



2019 P2B ADK RELAY EXCHANGE MAPS

(BEAST & SPRINT RELAY)

PACKET PICKUP (BEAST RELAY)

Ski Jumping Complex, Intervales Lodge

5486 Cascade Rd
Lake Placid, NY 12946
GPS: 44.25735, -73.96366



LEGEND				
TEAM ROUTE	VAN ROUTE	VAN PARKING	PACKET PICKUP	INDOOR BATHROOMS



START LINE (BEAST RELAY)

Whiteface Mountain Castle

Veterans Memorial Highway (NY-431)

Wilmington, NY 12997

GPS: 44.36734, -73.90616



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	START LINE	BANNER FLAGS	PORTABLE TOILETS
		FOOD	INDOOR BATHROOMS		



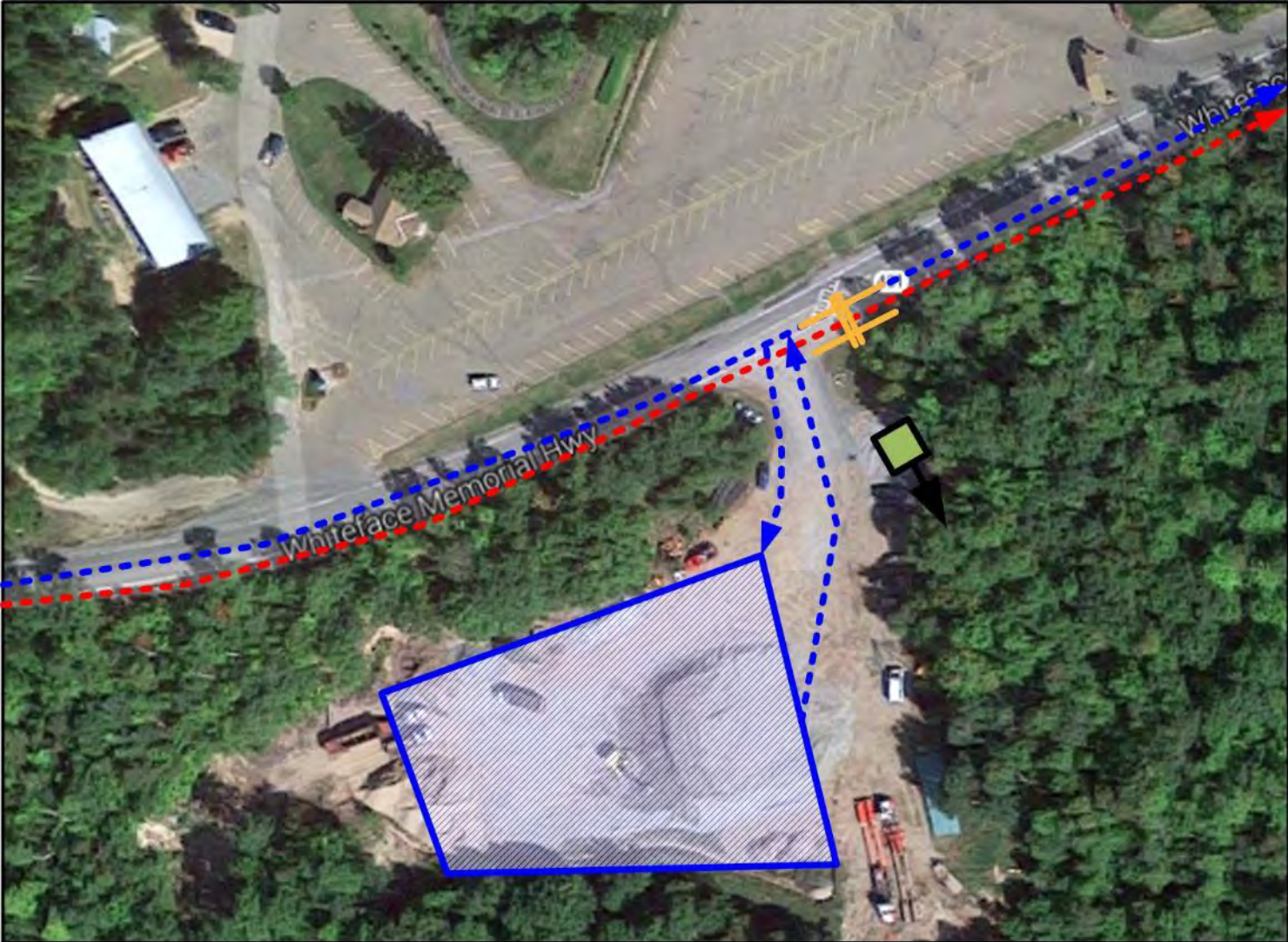
EXCHANGE #1

Santa's Workshop

324 Whiteface Memorial Highway

Wilmington, NY 12997

GPS: 44.39967, -73.8498



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



EXCHANGE #2

Cunningham Lane Festival Field

1131 Springfield Rd
Wilmington, NY 12997
GPS: 44.38695, -73.81662



LEGEND

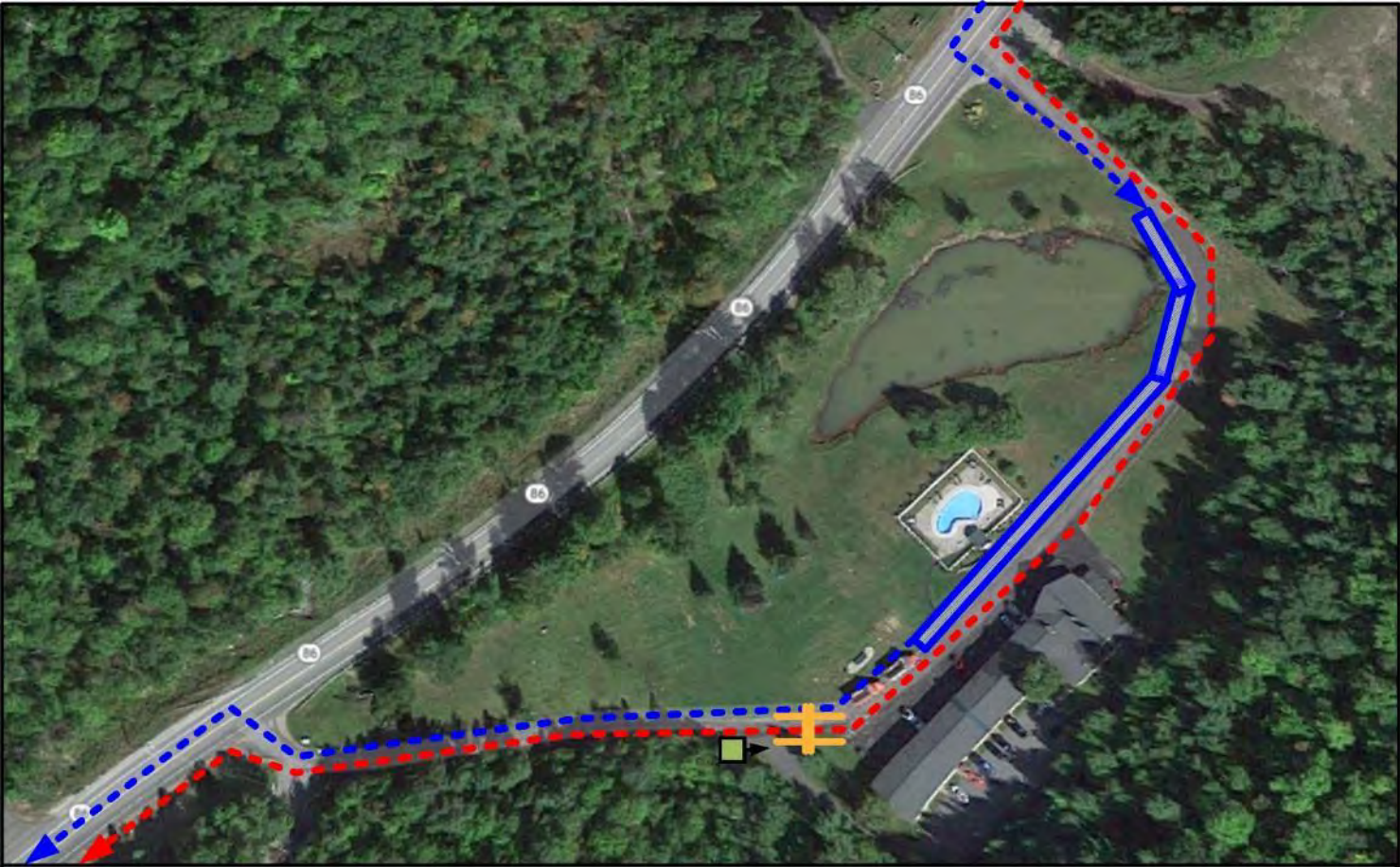
RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



