



48th Annual **Upstate Orthopedics**

Mountain Goat Run

5.3.26

Kids Half Mile Timed Fun Run - 8:50am

10 Mile and Two-Person Relay - 9:15am

Family Pet Walk - 9:20am

Clinton Square, 98 South Salina St.



We are a volunteer-run, non-profit organization and YOUR participation helps US support our community!

Welcome to the 2026 Upstate Orthopedics Mountain Goat Run!

Thank you for your participation in the 2026 Mountain Goat Run! This is the 48th edition and we are excited to have Upstate Orthopedics back as our title sponsor!

The Mountain Goat Run is a 10 Mile Syracuse tradition, open to participants of all ages. We have been conquering the hills of Syracuse for 47 years - bringing our community together each year. The 10 mile race is our signature event. It is 10 Miles of challenging road, up and down the hills of our local streets in Syracuse!

This all started as a part of an early morning fitness class at the downtown YMCA a small group of people added a jog around a few of Syracuse's city blocks. As their fitness improved, distance was added along with four city parks covering all the highest points in Syracuse. The two highest points are the water reservoirs in Woodland and Thornden Parks. Special t-shirts proclaimed the group, "Mountain Goats".

In April of 1978 a group of about 40 decided to run all four parks at once, a distance of about 18 miles. Nineteen completed the run and received special ribbons that recognized them as "Super Goats". Eighteen ran Woodland and Lincoln parks, a little over nine miles and were dubbed, "Nanny Goats".

YMCA Director and Mountain Goat Run Hall of Famer, Walt Price, thought a race would be nice and plans for a true road race in 1979 were made; the "fun to Run classic" which started at Columbus Circle. Dick Charles and Rodger Bowman were the first Co-Directors and were assisted by many volunteers from YMCA programs and the Syracuse Track Club.

A 10-mile course was designed using many of the characteristics of the original route run by the Super Goats. The reservoirs were included; it was to be a tough course that worked you hard and gave you a sense of triumph when you finished.

The event included a 3000-meter run/walk to go with the 10-miler. Jeff Wells, the 1977 winner of the Honolulu marathon was the celebrity guest and ultimate winner of the first official Mountain Goat race finishing in 50:12.

Over the years other running celebrities, who include Joan Benoit in the 3000 and Benji Durden, Jeff Galloway, Jerry Lawson (Goat record holder in 48:52), Maegan Krifchin, Marion Teitsch Sears, and Kevin Collins in the 10-mile have taken part in the challenge.

The course starting line has changed a couple of times over the years, however, the Mountain Goat's character has not. The race can be run by anyone who has the mental and physical determination to get it done. Take the challenge and wear the Mountain Goat colors with pride.

Our goal is to build on this historic event, highlight some of the great things the city has to offer and challenge you at the same time! The Mountain Goat Run has a reputation for being a tough, hilly race. Challengers from all over the country have successfully followed the blue line from start to finish and we are confident you will too! We have several entertainment acts throughout the run so make sure you take the time to look around and take it in. Our team has worked tirelessly to ensure you have a great experience in and around Syracuse on race day!

Thanks for the support and good luck on your run!

has been an amazing partner and title sponsor. Do what moves you! They Specialize in EVERYTHING Orthopedic. For over 55 years, they have used comprehensive orthopedic surgery practice dedicated to providing top-of-the-line specialized orthopedic care for patients. Without their support we could not provide a first-class event!



SCHEDULE OF EVENTS ON RACE DAY

7:00 AM – Packet Pick-Up Opens

8:50 AM-- Timed Kids Run Starts

9:00 AM – LAST Bus for relay exchange leaves

9:10 AM – National Anthem played by the Mountain Goat Horns

9:15 AM – Start of the MGR 10 Mile & Relay Run

9:20 AM – Start of Family Pet Walk

10:00 -- Post Race Party in Clinton Sq. Begins

11 AM -- Age Group Award Distribution begins at award table inside Elite Gaming and on stage

12:00 PM – Course Closes to Participants / Post Race Party starts to close

TWO Person RELAY- FAQ

Tell Me About the Relay! This exciting event will allow you to tackle half the course while pairing up with a friend or colleague to complete 'The Goat'. Each runner will run a five mile leg, with an exchange to occur on the Creek walk near Hunt Avenue. The first relay runner will receive their medal under the arch after they cross the exchange zone! Names and teams will be announced as well. Live goats and music will make this exchange feel like you are finishing in Clinton Sq.

