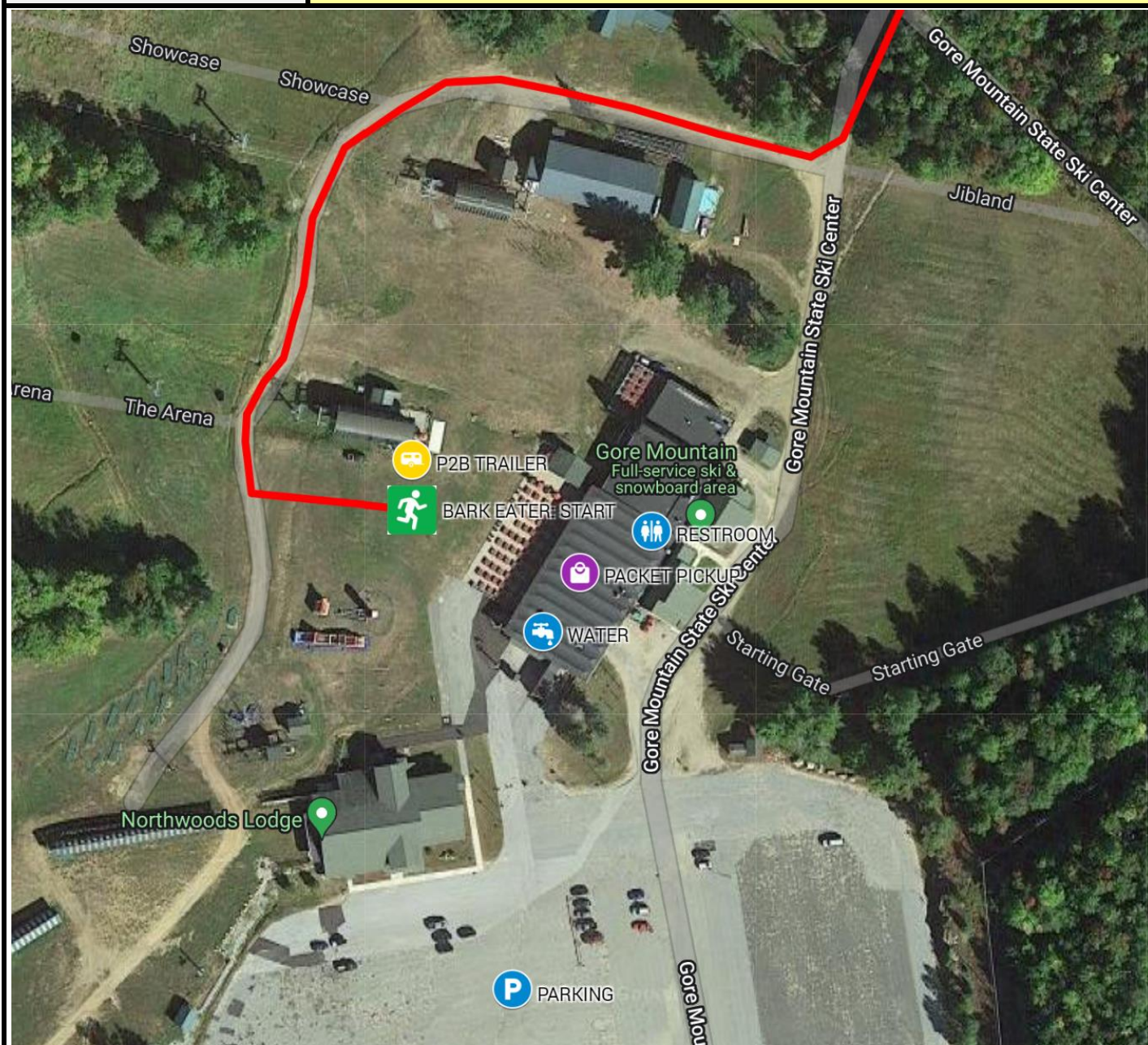


P2B ADK RELAY — EXCHANGE TIME WINDOWS						
RELAY EVENT	EVENT DATE	DISTANCE (mi)	TEAM PACE (min/mi)	EXCHANGE TIME BUFFER (±hh:mm)	FINISH TIME BUFFER (±hh:mm)	DAYLIGHT (SUNRISE - SUNSET)
BARK EATER	FRI-SAT: 9-10 AUG 2024	133	6:00-12:00	0:30	0:30	6:00AM - 8:00PM
SPRINT	SAT: 10 AUG 2024	65				
EVENT (DAY #)	Exchange #	Distance Between Exchanges	Exchange Time Windows (Estimated Runner Times)		Total Duration (All Teams) (hh:mm)	Notes
			Start Window	Finish Window		
BARK EATER RELAY (DAY #1)	BARK EATER START / SECTION #1 START (GORE MT.)	—	11:00 AM	2:00 PM	3:00	START WAVES (11:00AM - 2:00PM)
	Exchange #1	3.0	11:00 AM	3:00 PM	4:00	
	Exchange #2	5.4	12:00 PM	3:30 PM	3:30	
	Exchange #3	4.8	1:00 PM	4:15 PM	3:15	
	Exchange #4	7.7	2:15 PM	5:00 PM	2:45	
	Exchange #5	9.4	3:45 PM	6:15 PM	2:29	
	Exchange #6	1.6	4:00 PM	6:30 PM	2:30	
	Exchange #7	11.2	5:45 PM	8:00 PM	2:15	
	Exchange #8	2.3	6:00 PM	8:30 PM	2:30	NIGHT RUN
	Exchange #9	8.9	7:00 PM	10:15 PM	3:15	NIGHT RUN
	Exchange #10	2.4	7:15 PM	10:45 PM	3:30	NIGHT RUN
	Exchange #11	4.3	7:30 PM	11:45 PM	4:15	NIGHT RUN
	Exchange #12 (HALFWAY CHECKPOINT)	6.5	8:15 PM	8:30 AM	12:15	NIGHT RUN
	OVERNIGHT CAMPING (TEAM REST TIME)	—	12:30 AM	6:00 AM	5:30	NO RUNNING ON COURSE
BARK EATER & SPRINT RELAY (DAY #2)	SPRINT START / SECTION #2 START (OLD FORGE)	—	6:00 AM	8:00 AM	2:00	START WAVES (6:00AM - 8:00AM)
	Exchange #13	2.6	5:00 AM	8:45 AM	3:45	
	Exchange #14	3.0	5:30 AM	9:15 AM	3:45	
	Exchange #15	7.8	7:00 AM	10:15 AM	3:15	
	Exchange #16	6.4	8:15 AM	11:00 AM	2:45	
	Exchange #17	6.6	9:00 AM	11:45 AM	2:44	
	Exchange #18	3.7	10:15 AM	11:30 AM	1:15	
	Exchange #19	4.9	10:45 AM	1:00 PM	2:15	
	Exchange #20	10.0	12:00 PM	2:30 PM	2:30	
	Exchange #21	6.3	12:45 PM	3:45 PM	3:00	
	Exchange #22	5.0	1:15 PM	4:45 PM	3:30	
	Exchange #23	5.9	1:45 PM	6:00 PM	4:15	
	FINISH (SARANAC BREWERY)	3.2	2:00 PM	6:30 PM	4:30	