EXCHANGE #3

Ledge Rock at Whiteface

5078 New York 86
Lake Placid, NY 12946
GPS: 44.35475, -73.85153



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	INDOOR BATHROOMS
					



EXCHANGE #4

NYS DOT Pull Offs

New York 86
Lake Placid, NY 12946
GPS: 44.3347, -73.90062



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



EXCHANGE #5

Mt Lake Academy

386 River Rd
Lake Placid, NY 12946
GPS: 44.27379, -73.93882



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



MAJOR EXCHANGE #6

Ski Jumping Complex, Intervales Lodge

5486 Cascade Rd
Lake Placid, NY 12946
GPS: 44.25735, -73.96366



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	BANNER FLAGS	PORTABLE TOILETS
	FOOD	INDOOR BATHROOMS	EVENT TENT/TABLE	FIRST AID (EMT)	



EXCHANGE #7

Lake Placid Municipal Gravel Lot

445 Old Military Rd
Lake Placid, NY 12946
GPS: 44.27723, -73.99993



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



EXCHANGE #8

Roger F Quinn Memorial Field

NY-86
Saranac Lake, NY 12983
GPS: 44.29845, -74.09571



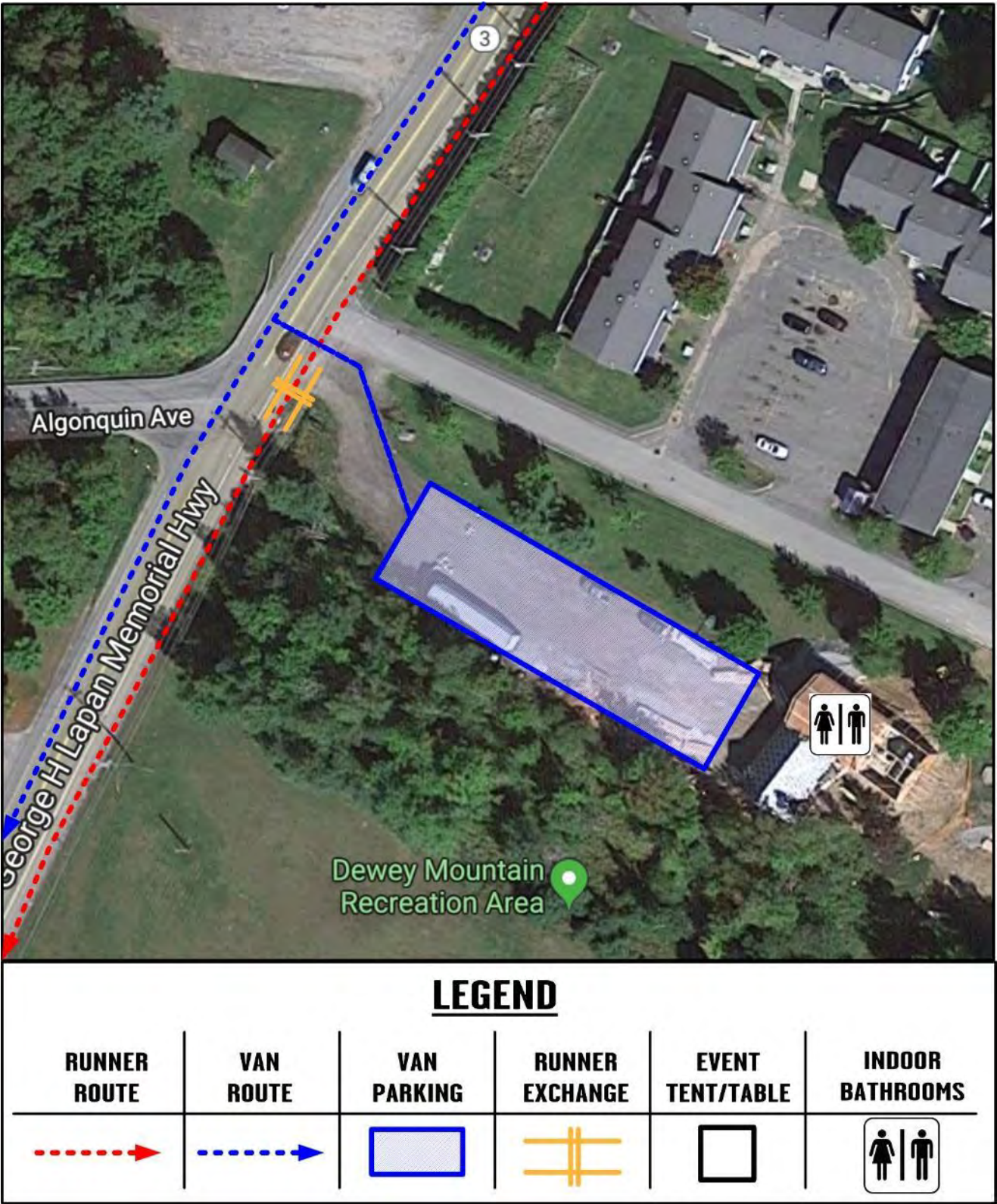
LEGEND					
RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



EXCHANGE #9

Dewey Mountain Recreation Center

RR 3
Saranac Lake, NY 12983
GPS: 44.31892, -74.15102



EXCHANGE #10

Coreys Rd/Adirondack Park Preserve

New York 3
Harrietstown, NY 12983
GPS: 44.22822, -74.31719



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



EXCHANGE #11

NY-30 Dirt Pull-off Area

NY-30 North of NY-3 Intersection

Tupper Lake, NY 12986

GPS: 44.24548, -74.35478



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS
					



MAJOR EXCHANGE #12

Tupper Lake Village Municipal Park

Demars Blvd, Rte 3 W

Tupper Lake, NY 12986

GPS: 44.22831, -74.46575



LEGEND

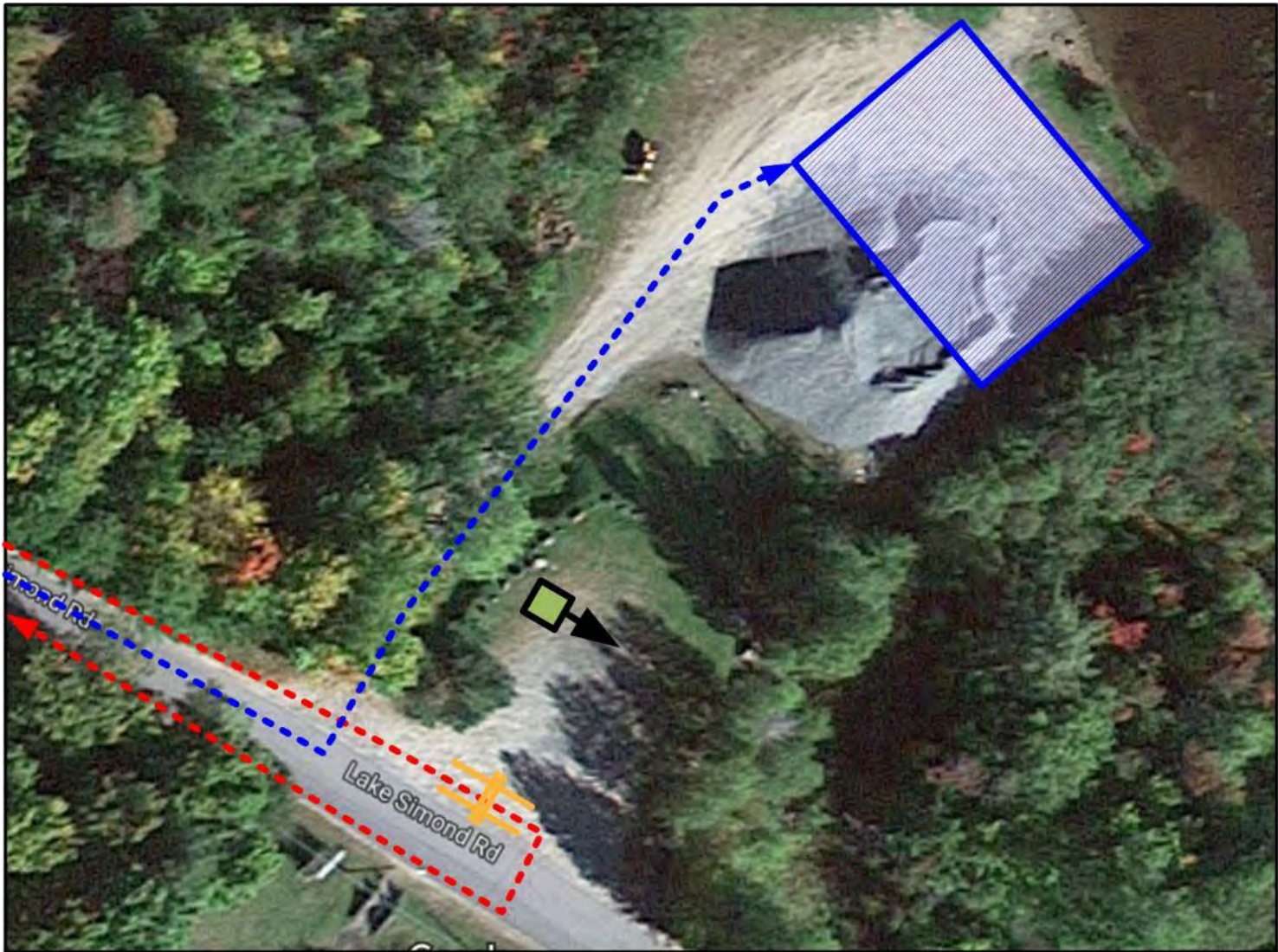
RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	BANNER FLAGS	PORTABLE TOILETS
SLEEPING AREA	FOOD	INDOOR BATHROOMS	EVENT TENT/TABLE	FIRST AID (EMT)	



