenue, Park Church

## **Race Day Registration:**

Humans; \$25 - payable with cash, check, credit card & Venmo

- Bring your phone and sign in via our QR CODE
- Paper sign-in will also be available

DOGS; \$5.

To have your dog on the course they must be registered.

- Dogs must be on a leash the entire time - no exceptions
- YOU MUST CLEAN UP AFTER YOUR DOG AND DISPOSE OF PROPERLY

## **Timing:**

- NO cut off time.
- Gun start with one official clock will be kept.
- All of your break times are included in your total time.
- Your finish time will be the time that you report in to the table inside the fire hall.

**Please report your total number of loops around the lake at the same table that you checked in.**

## **Course:**

The course will begin on the corner of Maple Avenue and Mill Street. All turns will be marked with signs.

Run counter-clockwise, always staying against traffic on the lake side of the loop.

The loop will consist of the following turns:

Left onto Park Avenue  
Left onto Dale Drive  
Left onto Frisbee Road  
Left onto Maple Avenue

One loop is 3.1 miles.

**THIS COURSE IS NOT CLOSED TO TRAFFIC. PLEASE USE CAUTION.**

**Restrooms:**

- Community room/Fire Hall restrooms inside the building where you check in
- There will be one port-a-john on Park Avenue at the Cassadaga Beach

**Aid Station:**

- one aid station next to the bridge on Maple Avenue; a self-serve table with water and Hammer Nutrition Heed and Gels.

**Goodie Bags:**

- Make your own goodie bags will be available inside the building after you complete your run/walk

**Divisions & Awards:**

- Top 3 Male/Female of the full 50K will receive a prize
- Top Male/Female Rucking Division - prize donated by 716Ruck
- Top 3 Dogs that complete the furthest distance in the shortest amount of time will receive prize.

All finishers with times of any distance will be listed on the Race Results page of our website at [CoachMarkWilson.com](http://CoachMarkWilson.com)

**Post race:**

- Pancakes made by Coach Mark Wilson provided by Wilson Endurance Sports.
- Beer provided by our sponsors at *Southern Tier Brewing Company*

**Rules:**

**Unsportsmanlike-Like Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, volunteers, spectators or fellow athletes is forbidden. This also applies to spectators. You will be asked to leave. No refunds given.

**Course:** All competitors are required to follow the prescribed course and to stay within all coned lanes.

Participants shall stay in the shoulder area and not walk or run in the middle of the roadway. **The course is open to traffic.**

**No littering on the course at any time. Use provided trash containers.**

Race Director: Mark Wilson - 914-466-9214 or [coachmarkwilson@gmail.com](mailto:coachmarkwilson@gmail.com)

Race Administrator: Tonia Wilson - 716-353-1288 or [tonia@coachmarkwilson.com](mailto:tonia@coachmarkwilson.com)

**[www.CoachMarkWilson.com](http://www.CoachMarkWilson.com)**

**This is a fundraiser event. All proceeds will benefit the Chautauqua County Fire Police. There is no refund for this event. With advance notice you will be able to defer your registration to 2023 or the Frickin' Hot 50K in August. No shows will not be eligible for deferral.**

**Thank you for joining us today as part of Cassadaga's Winter Festival.**

**Thank you to our event sponsors:**

**Hammer Nutrition**

**Southern Tier Brewing Company**

**PEL Industrial Supply**