## P2B ADK RELAY — EXCHANGE OVERVIEW

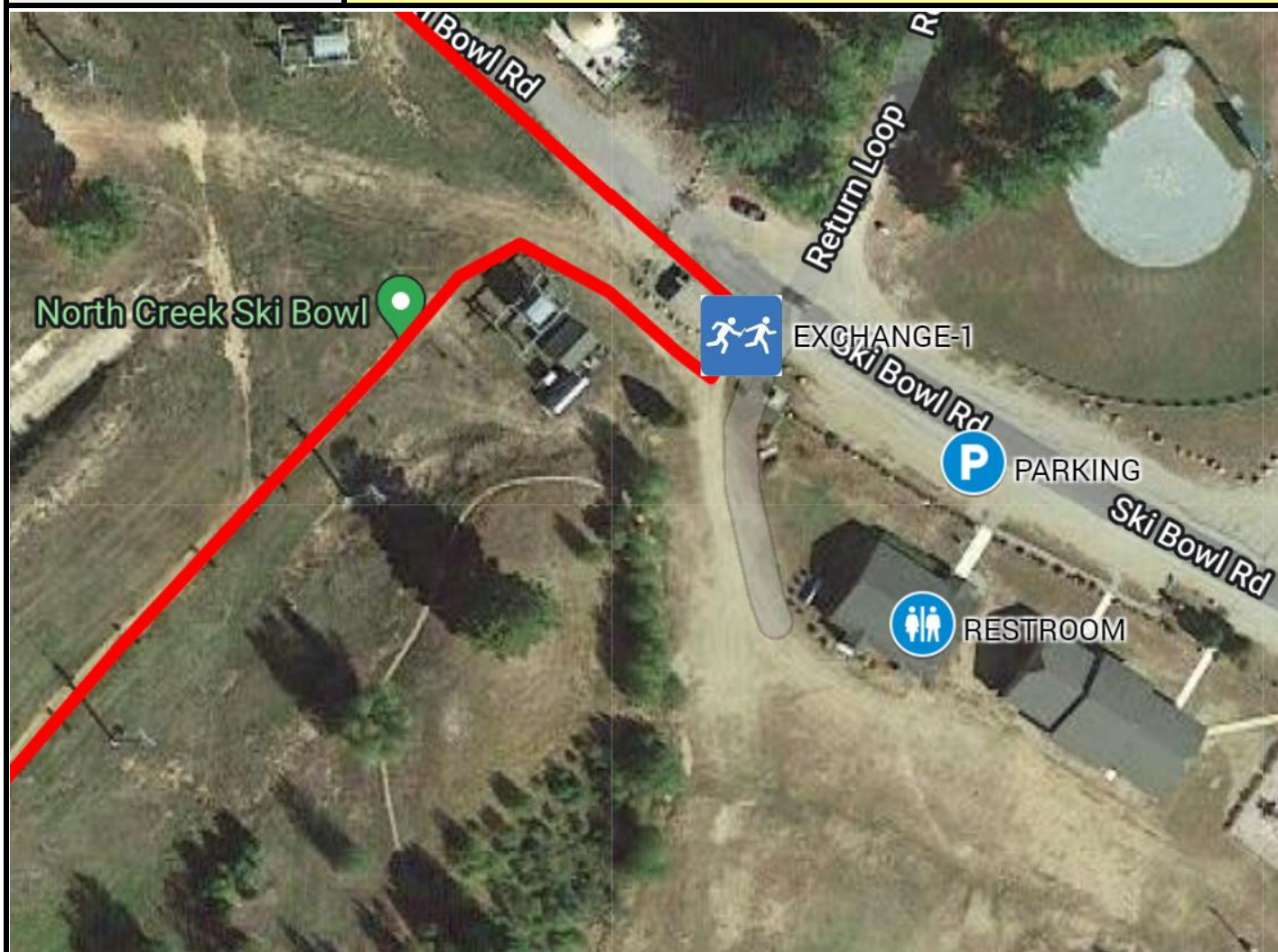
<b>START</b>	<b>Gore Mountain Ski Resort</b>
<b>ADDRESS</b>	793 Peaceful Valley Rd, North Creek, NY 12853
<b>GPS COORDINATES</b>	43.673402, -74.007790
<b>PARKING</b>	MAIN PARKING LOT
<b>RESTROOMS</b>	FACILITY RESTROOMS
<b>START LINE</b>	PACKET PICKUP IN SKI SENTER; START LINE BY GONDOLA
<b>START OPEN</b>	8/9/24 11:00 AM
<b>START CLOSE</b>	8/9/24 2:00 PM





## P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	1	North Creek Ski Bowl
ADDRESS	Ski Bowl Rd, North Creek, NY 12853	
GPS COORDINATES	43.694908, -73.991324	
PARKING	DIRT PARKING LOT BY BUILDING	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	EXCHANGE AT TRAIL EXIT TO ROAD	
EXCHANGE OPEN	8/9/24 11:00 AM	
EXCHANGE CLOSE	8/9/24 3:00 PM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

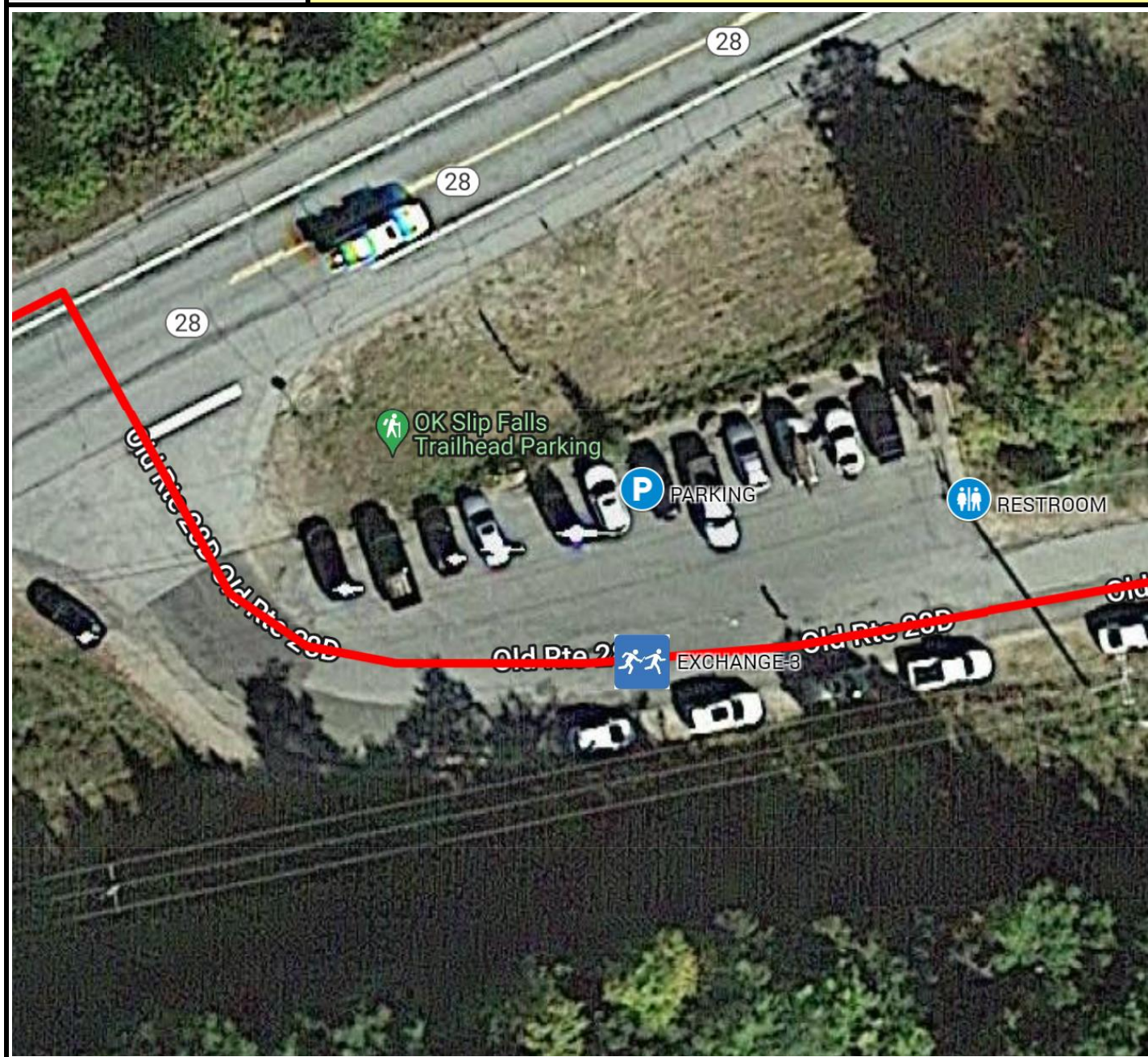
EX #	2	Adirondack Adventures
ADDRESS	4659 NY 28, North River, NY 12856	
GPS COORDINATES	43.744019, -74.058096	
PARKING	SCENIC PULL OFF PARKING	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	EXCHANGE ON SIDEWALK INFRONT OF ADK ADVENTURE	
EXCHANGE OPEN	8/9/24 12:00 PM	
EXCHANGE CLOSE	8/9/24 3:30 PM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	3	OK Slip Falls Trailhead Parking
ADDRESS	NY-28, Indian Lake, NY 12842	
GPS COORDINATES	43.772142, -74.129661	
PARKING	TRAILHEAD PARKING & SIDE OF OLD RT 28D ROAD	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	EXCHANGE ON SIDE OF ROAD BY TRAIL PARKING	
EXCHANGE OPEN	8/9/24 1:00 PM	
EXCHANGE CLOSE	8/9/24 4:15 PM	