How does the Exchange work? Each runner's time is tracked by your bib. The team will have two splits: the five mile time and the total team time. For enhanced safety, there will be no “exchange” of a wristband as in years past. There will be bathroom facilities available at the Exchange Zone. Medical personnel will be on the course and quickly available in the event of an emergency. There is a water stop nearby, as well as bottled water on hand. **Note-** please avoid the area surrounding the five mile mark to avoid any impact to our timing systems.

I'm the first relay runner on my team. What do I do? Start with everyone else and have fun! You'll see signs for the exchange zone as you approach Onondaga Creek Parkway and Hunt Avenue. Once you cross the exchange zone and your relay partner begins running, pick up your medal! It will be waiting for you at the Upstate Orthopedics tent. A bus will be waiting to take you back to Clinton Square. Please make sure you check in with the relay volunteers when you complete your leg- we want to ensure that you get back to the starting area safely and that no one is left behind. The buses will drop participants off within a few blocks of the finish line. **Note-** the buses will depart/return to Hunt Avenue at the sole discretion of the Relay Race Director.

I'm the second relay runner on my team. What do I do? The Mountain Goat Run will bus you down to the exchange zone prior to the start of the race. Four buses will be parked at the corner of Clinton & Water Street, near the Federal Building. Buses will leave Clinton Square for Hunt Ave at 9AM sharp- please make sure you are on the bus with time to spare. Check in with the volunteers so we can ensure we get you to the exchange zone safely and that no one is left behind. Once your relay partner crosses the “exchange”, run with everyone else and have fun! **Note-** there IS NO PARKING AVAILABLE AT HUNT AVENUE- so please ensure you are on time for the bus.

Can I leave something on the buses for my relay team member? The Mountain Goat accepts no liability or responsibility for ANYTHING brought onto the buses by our relay runners.

What an Accomplishment! Do both of us get medals? YES! The first relay team member will get their medal at the exchange zone! Look for the finish chute of flags. The second relay team member will receive their medal after they cross the finish line. In case a mistake is made- please follow up and we'll ensure you receive your medal.

Anything else I should know?

1. Please make sure your bib is facing front and visible. It helps us notify the second relay runner that you are approaching... **1st leg can grab a medal at the exchange finish chute!**
2. There will be entertainment at the exchange zone- including music, live goats, runner names being announced, and more to come!

3. Please do not approach the five mile mark. Once complete, please stay near the exchange zone and away from the timing mats to avoid any data issues for our timing team.

I still have questions! How do I get ahold of someone? Drop us a line via email (mountaingoatrun@gmail.com)

VIRTUAL EVENT INFO : (Same distance, same fun, you choose the run!)

*****All virtual packets will be shipped following the event. Do not show up to our pre packet pickup.*****

SUBMIT AND MANAGE VIRTUAL RESULTS: May 1 - May 10. You can do this directly from the RunSignup Race Page or from your RunSignup profile

Submit from RunSignup Race Page: Navigate to the race's RunSignup race page > and select the Result tab > then select Submit Virtual Results.

Submit Virtual Results From Your RunSignup Profile: Navigate to your RunSignup profile by selecting the Profile Icon at the top right hand corner.

BIB NUMBER DOWNLOAD- 1. <https://www.mountaingoatrun.org/Race/FindARunner/?raceId=15385>

2. Enter your first and last name 3. Find your bib number and click on it!



10M, Two-Person Relay, Kids Run, Family Pet Walk **Packet Pick Up:**

We highly encourage you to pick up your packet before race day. Avoid the lines and chaos that will ensue on race morning! Get lucky and get a souvenir cowbell at Fleet Feet ONLY.