EXCHANGE #13

Tupper Lake Rod Sports & Gun Club

116 Lake Simond Rd
Tupper Lake, NY 12986
GPS: 44.19571, -74.4629



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



EXCHANGE #14

Dirt Construction Equipment Lot

State Route 30
Tupper Lake, NY 12986
GPS: 44.14025, -74.52449



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



EXCHANGE #15

Dirt/Gravel Lot (NY-30)

State Route 30
Tupper Lake, NY 12986
GPS: 44.06347, -74.52071



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



EXCHANGE #16

NYS DOT Maintenance Building

State Route 30
Long Lake, NY 12847
GPS: 43.98154, -74.45062



LEGEND

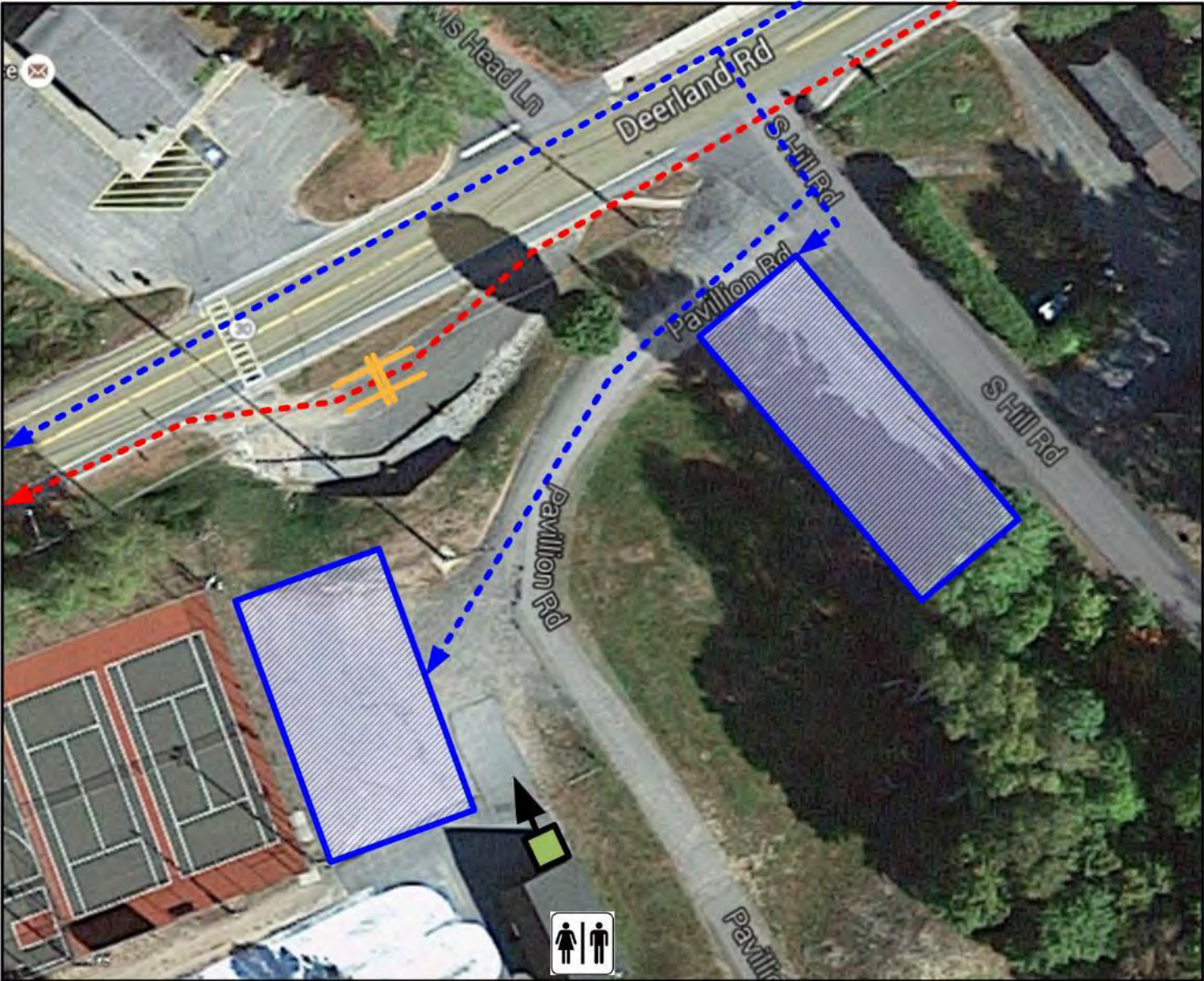
RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