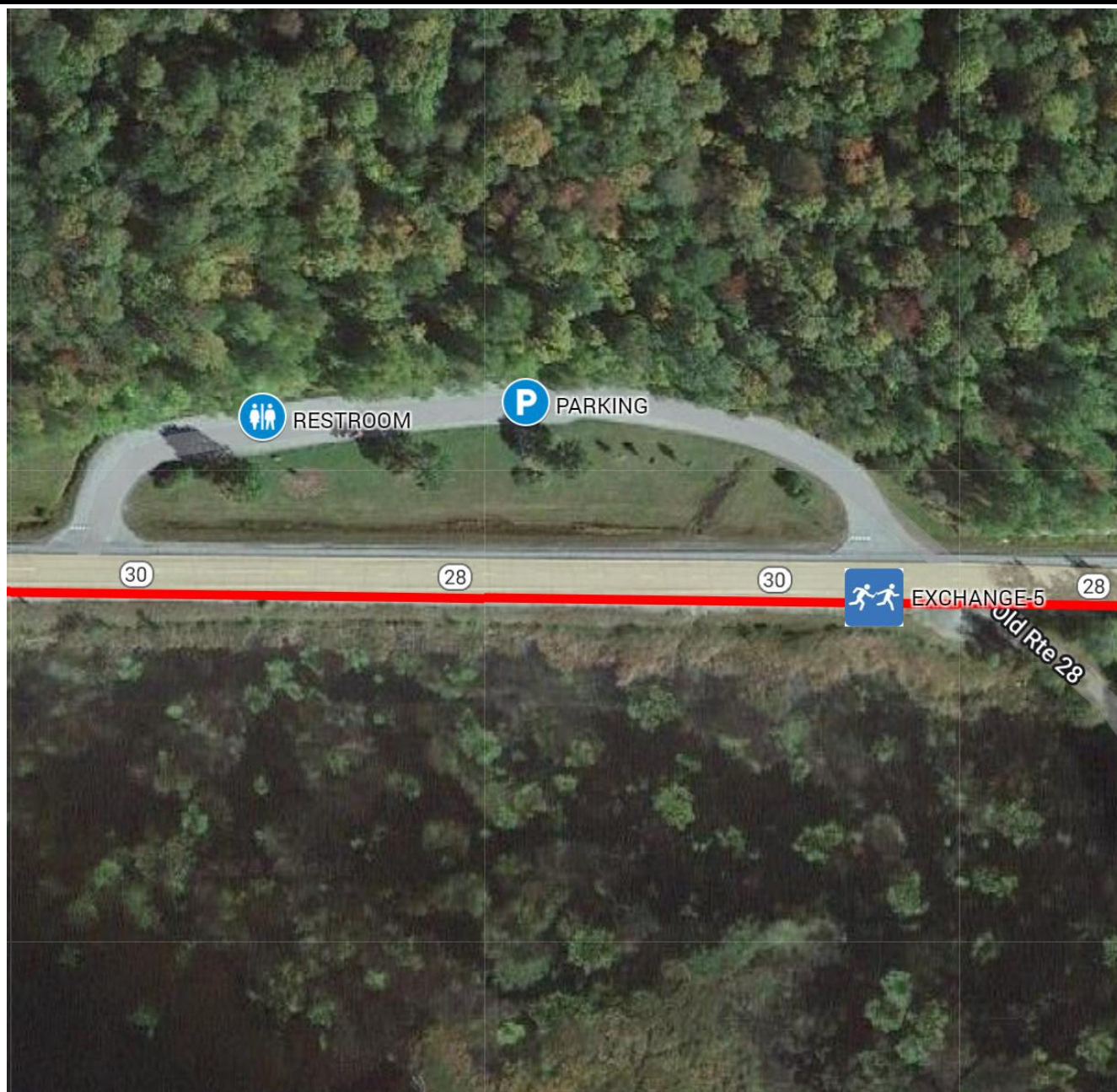
## P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	4	Indian Lake Central School District
ADDRESS	6345 NYS Route 30, Indian Lake, NY 12842	
GPS COORDINATES	43.782614, -74.270338	
PARKING	SCHOOL PARKING LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	EXCHANGE ON SIDEWALK INFRONT OF SCHOOL	
EXCHANGE OPEN	8/9/24 2:15 PM	
EXCHANGE CLOSE	8/9/24 5:00 PM	



## P2B ADK RELAY — EXCHANGE OVERVIEW

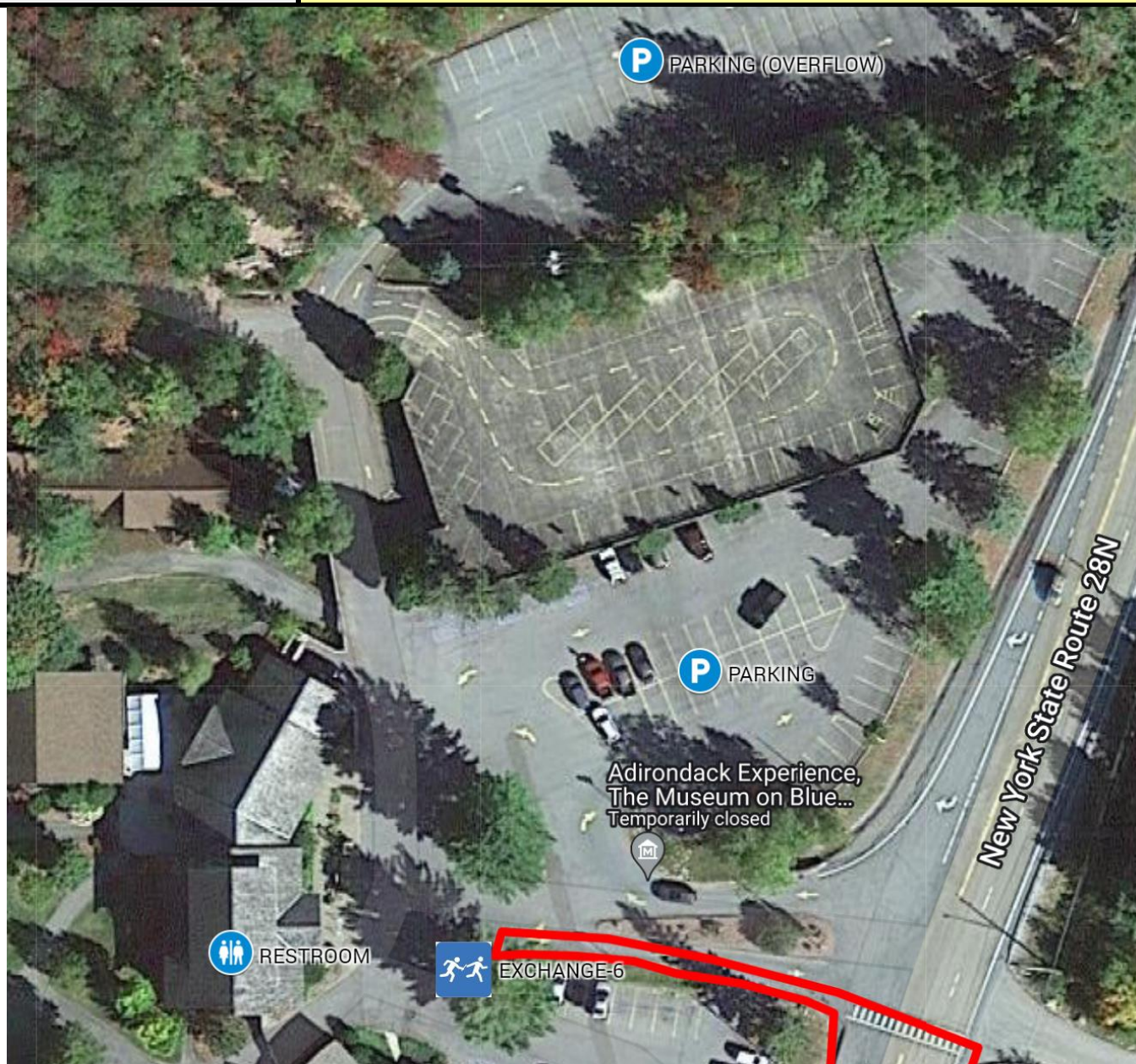
EX #	5	Blue Mt Forest Scenic Pulloff (NY-30)
ADDRESS	NYS Route 30, Indian Lake, NY 12842	
GPS COORDINATES	43.845231, -74.405238	
PARKING	NY-30 PULLOFF AREA	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	SHOULDER OF ROAD ACROSS PULLOFF	
EXCHANGE OPEN	8/9/24 3:45 PM	
EXCHANGE CLOSE	8/9/24 6:15 PM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	6	Adirondack Experience
ADDRESS	9097 NY-30, Blue Mountain Lake, NY 12812	
GPS COORDINATES	43.869399, -74.432402	
PARKING	ADK EXPERIENCE PARKING LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	INFRONT OF ADK EXPERIENCE ENTRANCE	
EXCHANGE OPEN	8/9/24 4:00 PM	
EXCHANGE CLOSE	8/9/24 6:30 PM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