Fleet Feet Sports Syracuse: 5800 Bridge Street, East Syracuse, NY 13057

Saturday, May 2nd 10:30 am to 4:30 pm

Race Day: Elite Gaming, located in basement of the Atrium building in Clinton Square.

Sunday, May 3rd - 7:00 am to 9 am





ALL giveaway items will be available ONLY through Race Day; NO EXCEPTIONS. Participants must take the size that they indicated during registration. You may exchange your size after the race starts.

- Coupons for a free class at EDGE Strength and Conditioning
- Bring gently used running shoes or spikes to donate to the Corcoran Track team

Course Description: Course is closed to traffic during the race.

Starting on **S. Salina St.**, between Washington and Water Streets, head S. Bear R onto **W. Onondaga St.** Continue on **W. Onondaga St.**, pass [MILE 1] to intersection with Delaware Ave. and Tallman Ave. Bear L onto **Onondaga Ave.** Turn R onto **Bellevue Ave.**, staying R of traffic island. Head diagonally L onto **Summit Ave.** Turn R onto **Stolp Ave.** Continue for about 0.5 miles on **Stolp Ave.**, passing [MILE 2].

After passing Woodland Res., turn L onto **Hancock Drive.** Stay L of small roundabout on **Hancock Dr.** Turn L onto **Arden Dr.** [MILE 3] One block later turn R on **Carlton Road.** Follow this downhill and to the left. Cross **Geddes St** onto **Strathmore Dr.** Stay on S. side of traffic islands. Turn L onto **Roberts Ave.**, staying on E side of traffic island. Enter **Upper Onondaga Park** at SW corner (normally blocked with planters). Follow **Onondaga Park Dr.** CW around **Hiawatha L.** Follow **un-named park road** over hill top, stay L of circle, past Mountain Goat statue. [MILE 4] Continue downhill, turning L onto **Onondaga Park roadway.**

Follow **Onondaga Park roadway** downhill, bearing R at Y. Exit Upper Onon. park at NE entrance. Cross **Onondaga Ave.** entering **Lower Onondaga Park Dr;** continue straight and bear R along **Onondaga Creek** as shown.

Continue on **Onondaga Creekwalk**, a paved bike-ped trail, passing under **South Ave.** [MILE 5] Exit **Creekwalk**, and bear L onto **Onondaga Creek Parkway.** Turn L onto **W. Colvin St.** Cross over the creek and continue for 0.5 mile, staying on N side of the street. Cross **S.Salina St.** onto **E. Colvin St.**, staying L of traffic cones placed in centerline of the street. Continue under I-81. [MILE 6]

Continue up hill, staying L of cones placed in center of road. Turn L onto **Comstock Ave.** Continue N on **Comstock**, passing [MILE 7] and crossing **Euclid Ave.**

Turn R onto **University Place.** Continue straight into **Thornden Park** at **Rose Garden.** Bear R at traffic island (normally blocked with planters). Follow **Thornden Park Dr.** as shown, against normal flow of traffic. [MILE 8] Exit park at NW entrance. Continue onto **Madison St.** heading W. Turn R onto **S. Crouse Ave.**, then L onto **E. Genesee St.** [MILE 9] Stay on N side of **Forman Park.** Pass underneath I-81. Take shortest route past traffic dividers on **E. Genesee St.**