EXCHANGE #17

Mt. Sabattis Recreation Area

State Route 30
Long Lake, NY 12847
GPS: 43.96703, -74.42234



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



MAJOR EXCHANGE #18

Adirondack Experience

9097 New York 30

Blue Mountain Lake, NY 12812

GPS: 43.86935, -74.43168



LEGEND

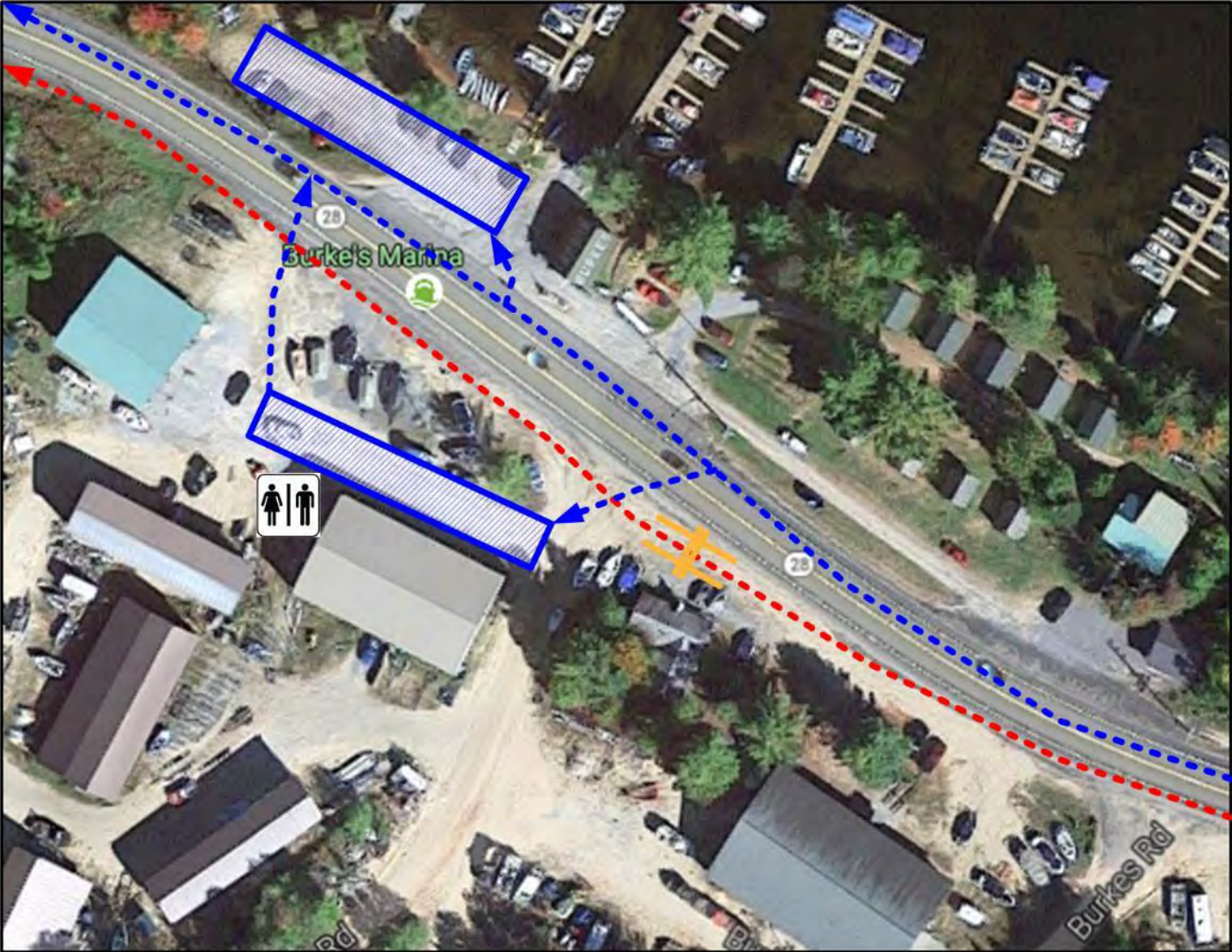
RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	BANNER FLAGS	PORTABLE TOILETS
					
SLEEPING AREA	FOOD	INDOOR BATHROOMS	EVENT TENT/TABLE	FIRST AID (EMT)	
					



EXCHANGE #19

Burke's Marina

592 New York 28
Raquette Lake, NY 13436
GPS: 43.80685, -74.6214



LEGEND

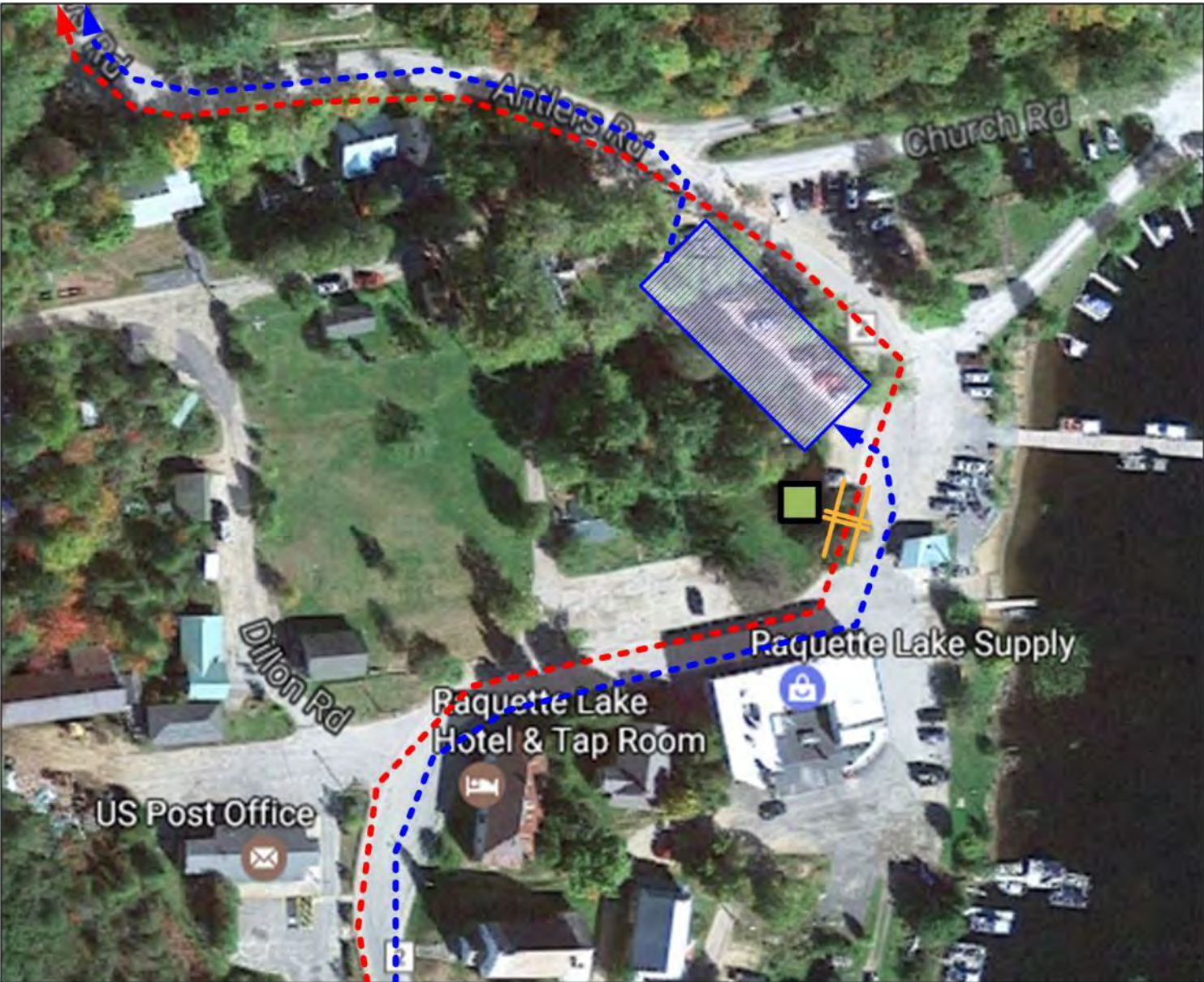
RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	INDOOR BATHROOMS



EXCHANGE #20

Raquette Lake Town Center

4 Main St
Raquette Lake, NY 13436
GPS: 43.81312, -74.65686



LEGEND

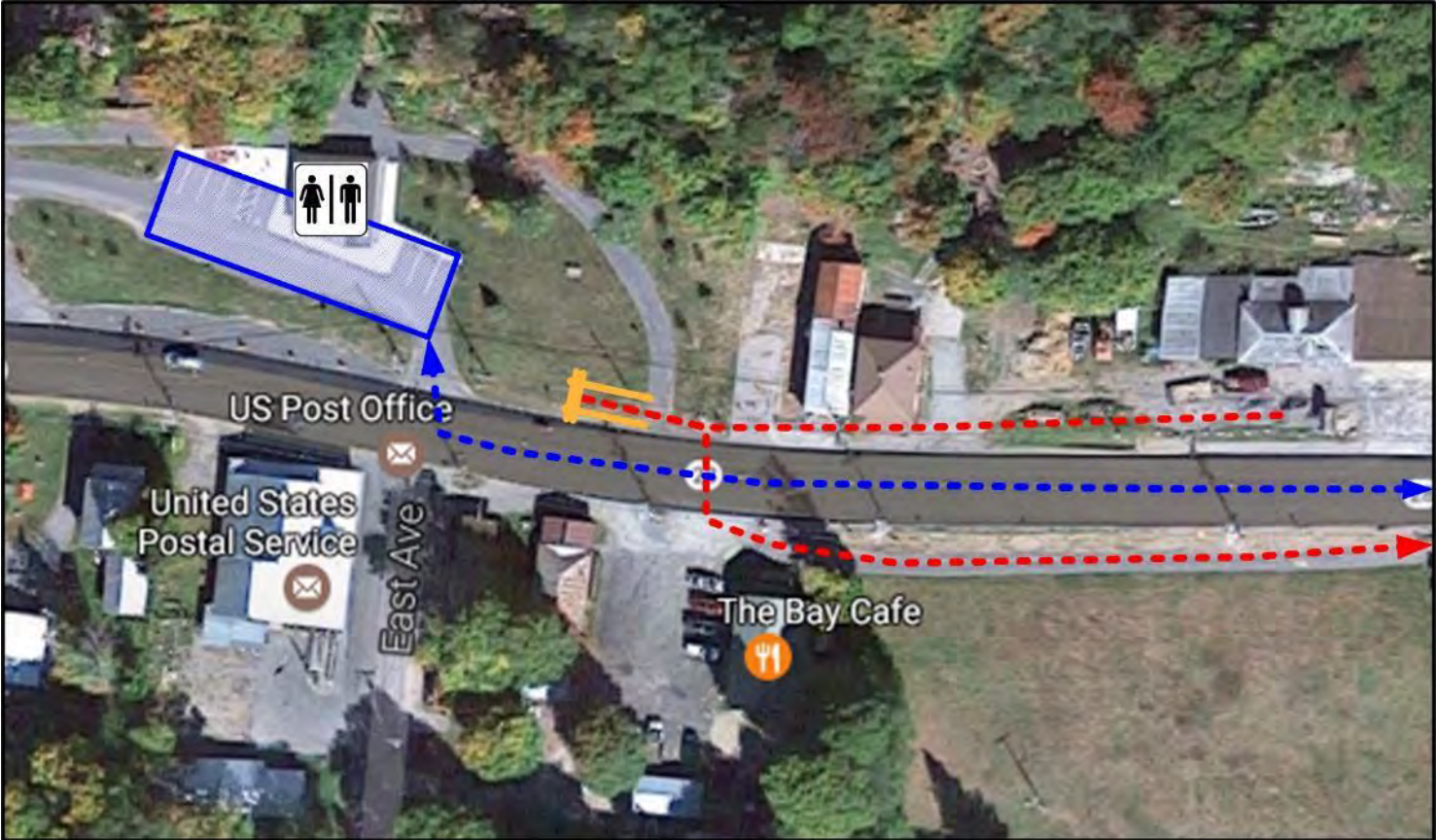
RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