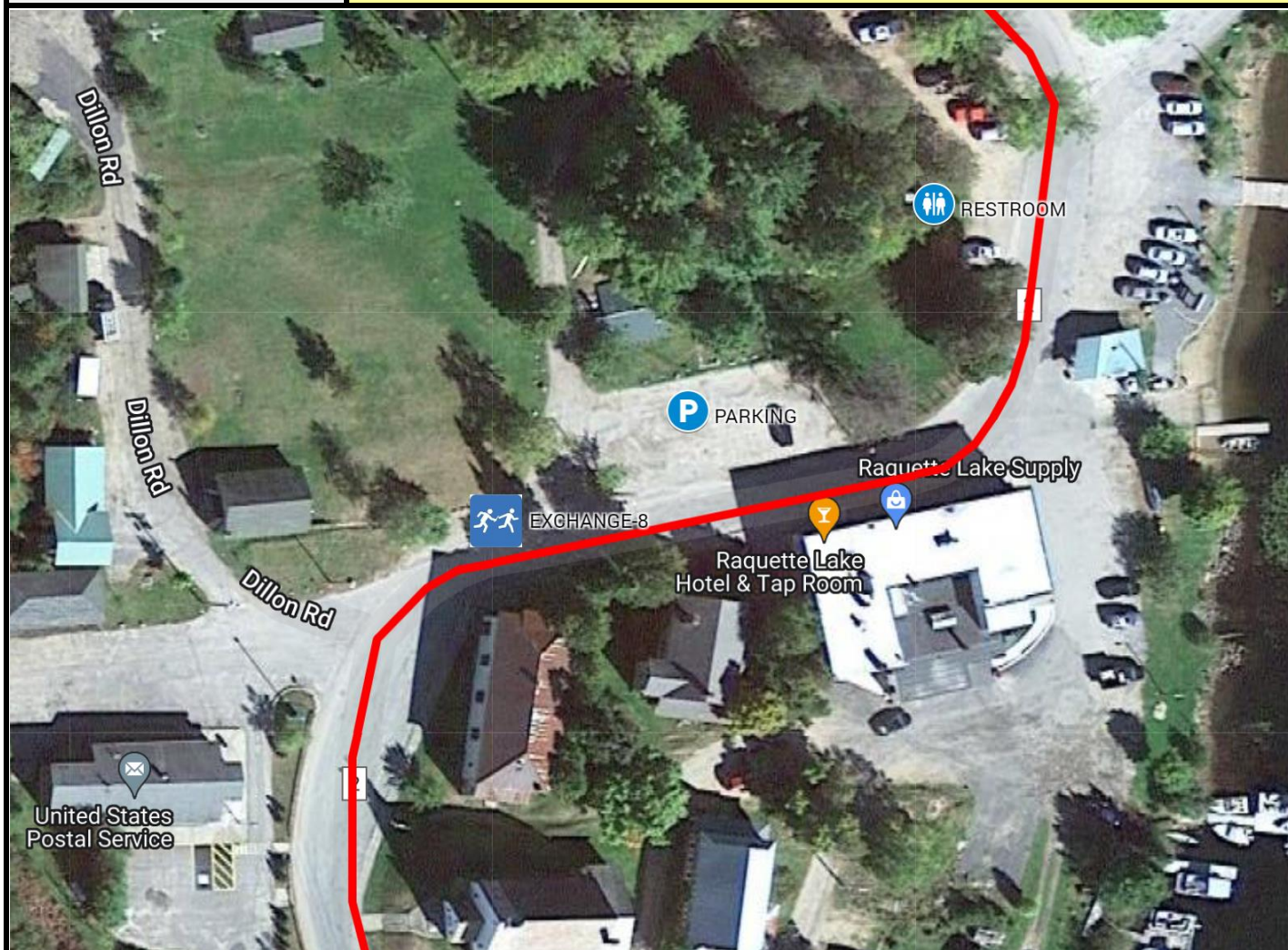
EX #	7	Burke's Marina
ADDRESS	592 NY-28, Raquette Lake, NY 13436	
GPS COORDINATES	43.806777, -74.621214	
PARKING	MARINA DIRT PARKING LOT OFF SHOULDER OF ROAD	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	SHOULDER OF ROAD INFRONT OF MARINA	
EXCHANGE OPEN	8/9/24 5:45 PM	
EXCHANGE CLOSE	8/9/24 8:00 PM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

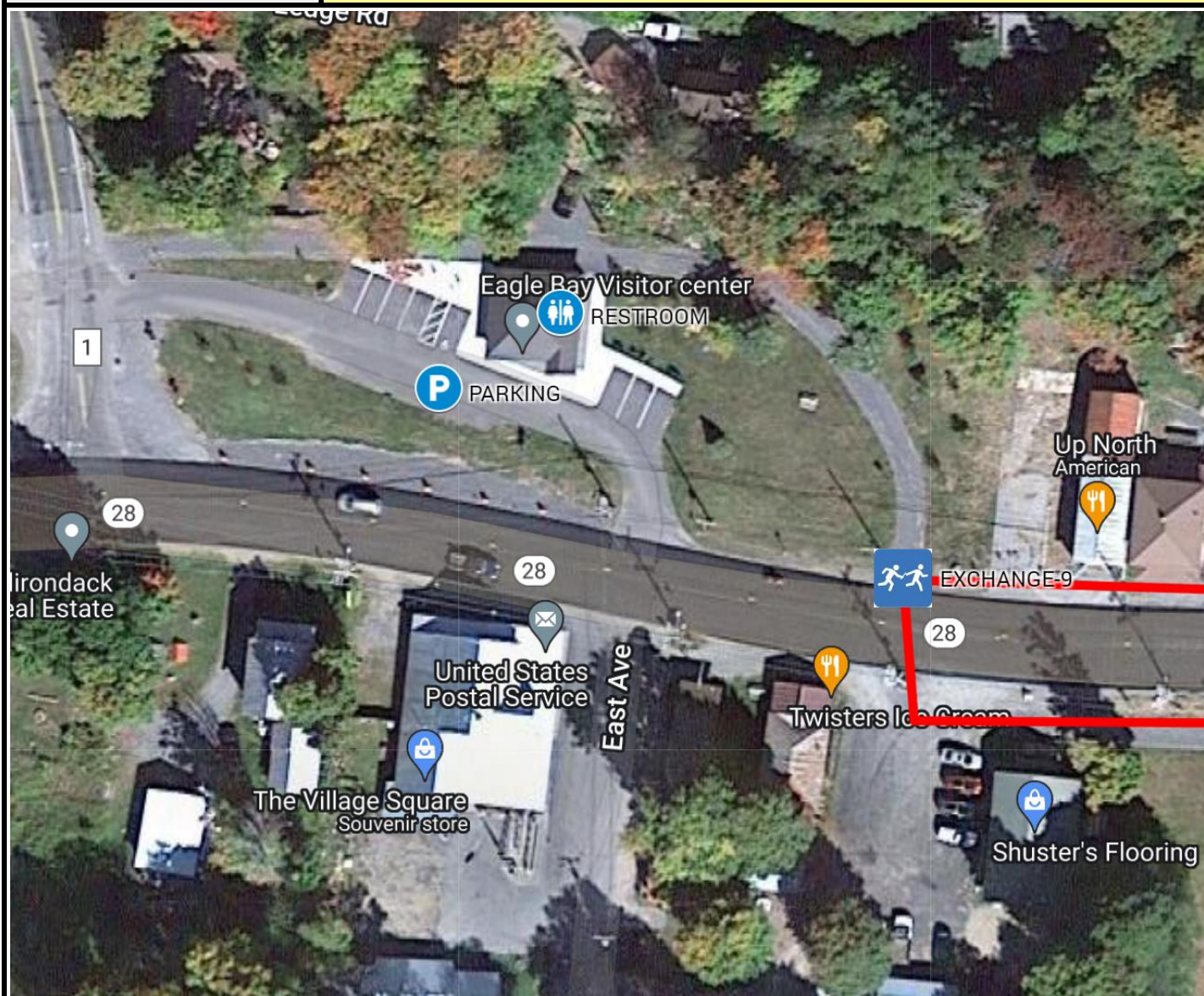
EX #	8	Raquette Lake Town Center
ADDRESS	1 Main St, Co Rd 2, Raquette Lake, NY 13436	
GPS COORDINATES	43.813034, -74.657467	
PARKING	TOWN PARKING AREA & POST OFFICE (OVERFLOW)	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	SHOULDER OF ROAD ACROSS POST OFFICE	
EXCHANGE OPEN	8/9/24 6:00 PM	
EXCHANGE CLOSE	8/9/24 8:30 PM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

