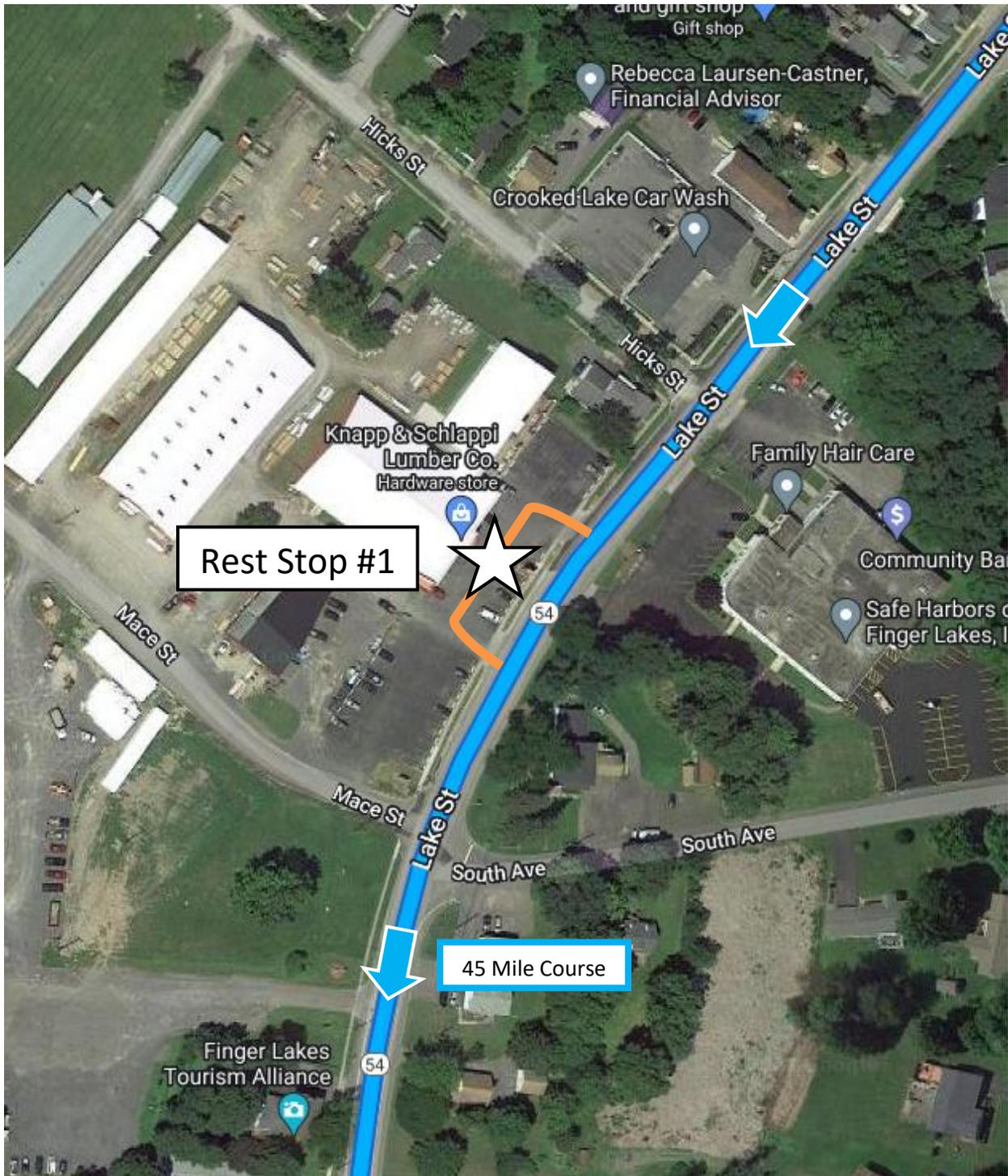


Rest Stop #1

Knapp and Schlappi (273 Lake St, Penn Yan, NY)

There will be water, Gatorade and snacks at this station.