EXCHANGE #21

Eagle Bay Vistor Center

NY-28
Eagle Bay, NY 13331
GPS: 43.76879, -74.81487



LEGEND

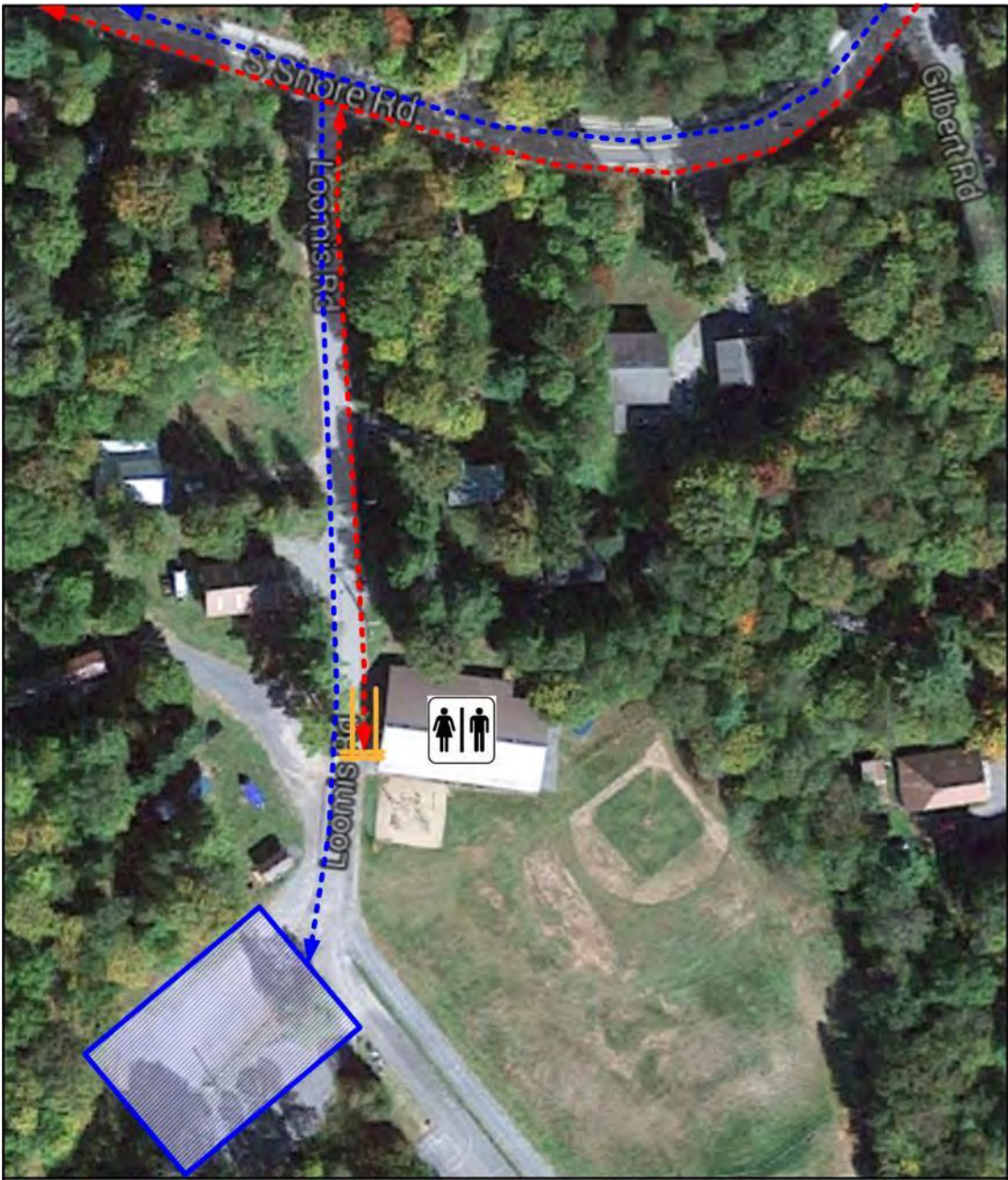
RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	INDOOR BATHROOMS



EXCHANGE #22

Fern Park

Loomis Rd
Inlet, NY 13360
GPS: 43.74813, -74.79703



LEGEND					
RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	INDOOR BATHROOMS



EXCHANGE #23: BREW YOUR OWN EXCHANGE

❖ FIND A SAFE AREA TO PARK AND TRANSITION YOUR RUNNERS

Quiver Pond Pull-off Area

S Shore Rd

Town of Webb, NY 13420

GPS: 43.73841, -74.87224



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



MAJOR EXCHANGE #24

George T Hiltebrant Recreation Center

201 North St
Old Forge, NY 13420
GPS: 43.71963, -74.97180



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	BANNER FLAGS	PORTABLE TOILETS
SLEEPING AREA	FOOD	INDOOR BATHROOMS	EVENT TENT/TABLE	FIRST AID (EMT)	