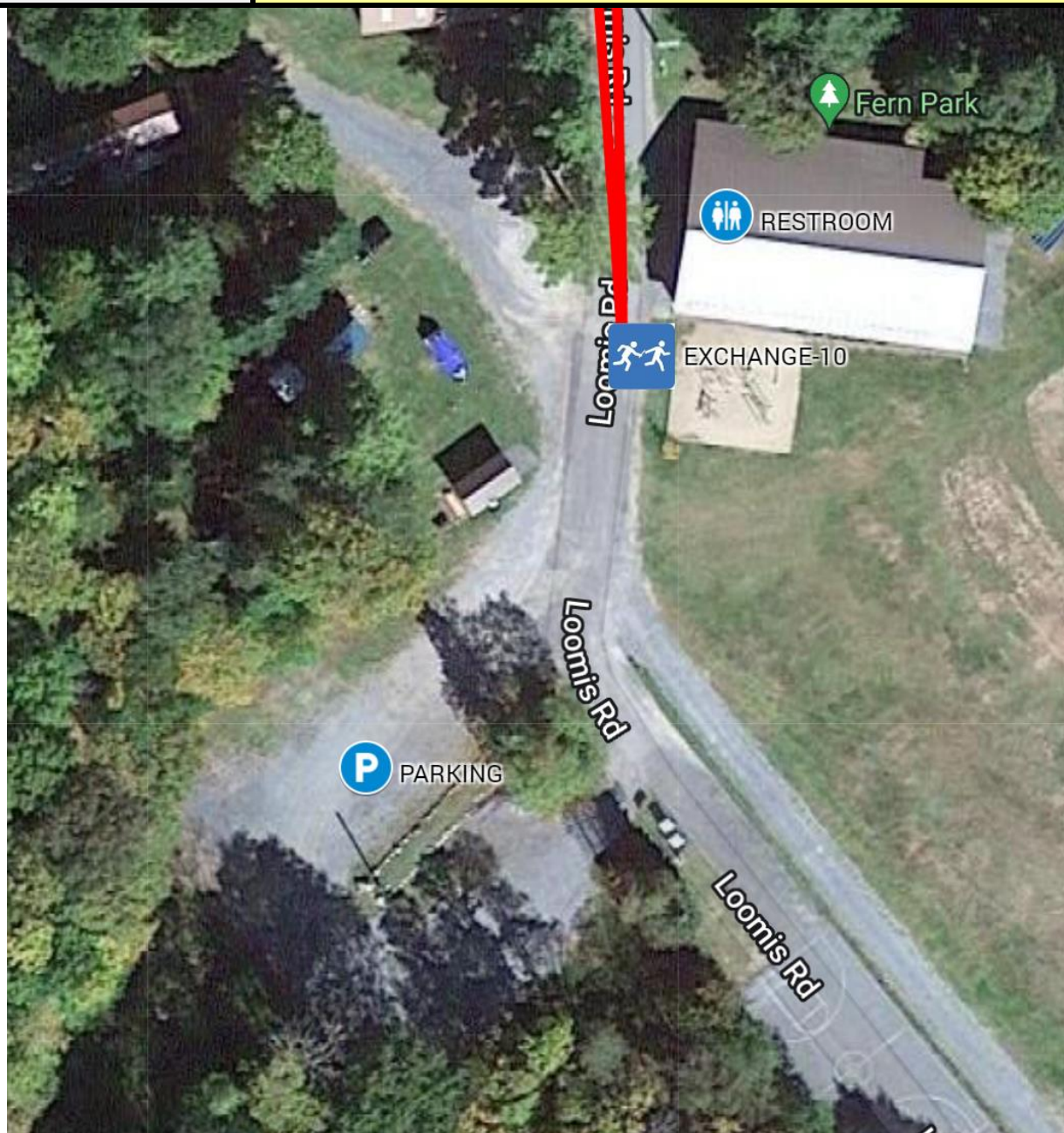
EX #	9	Eagle Bay Visitor Office
ADDRESS	5547 NY-28, Old Forge, NY 13420	
GPS COORDINATES	43.768847, -74.815248	
PARKING	VISITOR CENTER PARKING LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	AT SIDEWALK CROSSING INFRONT OF VISITOR CENTER	
EXCHANGE OPEN	8/9/24 7:00 PM	
EXCHANGE CLOSE	8/9/24 10:15 PM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

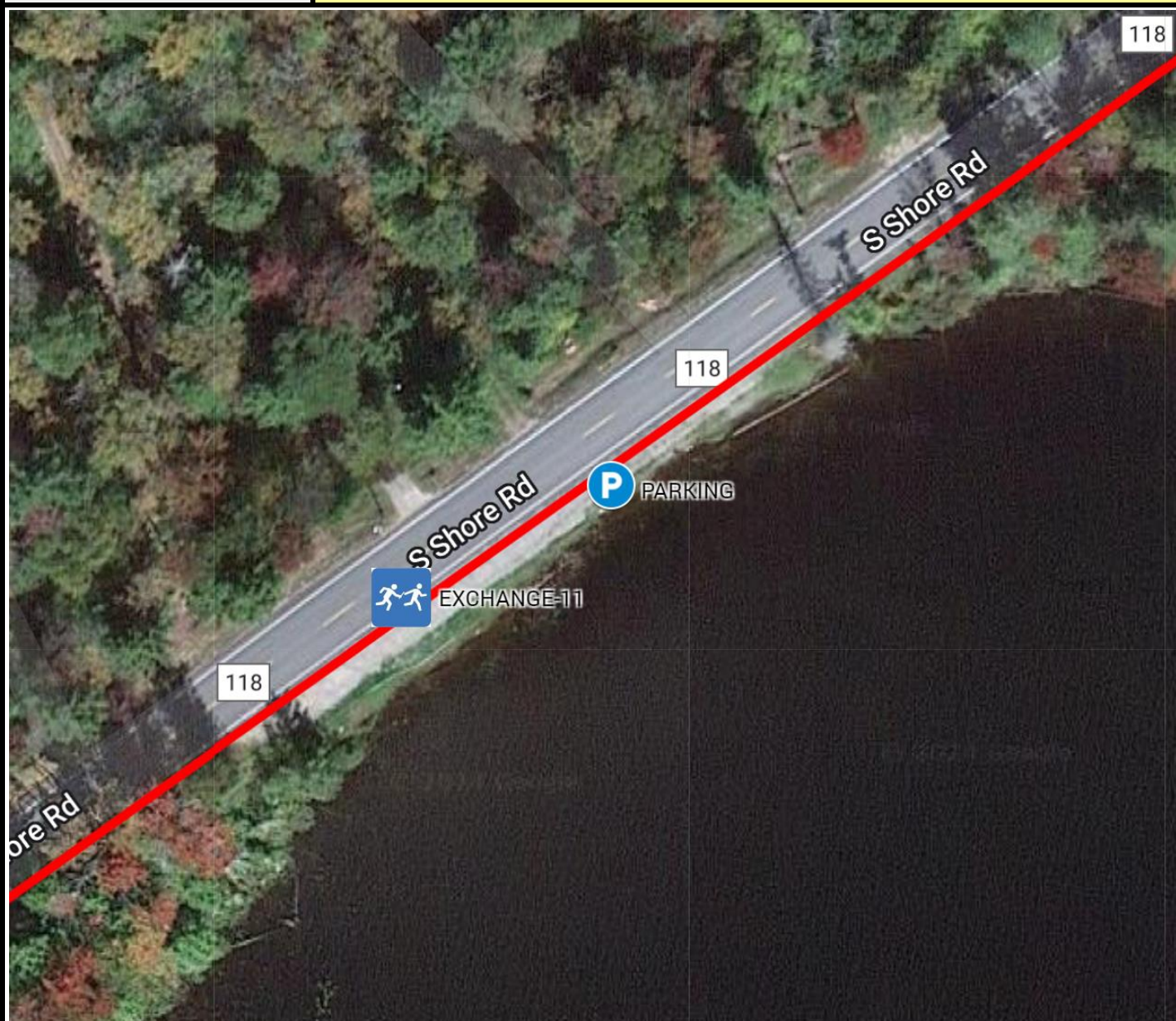
EX #	10	Fern Park
ADDRESS	9 Loomis Rd, Inlet, NY 13360	
GPS COORDINATES	43.748119, -74.797061	
PARKING	FERN PARK PARKING LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	INFRONT OF PARK BUILDING	
EXCHANGE OPEN	8/9/24 7:15 PM	
EXCHANGE CLOSE	8/9/24 10:45 PM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	11	Quiver Pond/S Shore Rd
ADDRESS	S Shore Rd, Old Forge, NY 13420	
GPS COORDINATES	43.738443, -74.872179	
PARKING	SHOULDER OF ROAD NEAR QUIVER POND	
RESTROOMS	NONE	
EX TRANSITION	SHOULDER OF ROAD AT QUIVER POND OVERLOOK	
EXCHANGE OPEN	8/9/24 7:30 PM	
EXCHANGE CLOSE	8/9/24 11:45 PM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