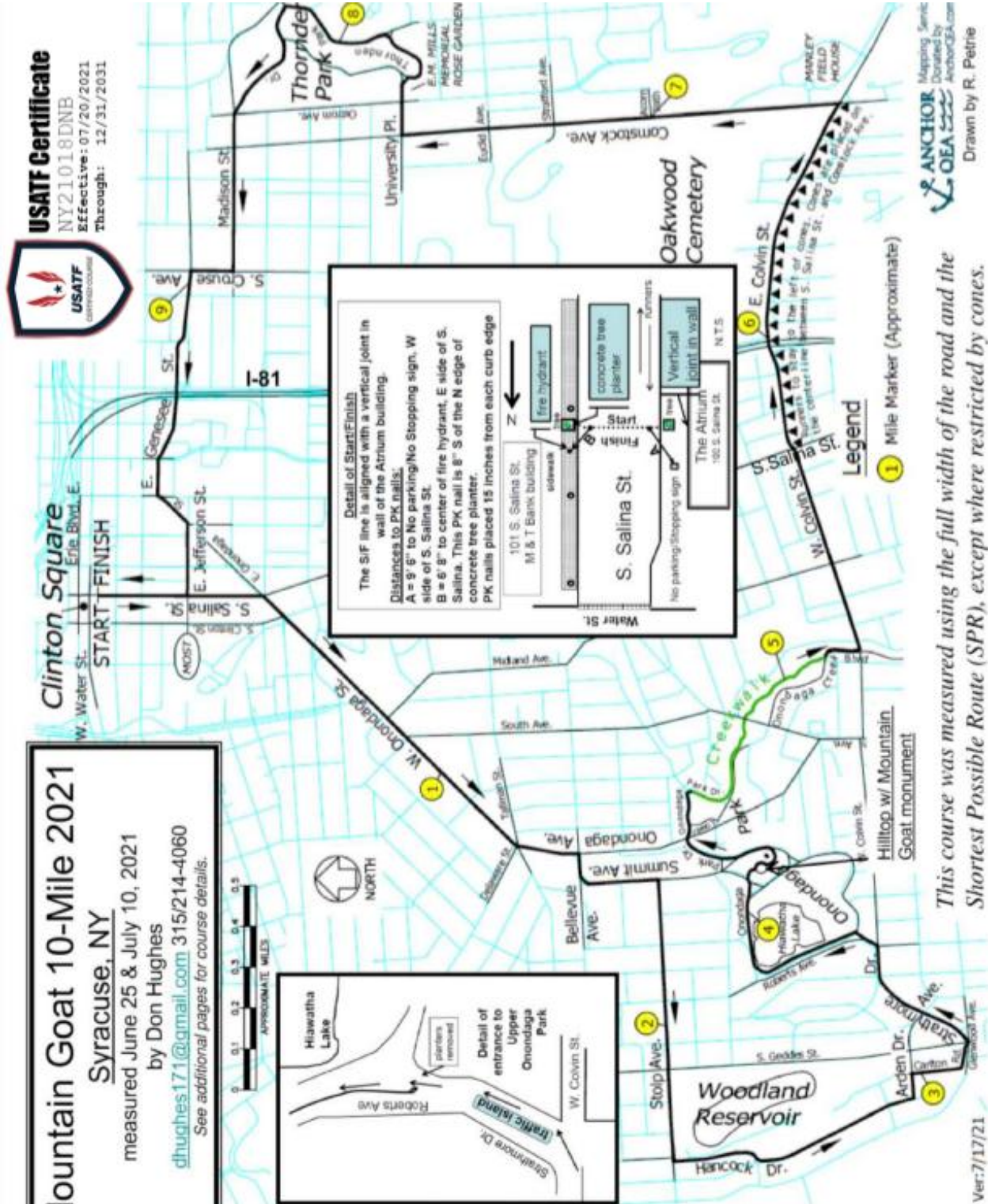
After crossing **State St.** bear L onto **E. Onondaga St.**, then bear R onto **E. Jefferson St.** Turn R onto **S. Salina St.**, and head straight to **Finish.**