EXCHANGE #25

Adirondack Scenic Railroad Thendara Train Station

103 Birch St
Thendara, NY 13472
GPS: 43.69872, -75.0062



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



EXCHANGE #26

Scusa Rd / Minnehaha Rd Intersection

179 Scusa Rd
Thendara, NY 13472
GPS: 43.66629, -75.07014



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



EXCHANGE #27: BREW YOUR OWN EXCHANGE

❖ FIND A SAFE AREA TO PARK AND TRANSITION YOUR RUNNERS

Moose River Access Pull-Off Area

9924 Moose River Rd

Port Leyden, NY 13433

GPS: 43.60791, -75.16241



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS
					



EXCHANGE #28

Lewis County Recreation Area

White Pine Ln
Port Leyden, NY 13433
GPS: 43.57562, -75.28223



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS
					



EXCHANGE #29

Riverside Park

Community Memorial Park

Lyons Falls, NY 13368

GPS: 43.61438, -75.35645



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



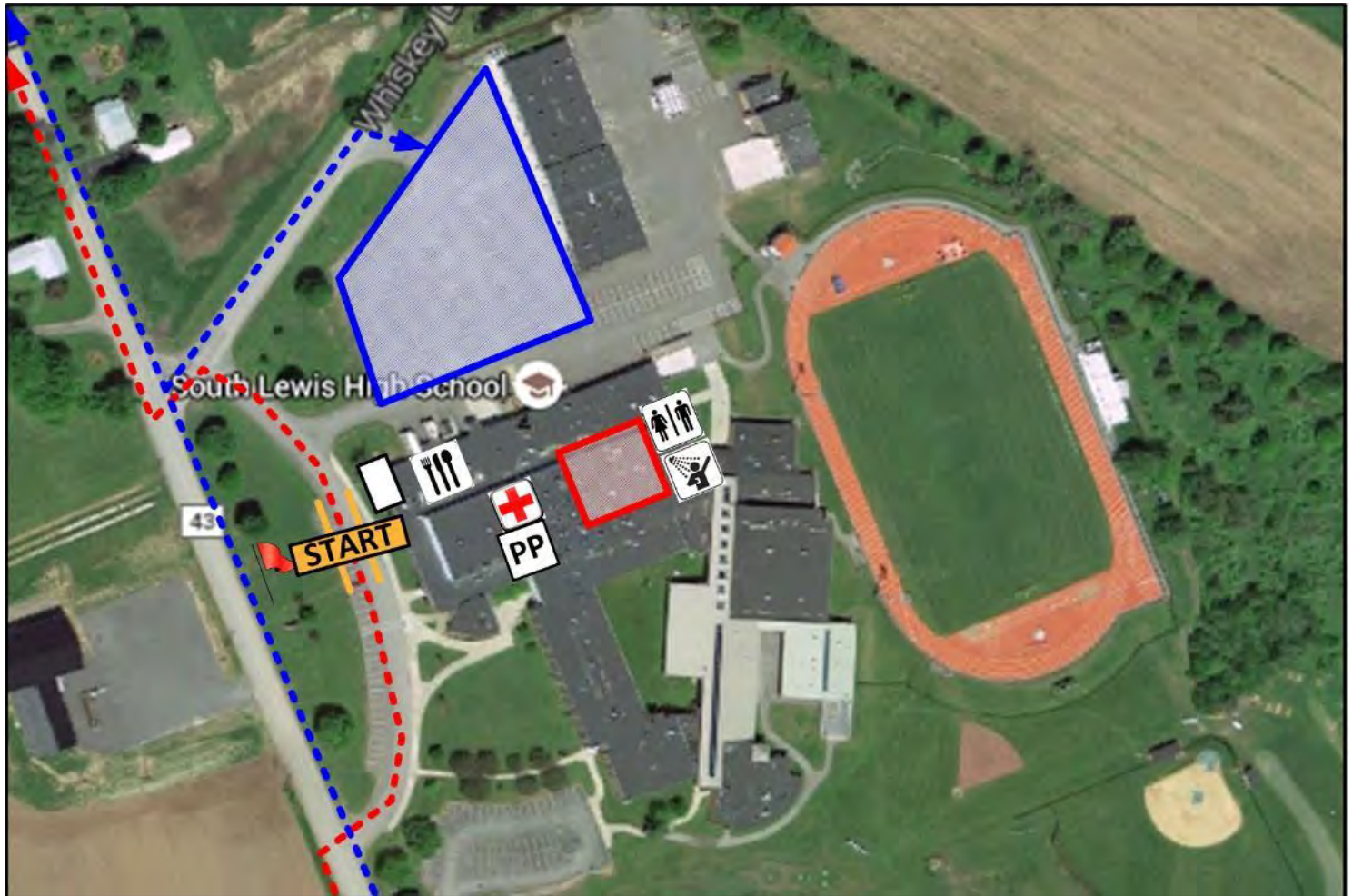
MAJOR EXCHANGE #30 & START LINE (SPRINT RELAY)

South Lewis High School

4264 East Road

Turin, NY 13473

GPS: 43.6361, -75.3954



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	START LINE	PACKET PICKUP
SLEEPING AREA	FOOD	SHOWER	INDOOR BATHROOMS	FIRST AID (EMT)	BANNER FLAGS

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EXCHANGE MAP

EXCHANGE #31: QUIET PLEASE...CAMPERS SLEEPING

Whetstone Gulf State Park

6065 West Rd

Lowville, NY 13367

GPS: 43.70286, -75.46442



LEGEND

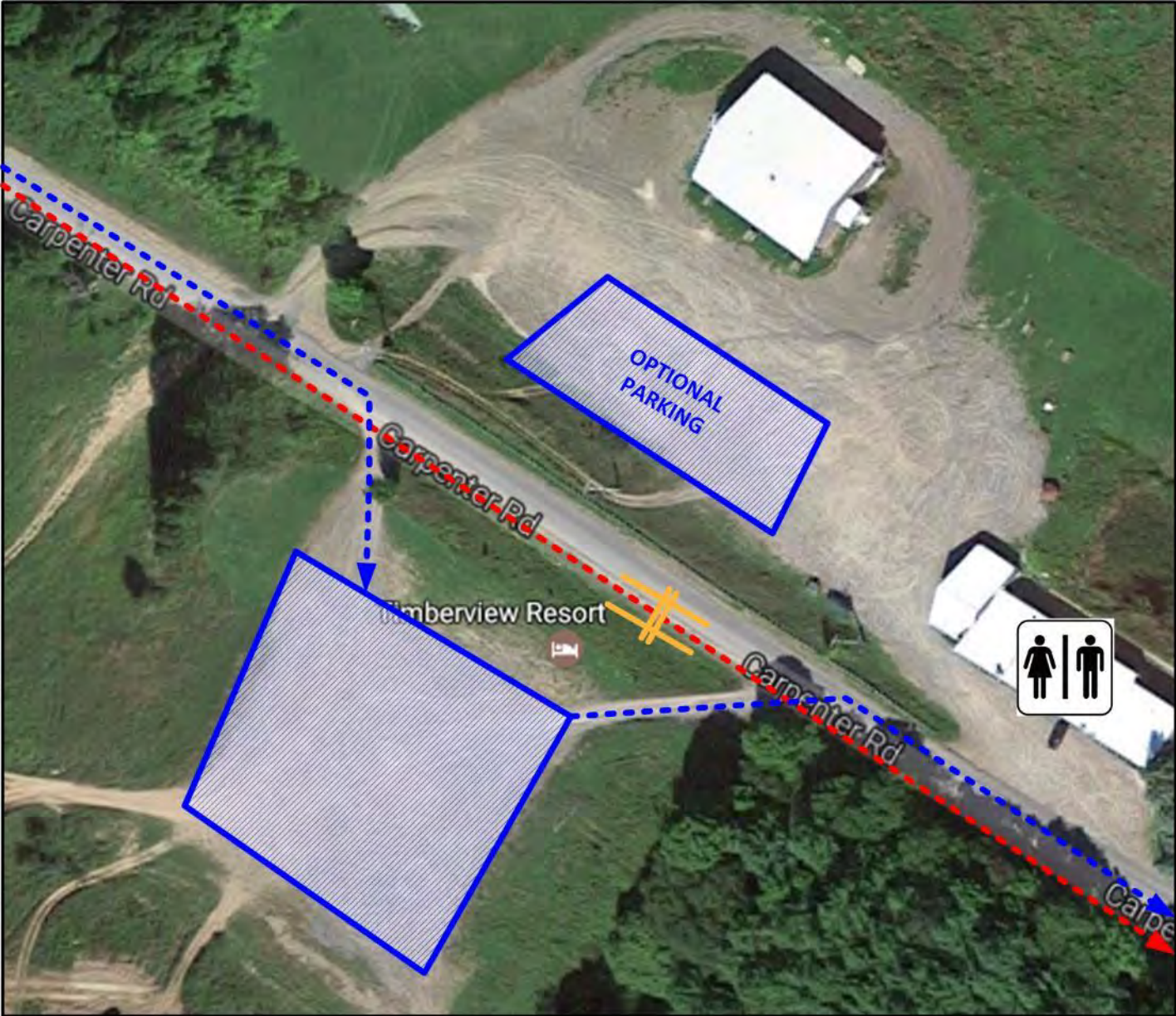
RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	COURSE TRAIL	INDOOR BATHROOMS
					