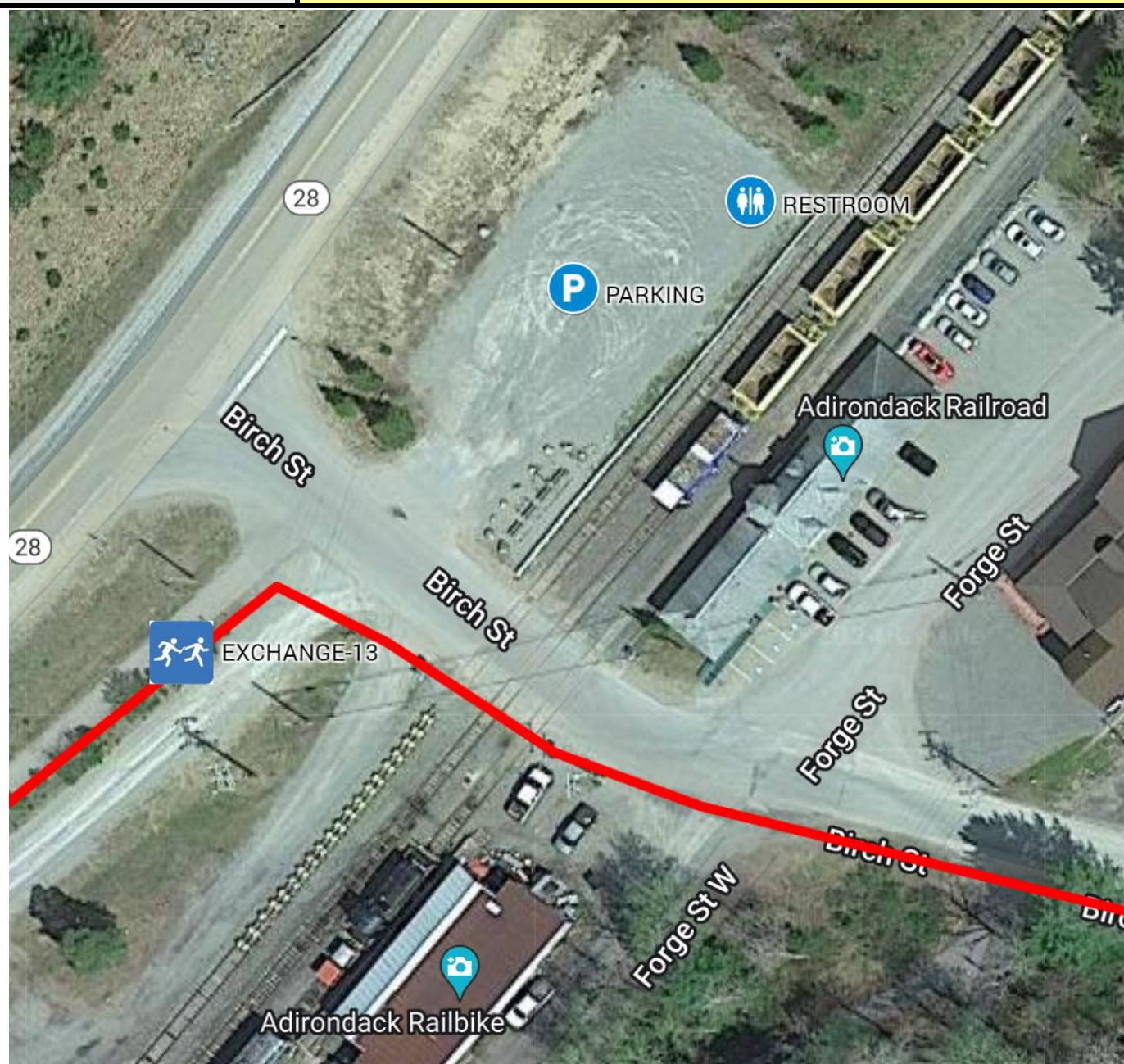
EX #	12	George T Hildebrant Recreation Center
ADDRESS	201 North St, Old Forge, NY 13420	
GPS COORDINATES	43.720398, -74.972488	
PARKING	GRAVEL PARKING LOT, OVERFLOW DIRT LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	START ARCH IN NORTH FIELD, INFO INSIDE REC CENTER	
EXCHANGE OPEN	8/9/24 8:15 PM	
EXCHANGE CLOSE	8/10/24 8:00 AM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

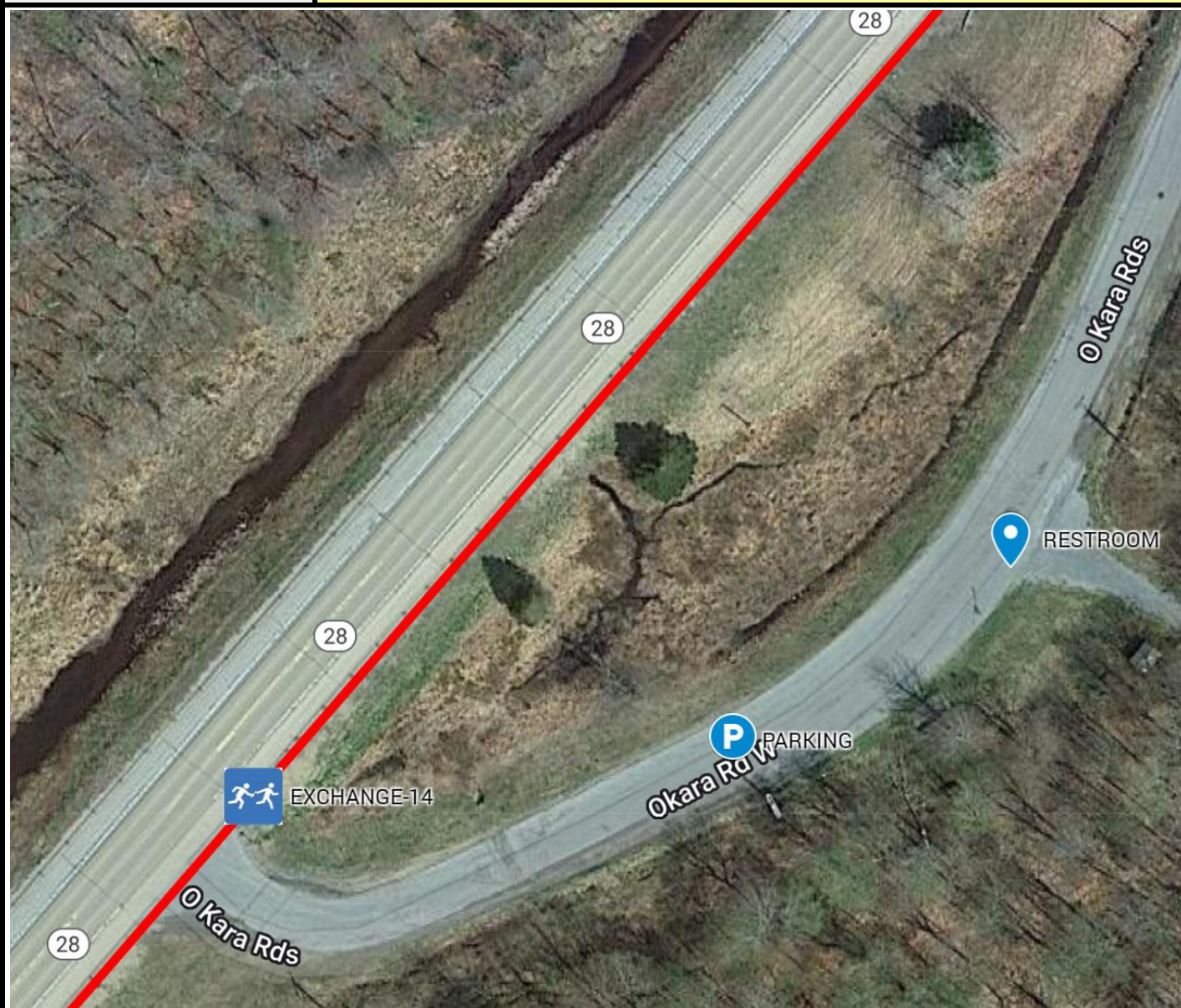
EX #	13	<b>Adirondack Scenic Railroad Thendara Station</b>
ADDRESS	2568 NY-28, Thendara, NY 13472	
GPS COORDINATES	43.698797, -75.006098	
PARKING	TRAIN STATION PARKING LOT	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	PAVED TRAIL INFRONT OF TRAIN STATION	
EXCHANGE OPEN	8/10/24 5:00 AM	
EXCHANGE CLOSE	8/10/24 8:45 AM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

