Clear Path 5K FOR VETERANS

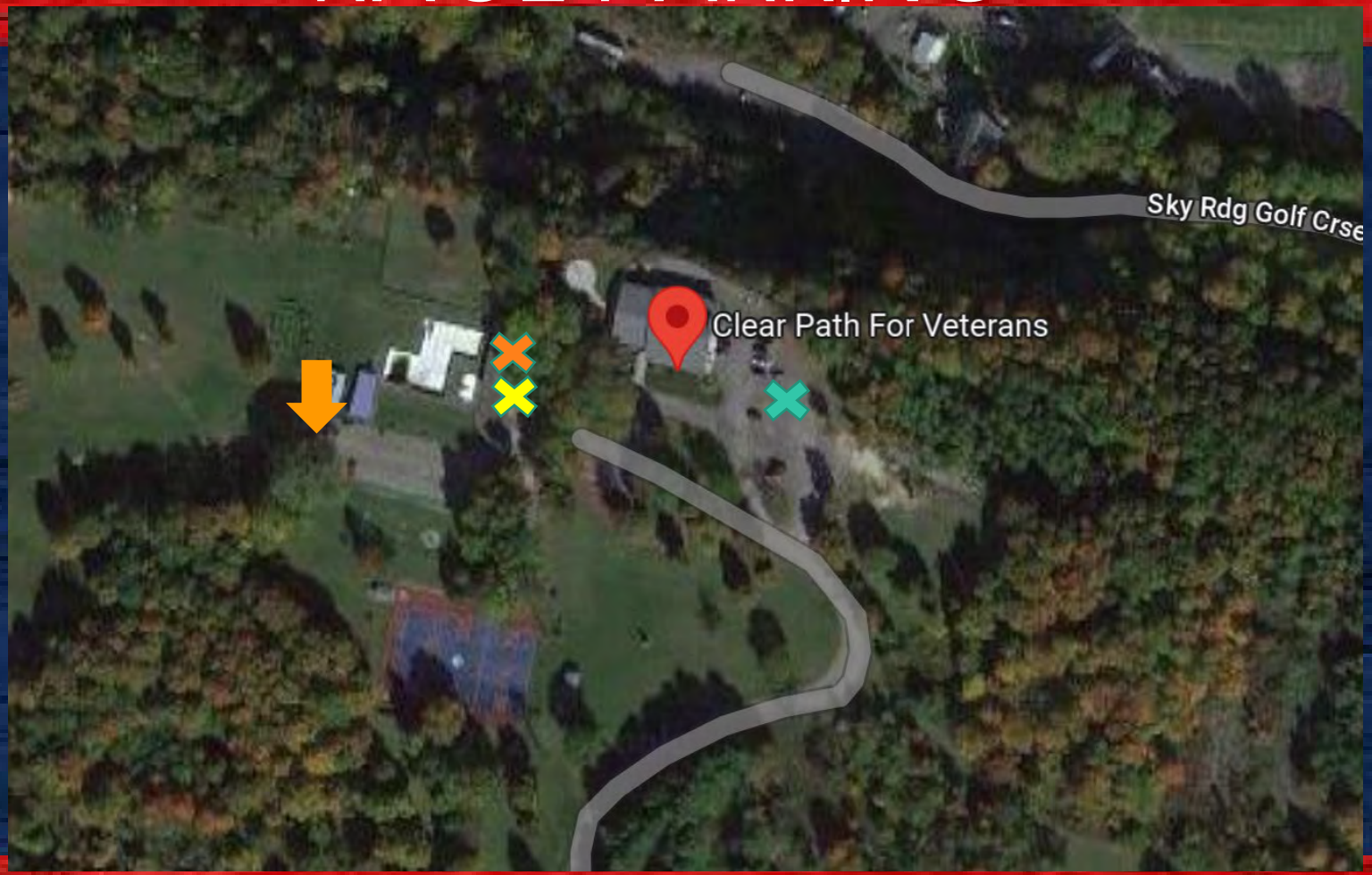
ATHLETE RACE DAY GUIDE

PRESENTED BY MILES & MACROS

TABLE OF CONTENTS

- Race Parking/Bathrooms
- Packet Pick Up
- Race Description
- Aid Station
- Course Map/Elevation
- Awards
- Don’t forgets!
- About Clear Path/Miles & Macros

RACE PARKING



- Parking
- Start/Finish
- 5 Port-a-potties
- Packet Pick-Up

Packet Pick Up

Packet pick up will be held at:

- Location: Clear Path for Veterans, 1223 Salt Spring Road, Chittenango, NY 13037
  - Race Day pickup from 7:15 am to 8:45 am will take place inside Clear Path's outside facilities (indicated on the map prior to this page).
- Reminder: If you signed up after 9/18/2025, the website stated that finisher shirt sizing were NOT guaranteed.

BATHROOMS

Bathrooms are outside. Clear Path has provided 5 port-a-potties for your convenience.

RACE DESCRIPTION

- **Location:** Clear Path for Veterans, 1223 Salt Spring Road, Chittenango, NY 13037

- **Date/Time:** Sunday, November 8, 2026. 5k at 9:00 am

- The race takes place on Clear Path for Veterans campus overlooking Upstate New York with views from Oswego to the foothills of the Adirondacks. We hope you enjoy this beginner friendly race with gorgeous, peaceful trails and honor all the veterans, active military members, and their families.

AID STATION(S)

- There will be one aid station with water/Gatorade. You will pass this aid station twice in the 5k and once in the 1k
  - *Carry in, carry out. No trace left behind!*

COURSE MAP/COURSE ELEVATION





PANCAKE BREAKFAST & AWARDS

- 9:30: A post-race warm breakfast will be served for participants. (The breakfast is inside Clear Path's facilities).
- 9:45: Announcements from Clear Path
- 10:00: Awards for 1st-3rd Female, Male, Rucker, and Non-Binary.

DON’T FORGETS

- Clear Path will be hosting their auction during the race and thereafter. Try your hand at winning some cool items while donating to a wonderful organization (details to come).

- We will be collecting non-perishable items to give to the local food pantries. Please bring an item if you can. Containers should be at the bib pick up (or they will tell you where to go).

NOT-FOR-PROFIT AND SPONSORSHIP

Clear Path for Veterans

Clear Path exists to support veterans and their families—no matter what. Through our supportive community, programming, and direct services, our mission is to enrich the lives of veterans while addressing the wellness and social issues they face. We take pride in providing them with the opportunity to connect, restore, and grow.

Miles & Macros, LLC

We thank Clear Path for giving us the opportunity to sponsor this race! Miles & Macros is the proud sponsor for the 3rd Annual Clear Path for Veterans Trail 5k. Miles & Macros, is a husband and wife owned small business located in Fayetteville, NY. We provide running coaching packages, cycling coaching packages, nutrition packages, and put on local races for the community (Sand to Serengeti, Fellows Frolic, and Clear Path Trail 5k).

THANK YOU/PROCEEDS

We want to thank each and every one of you for participating in this event. All of the proceeds that this race made will be provided to Clear Path for Veterans.

Clear Path plays an integral role in supporting veterans and their families.

Thank you so much for being a part of this successful event!