Street name	From	To	Time closed	Time opened
Start Salina St at Clinton Sq	Clinton Sq	W. Onondaga St	9:00am	9:40am
Right onto W. Onondaga St	Salina St	Onondaga Ave	9:00am	9:55am
Bear left onto Onondaga Ave	W. Onondaga St	Bellevue Ave	9:00am	9:55am
Right on Bellevue Ave	Onondaga Ave	Summit Ave	9:00am	10:00am
Left on Summit Ave	Bellevue Ave	Stolp Ave	9:00am	10:10am
Right on Stolp Ave	Summit Ave	Rider Ave	9:00am	10:15am
Left on Hancock Dr	Stolp Ave	Arden Dr	9:00am	10:20am
Left on Arden Dr	Hancock Dr	Carlton Rd	9:00am	10:30am
Right on Carlton Rd	Arden Dr	Strathmore Dr		
Proceed on Strathmore Dr	Carlton Rd	Continue on Strathmore	9:00am	10:35am
Continue on Strathmore Dr/W. Colvin Ave	Strathmore Dr	Roberts Ave	9:00am	10:40am
Left on Roberts Ave and into Upper Onondaga Park	Strathmore Dr/W. Colvin Ave	Summit Ave	9:00am	10:45am
Exit part at Summit Ave and right onto Park Roadway	Upper Onondaga Park	Lower Onondaga Park Dr	9:00am	10:45am
Lower Onondaga Park Dr	Park Roadway	Creek Walk Path	9:00am	10:50am
Right on Creek Walk Path	Lower Onondaga Park Dr	Onondaga Creek Parkway	9:00am	10:55am
Proceed on Onondaga Creek Parkway	Creek Walk	W. Colvin St	9:00am	11:00am
Left on W. Colvin St	Onondaga Creek Parkway	Comstock Ave	9:00am	11:05 am
Proceed on E. Colvin St	W. Colvin St	Comstock Ave	9:00am	11:15 am
Left on Comstock Ave	E. Colvin St	University Pl	9:00am	11:15 am
Right on University Place into Thornden Park	Comstock Ave	Thornden Park	9:00am	11:25 am
Exit Thornden Park down Madison St	University Pl	Madison St	9:00am	11:30 am
Right on S. Crouse Ave	Madison St	E. Genesee St	9:00am	11:35 am
Left on E. Genesee St	S. Crouse Ave	E. Onondaga St	9:00am	11:40 am
Left on E. Onondaga St	E. Genesee St	E. Jefferson St	9:00am	11:45 am
Right on E. Jefferson St	E. Onondaga St	S. Salina St	9:00am	11:45 am
Right on S. Salina St	E. Jefferson St.	Clinton Square	9:00am	11:50 am
Finish at Clinton Square			5:00am	1:00pm

FAQ's:

<https://www.mountaingoatrun.org/Race/MountainGoatRun/Page-30>

Street parking in the city is free on Sunday in front of all meters.

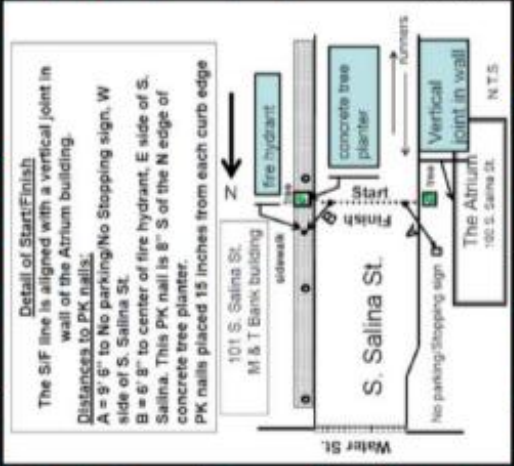
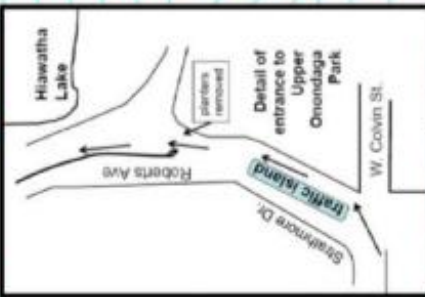


USATF Certificate
 NY21018DNB
 Effective: 07/20/2021
 Through: 12/31/2031



Clinton Square
 START FINISH

Mountain Goat 10-Mile 2021
 Syracuse, NY
 measured June 25 & July 10, 2021
 by Don Hughes
 dhughes171@gmail.com 315/214-4060
 See additional pages for course details.