45 Mile Course
8.9 Miles from Start (Camp Good Days)

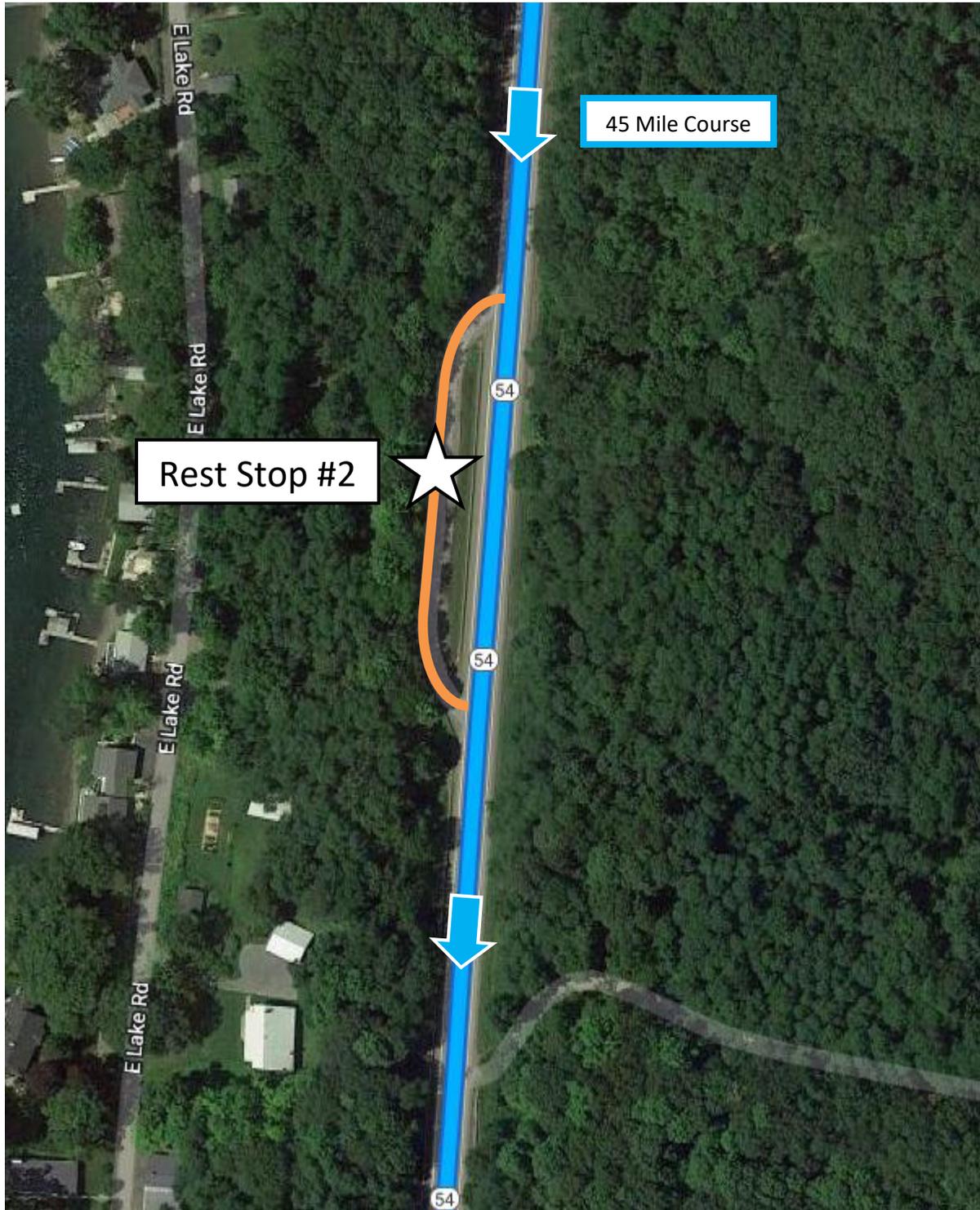


Rest Stop #2

Parking Pull-Off (931 East Lake Rd/NY 54)

There will be water, Gatorade, snacks and a portable bathroom here for your use.