EXCHANGE #32

Timberview Resort

5265 Carpenter Rd
Turin, NY 13473
GPS: 43.66113, -75.45149



LEGEND

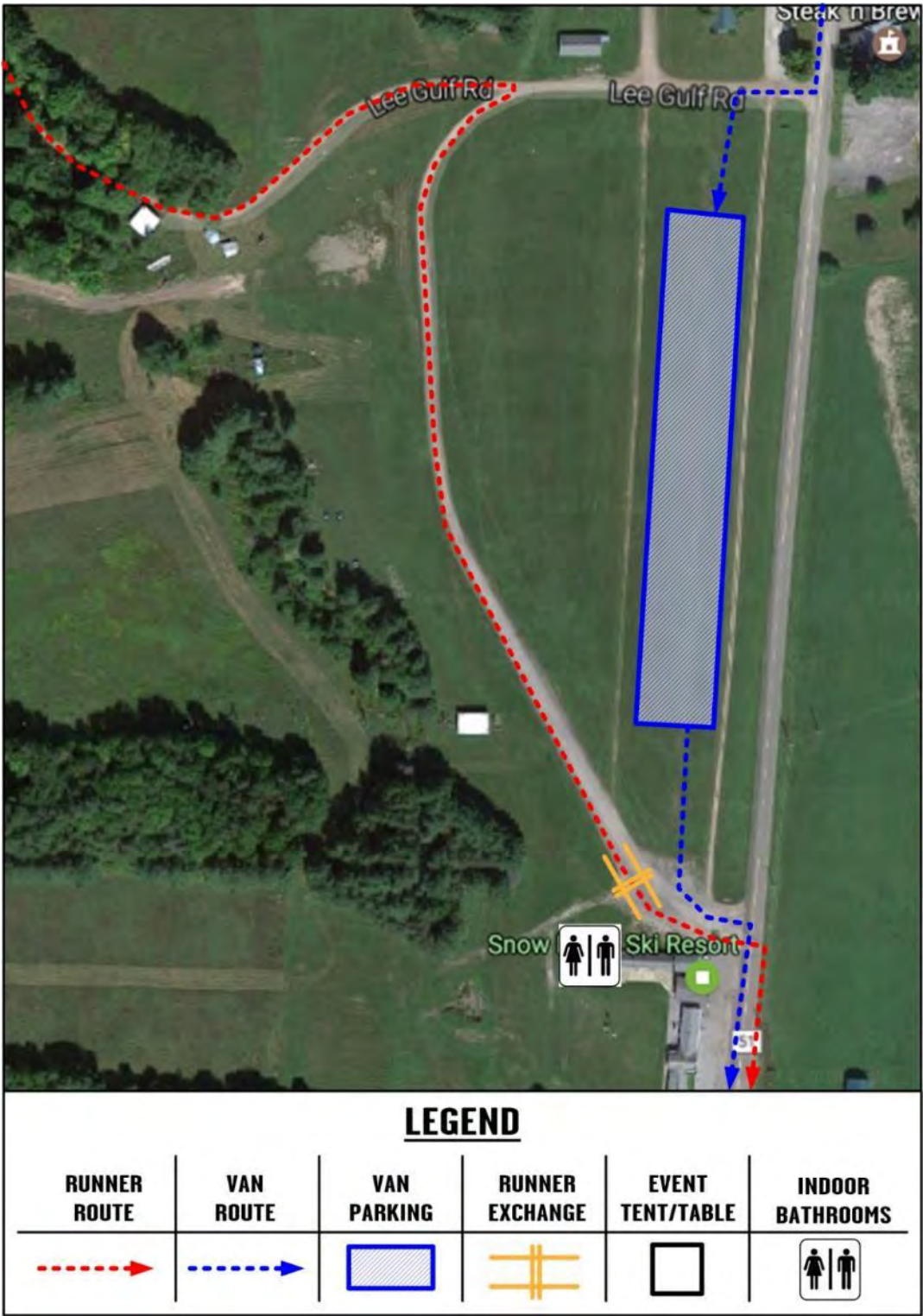
RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	INDOOR BATHROOMS



EXCHANGE #33

Snow Ridge Ski Resort

4173 W Rd
Turin, NY 13473
GPS: 43.64003, -75.4204



EXCHANGE #34

The Hayloft at Moonshine Farm

6615 Buneo Rd
Port Leyden, NY 13433
GPS: 43.60302, -75.37831



LEGEND

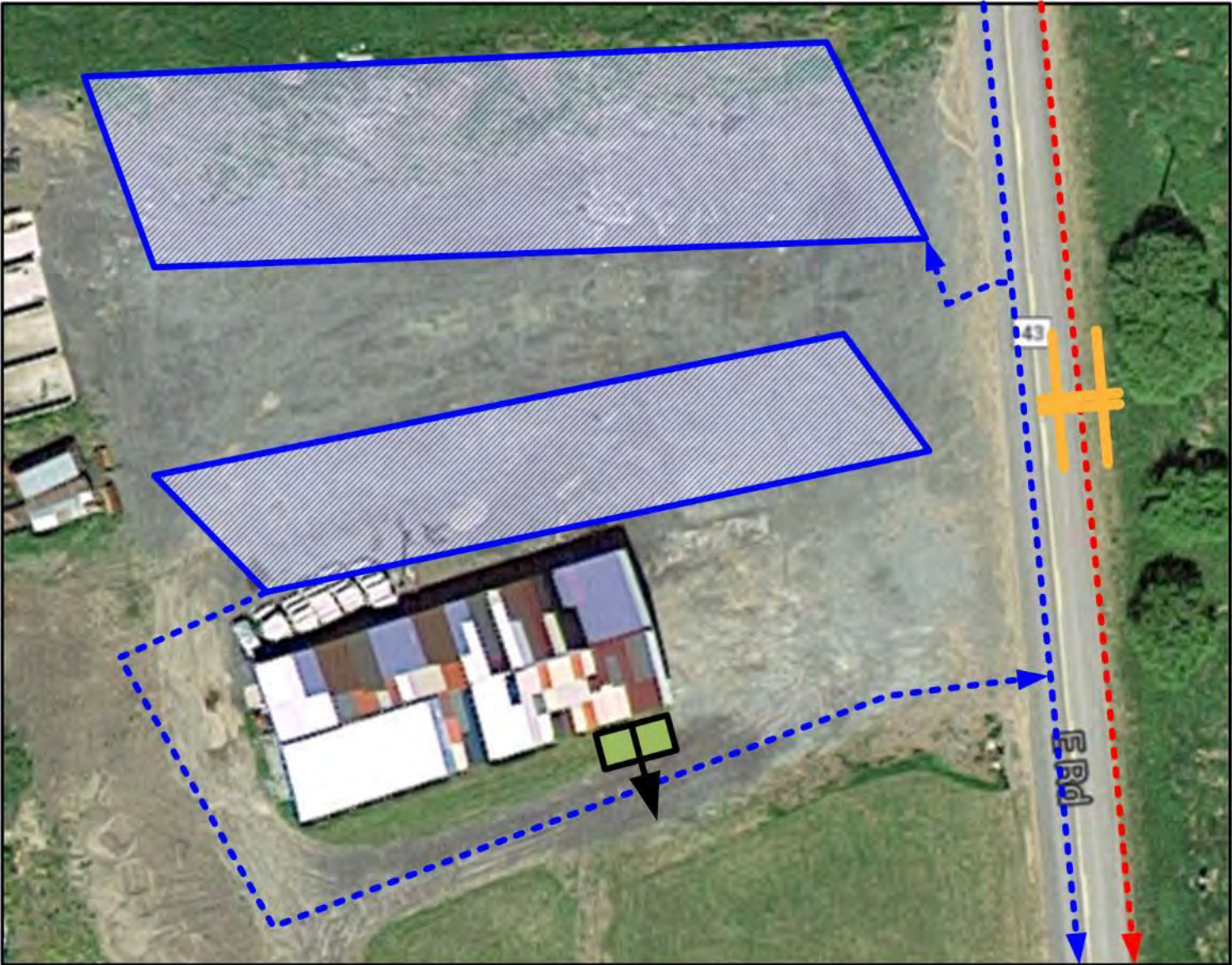
RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	INDOOR BATHROOMS



