

Frickin' Hot 50K

Information sheet

Check-in will be open at 6am at the Cassadaga Beach. Please come to the fence area by the basketball court/floating stage.

Covid-19 protocols will be in place. Please wear a face mask when approaching the check in table. Social distance yourselves. **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!**

There can be NO event day registrations! All must be done on-line prior to Saturday. You can register with Tonia directly to save the online fee. tonia@coachmarkwilson.com and PayPal

The entire \$10 fee will be split between the Cassadaga Fire Police and the Cassadaga Food Pantry.

Restrooms are available at the beach.

STBC beer, water and snacks will be provided.

There will be one aid station next to the check in table with water and Hammer Nutrition Heed and Gels.

The course will begin on Park Avenue at the entrance to the park by the floating stage/ basketball court. 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 Dale Drive
Left onto Frisbee Road
Left onto Maple Avenue
Left onto Park Avenue

One loop is 3.1 miles. You are welcome to take a dip in the lake next to the floating stage to cool off. Please do not enter the beach area thru their main gate.

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

You can run/walk 1 to 10 loops of the lake. There is NO time limit. We start at 7am. A small ceremony will be held for those that finish the entire 50K. No awards will be given.

There will NOT be timing of this event provided.

Once you finish please check back in at the table and report your time and distance.

Totals will be posted on our website and Facebook pages.

Thanks for racing with us.

Mark & Tonia Wilson - WWW.COACHMARKWILSON.COM