45 Mile Course
8.5 Miles from Rest Stop #1 (Knapp and Schlappi)
17.5 Miles from Start (Camp Good Days)

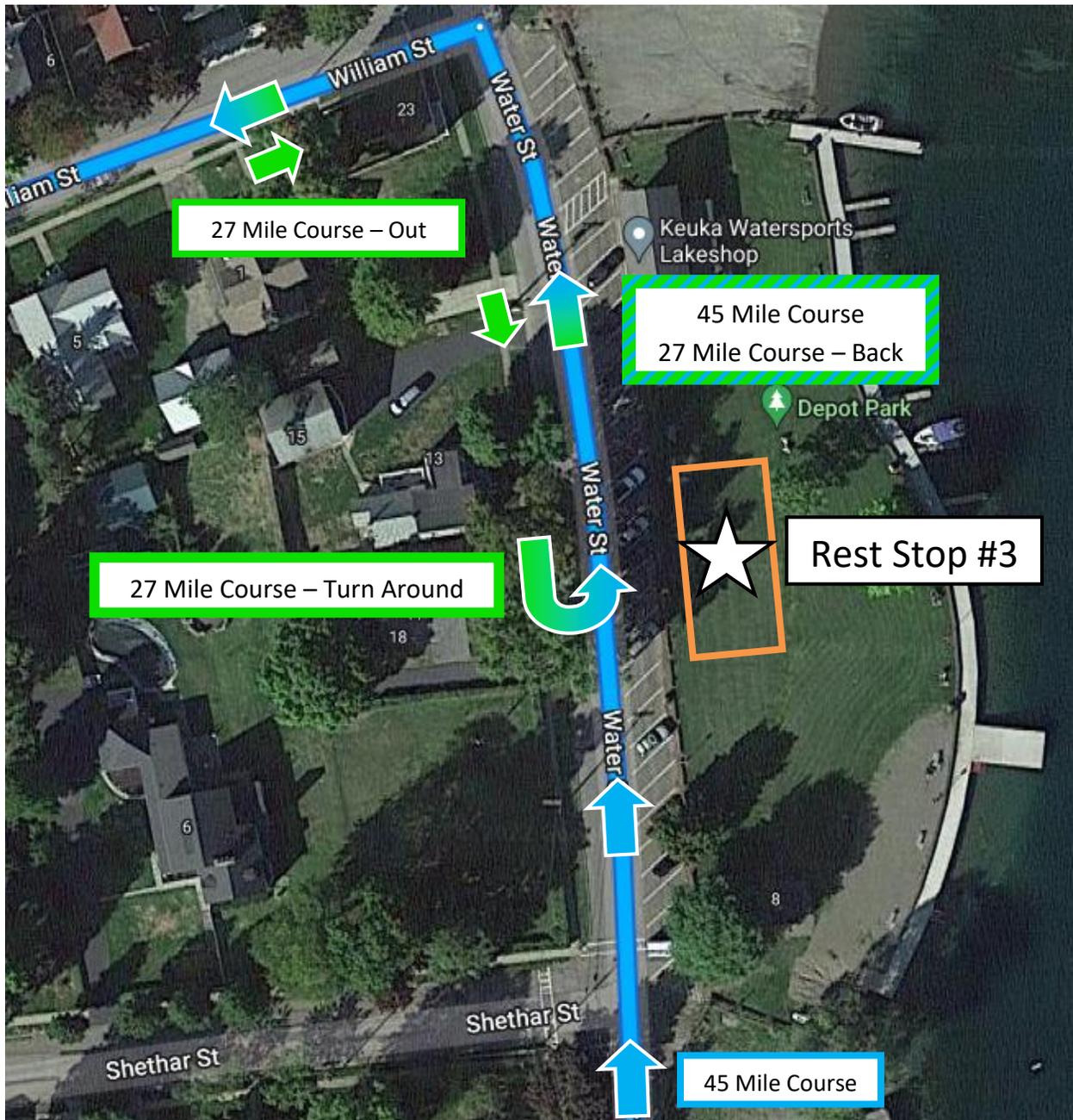


Rest Stop #3

Depot Park (7 Water Street, Hammondsport, NY)

There will be water, Gatorade, PB&J, and snacks at this location. Public restrooms will also be available for use.

27 Mile Course	45 Mile Course
13.5 Miles from Start (Camp Good Days)	12.6 Miles from Rest Stop #2
	30.1 Miles from Start (Camp Good Days)



Rest Stop #4

Keuka Yacht Club (12890 West Lake Road, Hammondsport, NY)

There will be water, Gatorade and snacks at this station.

Out	27 Mile Course	Back
6.8 Miles from Start (Camp Good Days)	6.9 Miles from Rest Stop #3 (Depot Park)	
	20.1 Miles from Start (Camp Good Days)	

45 Mile Course
6.9 Miles from Rest Stop #3 (Depot Park)
36.9 Miles from Start (Camp Good Days)

