

# FROZEN 50K

## Information sheet

22 Mill Street, Cassadaga, NY. Saturday, February 6th, 2021

Check in, restrooms, pancakes and refreshments will all be located within the fire hall.

### Covid-19 protocols will be in place.

**Please maintain distance when in the fire hall and wear your masks when walking around. Pre-Registration is preferred to follow Covid protocols.**

**YOU DO NOT NEED TO WEAR A FACE MASK WHILE RUNNING! DUE TO THE HIGH NUMBER OF PARTICIPANTS WE ARE GOING TO ASK THAT YOU WEAR A FACE MASK AT THE START AND THEN TAKE IT OFF ONCE YOU GET SPREAD OUT!**

**Run or walk 1 to 10 loops. NO cut off time. The entire \$10 fee will be split between the Cassadaga Fire Police and the Cassadaga Volunteer Fire Department.**

### **Schedule:**

Doors open ~ 6:30am

Check in ~ 6:30am to 7:45am - please come to the table to check in. No signatures or paper work needed.

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

Start ~ 8:00am

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 check in at the table inside the fire hall.

Please report your total loops around the lake.

The course will begin on the corner of Maple Avenue and Mill Street. We will 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. You are welcome to use the fire hall restrooms and come inside to get warm between loops.

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

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

Post race please enjoy pancakes made by Coach Mark Wilson and some STBC brews.

New this year; t-shirts have been provided to the first 40 registrants by our friend and sponsor, **Mark's Drywall!** Please thank Mark as he runs by you on the course ;). Thank you.

One of our participants has stepped forward and has purchased logo'd hats for the first 3 male and first 3 female finishers of the full 50K. Thank you!

Total distance and times will be posted on our website and Facebook pages.

Thanks for racing with us.

Mark & Tonia Wilson - [WWW.COACHMARKWILSON.COM](http://WWW.COACHMARKWILSON.COM)