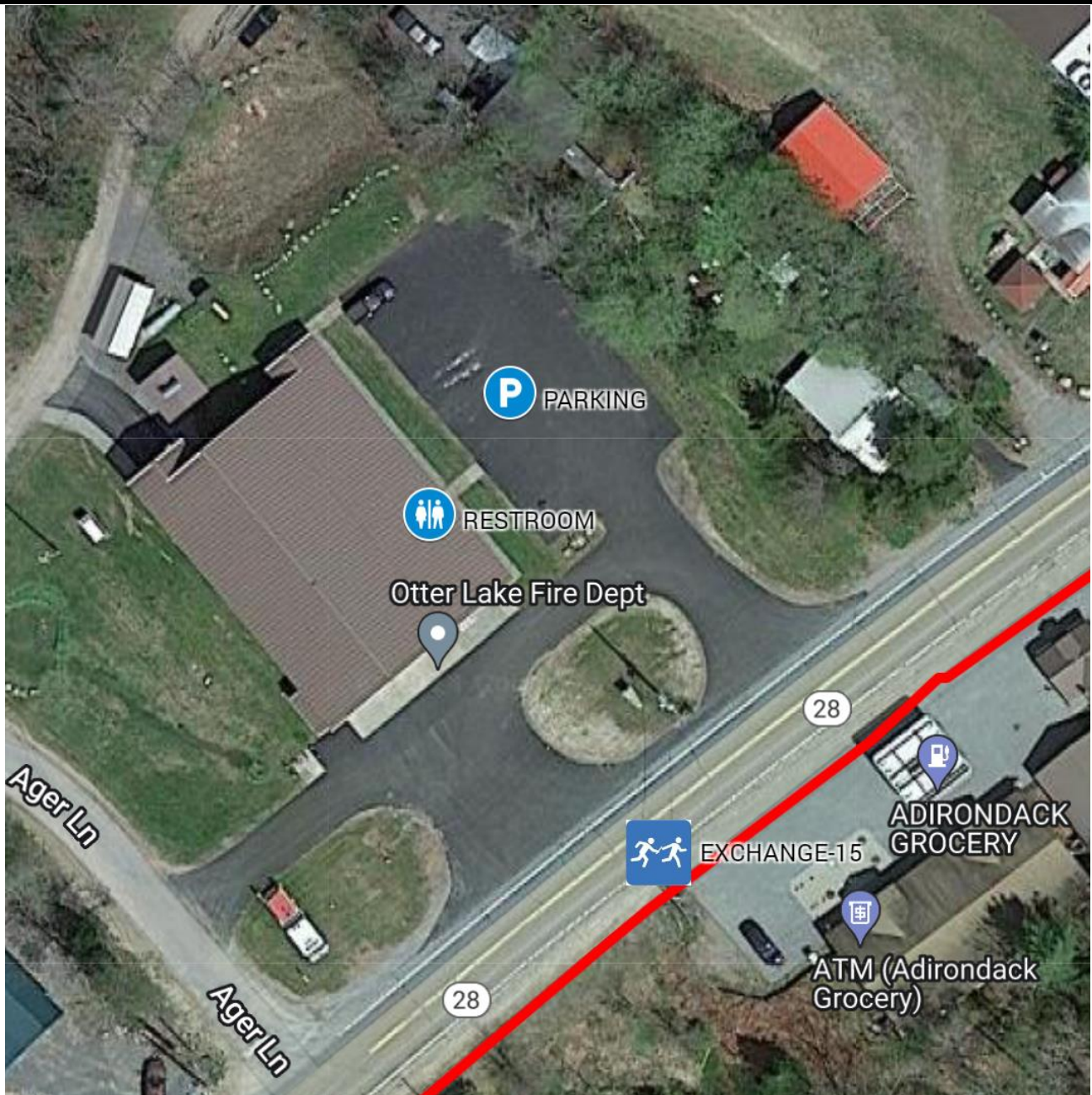
EX #	14	Okara Rd Pulloff
ADDRESS	Okara Rd W, Thendara, NY 13472	
GPS COORDINATES	43.675242, -75.053605	
PARKING	OKARA ROAD PULLOFF	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	SHOULDER OF ROAD AT SOUTH END OF OKARA ROAD	
EXCHANGE OPEN	8/10/24 5:30 AM	
EXCHANGE CLOSE	8/10/24 9:15 AM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

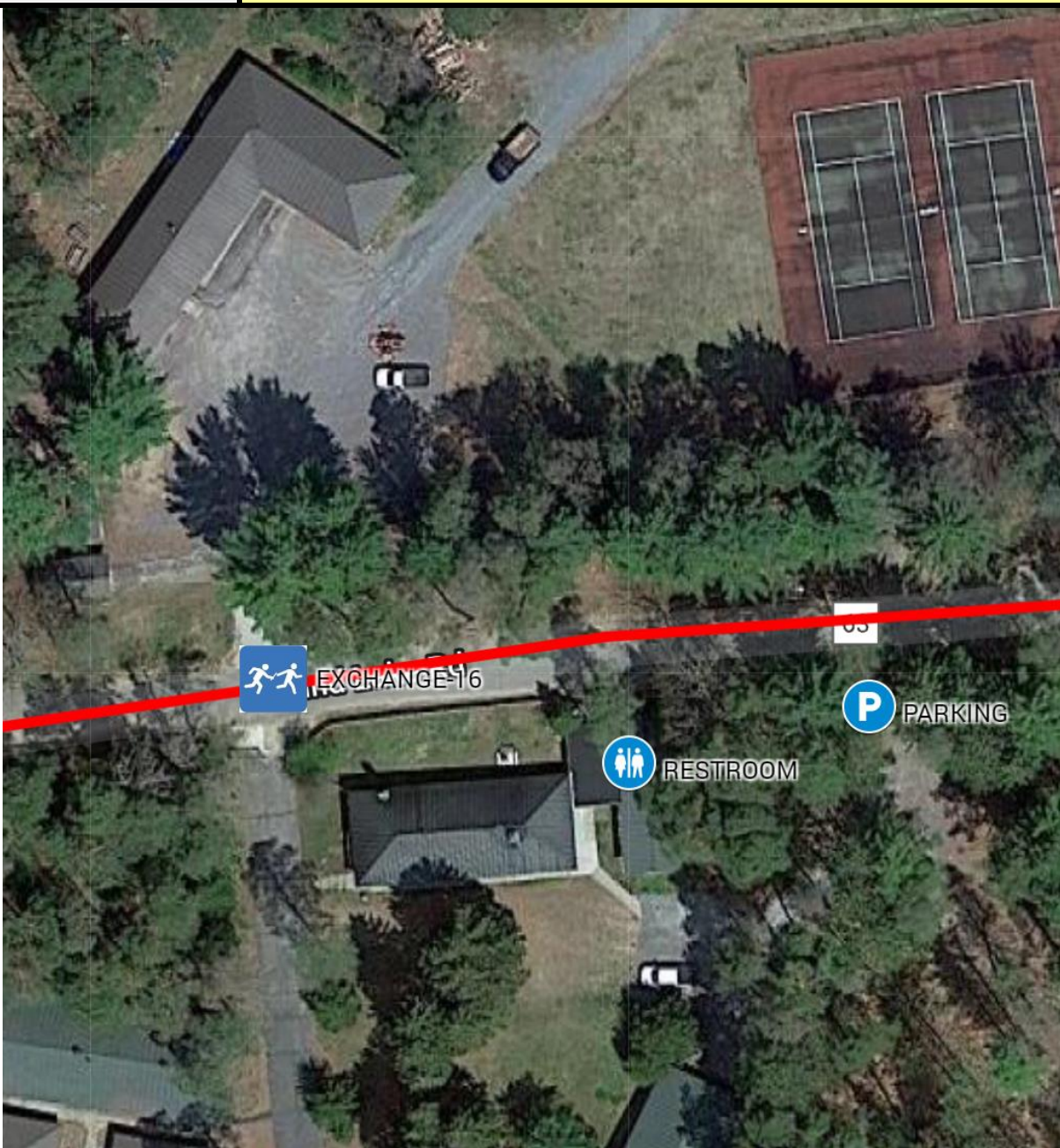
EX #	15	Otter Lake Fire Department
ADDRESS	13853 NY-28, Forestport, NY 13338	
GPS COORDINATES	43.586513, -75.117242	
PARKING	FIRE DEPT PARKING LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	SHOULDER OF ROAD INFROM OF FIRE DEPT	
EXCHANGE OPEN	8/10/24 7:00 AM	
EXCHANGE CLOSE	8/10/24 10:15 AM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