Legend

1 Mile Marker (Approximate)

ANCHOR
 Mapping Service
 Donated by
 AnchorUSA.com
 Drawn by R. Petrie

This course was measured using the full width of the road and the Shortest Possible Route (SPR), except where restricted by cones.

Ver:7/17/21

The Course

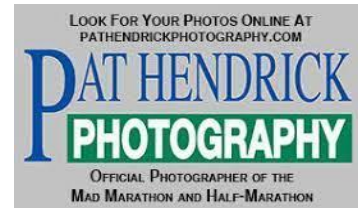
- 100+ first responders (police, EMT's, medical)
- 55 portable toilets on site
- 71 Intersections
- 6 water/Gatorade/ice aid stations
- 400+ volunteers
- Mile Markers every mile



AMR (EMT) will have ambulances in several locations throughout the course. If you find yourself injured, please tell one of our volunteers. They will have a member of our medical team assist you. We will have bikes leading and following the last runner if anyone needs help.

Free downloadable photos are back!

<https://pathendrick.zenfolio.com/f324242755>



LIVE RESULTS: Posted at www.leonetiming.com and on runsignup.com where you registered. Live text alerts for the 10 mile event only, if you signed up during registration.

Every 10 Mile and Relay runner will receive a medal.

Every Kids' runner will receive a medal, shirt and family 4 pack to the M.O.S.T

Every Pet Walker will receive a bandana.



***New * Time Bonus Ribbons, Pins & Certificates** for the 10-mile race awarded to women running sub-90, sub-80, or sub-70 minutes and to men running sub-80, sub-70 and sub-60 minutes.



RaceJoy - Live Phone Tracking, GPS Progress Alerts and Cheers!

We are pleased to share Live Runner/Participant Tracking and cheer sending are available for the Mountain Goat Run in the free RaceJoy mobile app! Carry your phone during the race to have people track you live on the course and receive progress alerts at every mile!



Awards Ceremony: At 11 am, on the stage, we will be presenting awards for the top 3 overall in each gender.

***Age Group Award Winners can pick up their award beginning at 11am at the awards table inside Elite Gaming in the basement of the Atrium, where packet pickup was located. ***

Overall Awards based on gun time & age group awards will be based on chip/net time.

Top 3 Overall Men & Women (will be awarded on Stage)

Paver engraved with name, time, year
Commemorative 4 pack of "Whatever Floats Your Goat" beer
Stanley Multi Tool
Goat Snapback Trucker Hat



Top Masters Man & Woman

Paver engraved with name, time, year
1 Commemorative can of "Whatever Floats Your Goat" beer
Goat Snapback Trucker Hat

Age group winners (list provided by Leone Timing)

50% off Commemorative Paver (Code will be emailed after race day)
1 Can of Whatever Floats Your Goat beer
1st Place Age Group Medal Lanyard

2nd, 3rd, 4th and 5th place M & F Age Group Winners

Corresponding Age Group Medal Lanyard

Top Overall Relay Team

2 commemorative cans "Whatever Floats Your Goat" beer
2 blenders

Kids Run

Top Girl & Top Boy: Stuffed Goat

ALL awards MUST be picked up on Race Day inside Elite Gaming in The Atrium (no awards available AFTER 12:45pm). 18 and under, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 64-69, 70 and up.



Raffle: Everyone who registers for our signature 10 Mile or Two-Person Relay, will automatically be entered into our grand prize raffle.



PRODUCT DETAILS

HYPERICE NORMATEC GO LEG RECOVERY

The Normatec Go by Hyperice delivers targeted massage for fresh legs on-the-go. Backed by the same science that powers the original Normatec system, the Normatec Go is completely portable and delivers dynamic air compression to muscles to increase circulation and reduce pain and tension in the legs.