EXCHANGE #35

Dig & Push Excavating Barn

2599 E Rd
Port Leyden, NY 13433
GPS: 43.55378, -75.35121



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



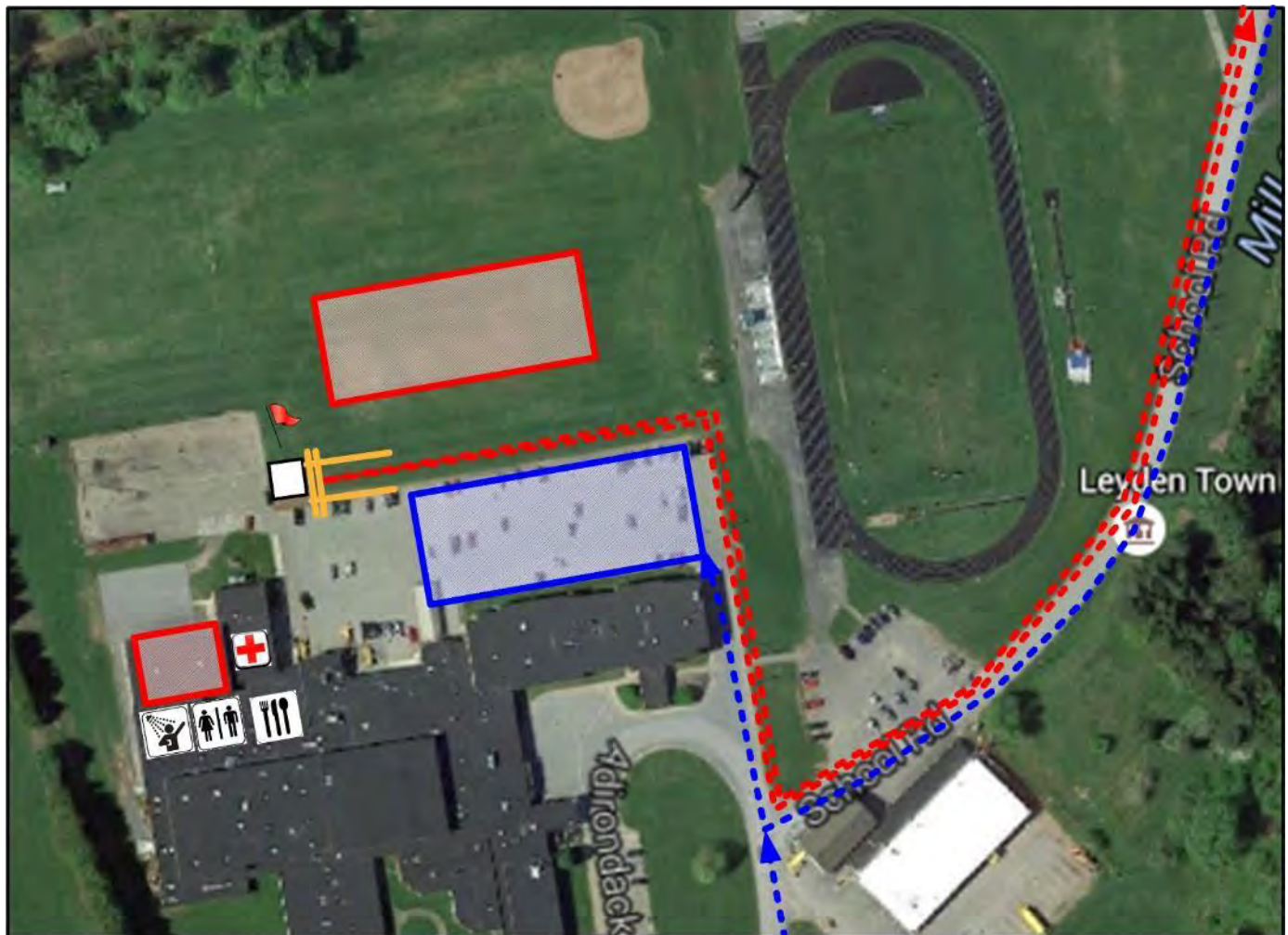
MAJOR EXCHANGE #36

Adirondack Central High School

8181 New York 294

Boonville, NY 13309

GPS: 43.48027, -75.35107



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	PORTABLE TOILETS
SLEEPING AREA	FOOD	SHOWER	INDOOR BATHROOMS	FIRST AID (EMT)	BANNER FLAGS



EXCHANGE #37

Potato Hill Farm

Potato Hill Rd
Boonville, NY 13309
GPS: 43.43772, -75.29846



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	INDOOR BATHROOMS



EXCHANGE #38

Baron Von Steuben Memorial Park

9941 Starr Hill Rd
Remsen, NY 13438
GPS: 43.33706, -75.23322



EXCHANGE #39

Holland Patent High School

8079 Thompson Rd
Holland Patent, NY 13354
GPS: 43.25255, -75.25313



EXCHANGE #40

Toby Road Park & Pavilion

9499 Toby Rd
Marcy, NY 13403
GPS: 43.18805, -75.25929



LEGEND

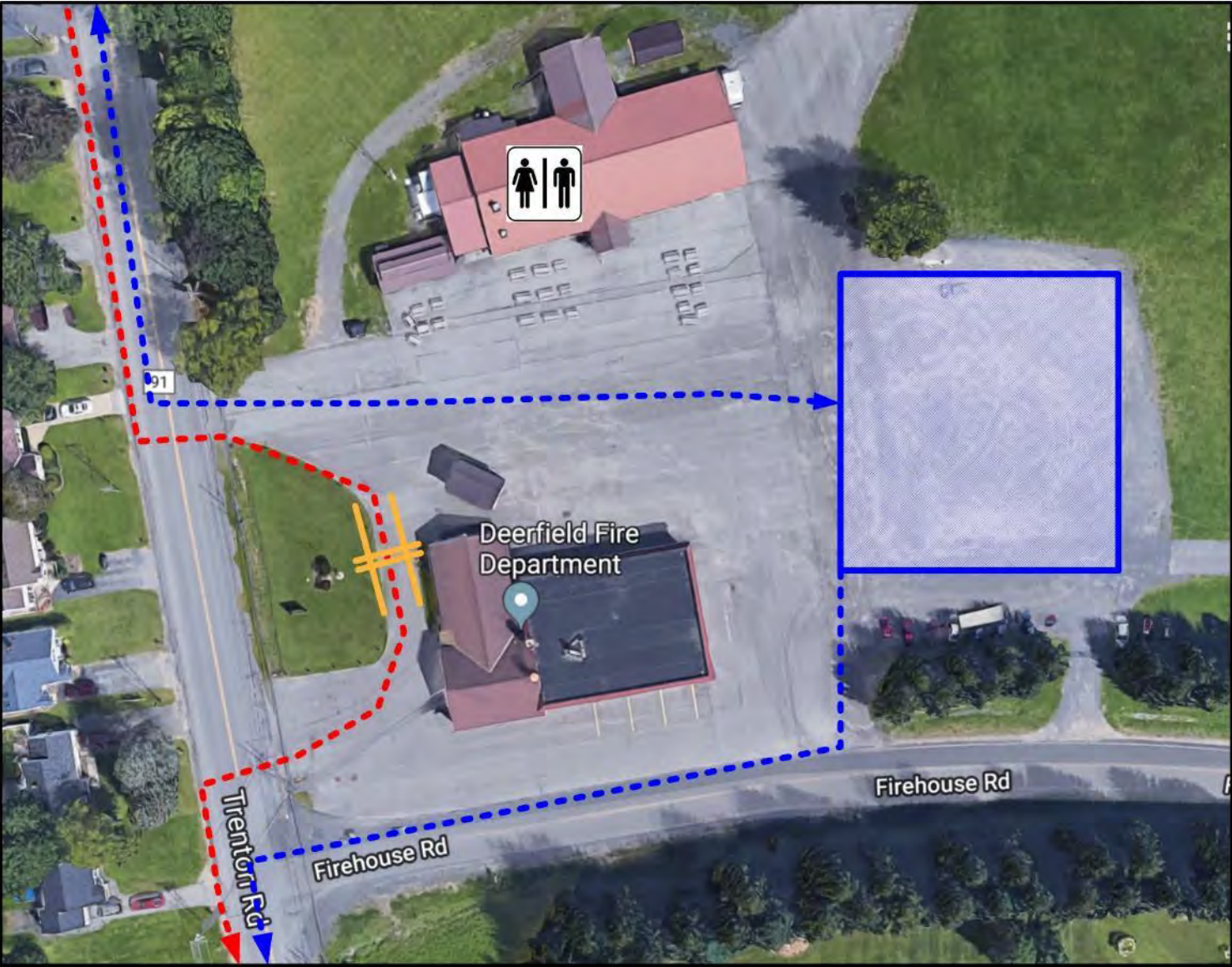
RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



EXCHANGE #41

Deerfield Fire Department

5476 Trenton Rd
Utica, NY 13502
GPS: 43.12707, -75.21053



LEGEND

RUNNER ROUTE	VAN ROUTE	VAN PARKING	RUNNER EXCHANGE	EVENT TENT/TABLE	BATHROOM/ TOILETS



43.10318, -75.24536



FINISH VENUE – POST RACE PARTY

Saranac Brewery Courtyard

830 Varick Street

Utica, NY 13502

43.10318, -75.24536



LEGEND

FINISH VENUE	ROAD CLOSURE	FINISH ARCH	BARRICADES	PORTABLE TOILETS	EVENT AREAS
		FOOD	FIRST AID (EMT)		

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EXCHANGE MAP