

Frickin' Hot 50K

Athlete Guide

Saturday, August 7th

7am

ALL PARTICIPANTS WILL START WITH A GUN TIME AT 7AM FROM THE CASSADAGA BEACH ON PARK AVENUE, CASSADAGA.

- There will be no parking on Park Avenue
- Parking will be at the Park Church on Maple Ave. across from Park Ave. - please do not park on the grass along the side of the church-this is someones lawn!
- Additional parking at the Cassadaga Fire Hall on Mill Street off of Maple Avenue.
- Check-in will be open at 6am at the Cassadaga Beach.

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

*We have asked for no race day registration. If anyone shows up to register on race day we will allow it and the rate will be \$15.

- Restrooms are available at the beach.
- Hot Dogs, 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.

Once you finish please check back in at the table and report your time and distance. All breaks, bathroom stops, etc will be included in your finish time.

Times will be posted on our website and Facebook pages.

Thanks for racing with us.

Mark & Tonia Wilson - WWW.COACHMARKWILSON.COM