Features

- Bluetooth control via the Hyperice mobile app
- 7 levels of compression
- Up to 3 hours of battery life
- Lightweight design (1.2 lbs)

Winner will be announced and recognized on stage at 11am. Visit our awards area in Elite Gaming to claim prize.

USA Racing Store:

Stop by the USA Racing store to purchase some great swag. Sizes and numbers are limited. Cash or credit accepted.



Old race shirts and swag will be deeply discounted and available for sale on race day inside and outside Elite Gaming in the Atrium and at our packet pickup at Fleet Feet. Cash or credit!

Post-Race Party:

We've got the best afterparty in town!

Beer Sponsor [Meier's Creek Brewing Company](#) will be pouring their "Whatever Floats Your Goat" Pilsner

These will only be served at our party in Clinton Square. ID check for beer begins at 9am under the Beer ID tent. Pouring starts at 9:30am. For alcohol consumption, must bring ID. \$5 for all spectators.

Food: Gatorade, Chocolate Milk, Water, Wegmans Bagels, Bananas, Apples, Cookies, Muffins, Chips, MONSTER Energy Drinks, Purple Banana Samples, North Star Nutrition Samples.



Post-Race Entertainment:



Dangerous Type will be rockin' the [Meier's Creek Brewing Company](#) Post Race Party from 9:30am – 12:30pm.

Kids Korner: Stop by for some fun games and some bounce houses!



Clinton Square Layout for Race Day





Edge Strength and Recovery features infrared saunas and ice baths in private rooms, allowing you to move between hot and cold therapy at your own pace. Every runner gets a coupon for a free class.

North Star Nutrition will be giving free samples of electrolytes, protein coffee and protein beverage mix. They will also be selling protein balls, Hydra Pops and Mountain Goat Tea! Cash or card accepted.



Purple Banana will have some fruit slices and other free samples to enjoy. They will also be selling their cold pressed juices and some wellness shots. Cash or card.



Elite Gaming will have PCs, Nintendo Switches, and Next Gen Consoles set up for guests to game at no charge.

PPU & Open Play Info: <https://www.elitegaming.gg/mgr-open-play/>



SaunaCuse is discounting 50% off a session.



Some other vendors to check out in Clinton Square

- Northeast College of Health Sciences: Massage Therapy
- MONSTER Energy
- Tunnels 2 Towers CNY, Life Worth Living 5K
- Soma PT, Compassionate Family Medicine
- B'Ville Crossfit, Urban Life Athletics
- Carm's Doghouse
- The Treasury



Official Hosts of the 2026 USATF Niagara 10 Mile Open/Masters Association Championships. With the race being designated the 10 Mile Championship, this also includes being a part of the 2026 USATF Niagara Runner Of The Year Series and the USATF Niagara Team Grand Prix Series.

\$250 cash prize for winners of our USATF Niagara clubs in the 10 Mile event only. Team results scored based on the total finish time of team members. Open Men, Women, Masters Men, Women.

(Must be a current 2026 USATF Niagara Member to be eligible)





For a very limited time, the Upstate Orthopedics Mountain Goat Run is offering a chance to be part of history.
Pay A One Time Rate of \$725 & Run The Race Forever!!!

Club Benefits: • Entrance into the Mountain Goat Run forever – 10-mile run, the two-person relay or the Virtual. • A Mountain Goat Hall of Fame brick paver with inscription. • An exclusive “Goat for Life” shirt. • Personalized bib with name and your assigned number. • Personal profile piece on our website. • Your name announced as a Goat for Life at the start/finish every year. • Private tent on race day complete w/ server to bring you food and drinks. • Random Giveaways • Syracuse bragging rights.

**Visit our mountaingoatrun.org website for any other
FAQ's you may have.**

<https://runsignup.com/Race/MountainGoatRun/Page-30>

**Register for our 2027 event inside Elite Gaming on our kiosks, after
your run, for the lowest possible price!**

**WEAR YOUR SUNGLASSES DURING THE RACE
FOR EXTRA COOL PHOTOS!**