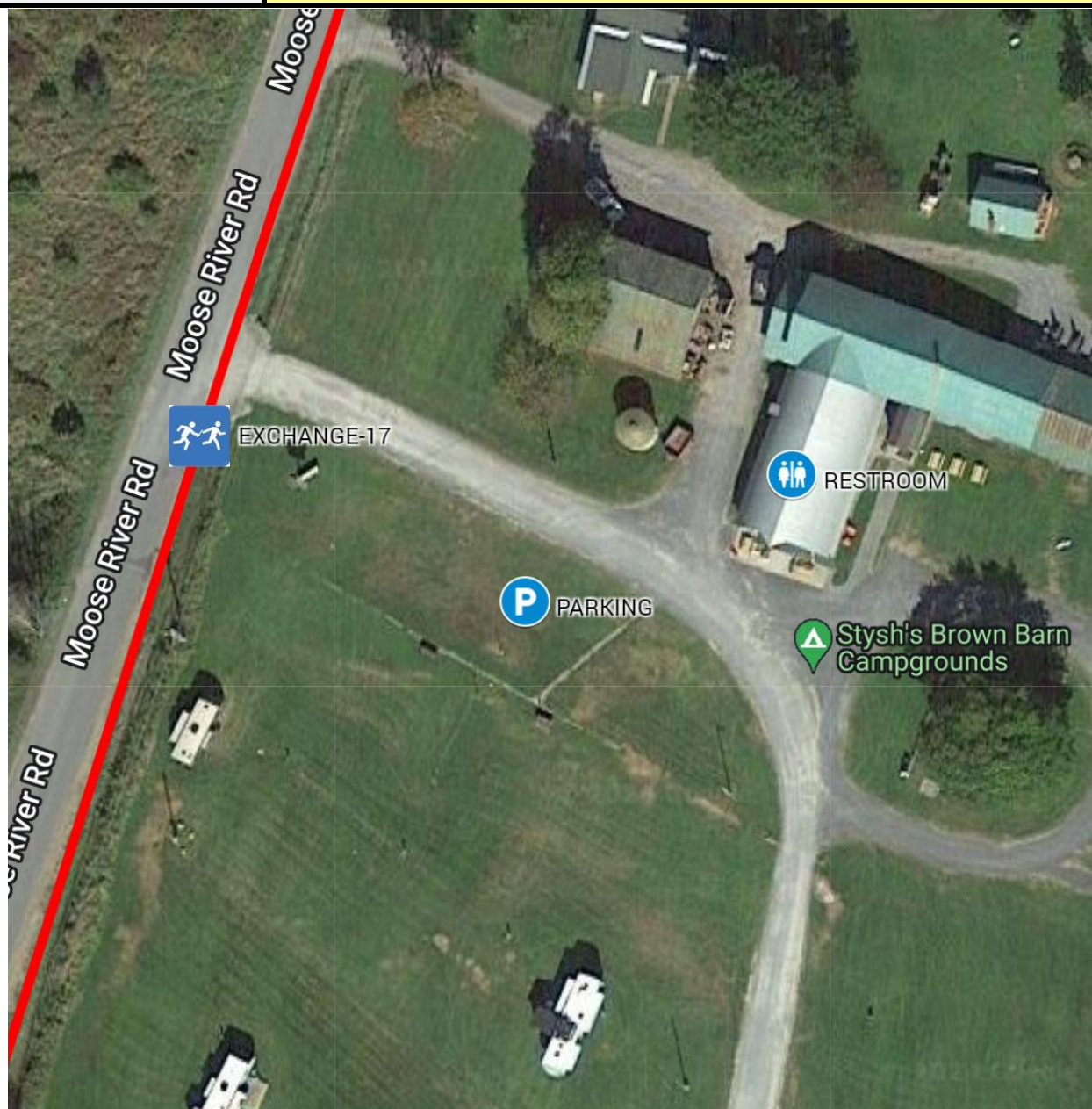
EX #	16	Camp Turk
ADDRESS	6461 Round Lake Rd, Woodgate, NY 13494	
GPS COORDINATES	43.535589, -75.180511	
PARKING	CAMP TURK PARKING LOT & SHOULDER OF ROAD	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	SHOULDER OF ROAD BY CAMP TURK ENTRANCE	
EXCHANGE OPEN	8/10/24 8:15 AM	
EXCHANGE CLOSE	8/10/24 11:00 AM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

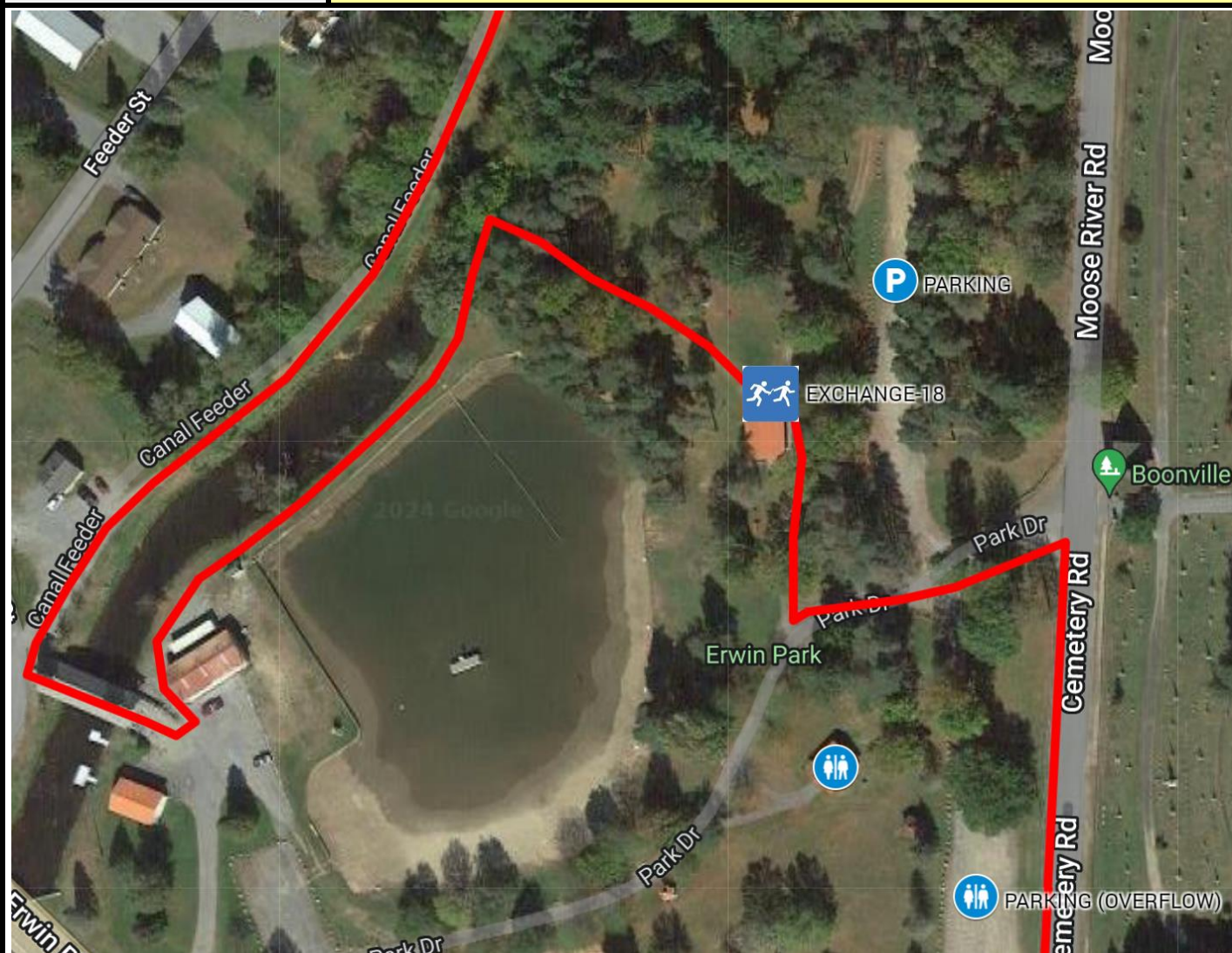
EX #	17	Stysh's Brown Barn Campgrounds
ADDRESS	3334 Moose River Rd, Boonville, NY 13309	
GPS COORDINATES	43.507104, -75.309459	
PARKING	INFRONT OF STYSH'S BROWN BARN	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	SHOULDER OF ROAD ACROSS STYSH'S	
EXCHANGE OPEN	8/10/24 9:00 AM	
EXCHANGE CLOSE	8/10/24 11:45 AM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

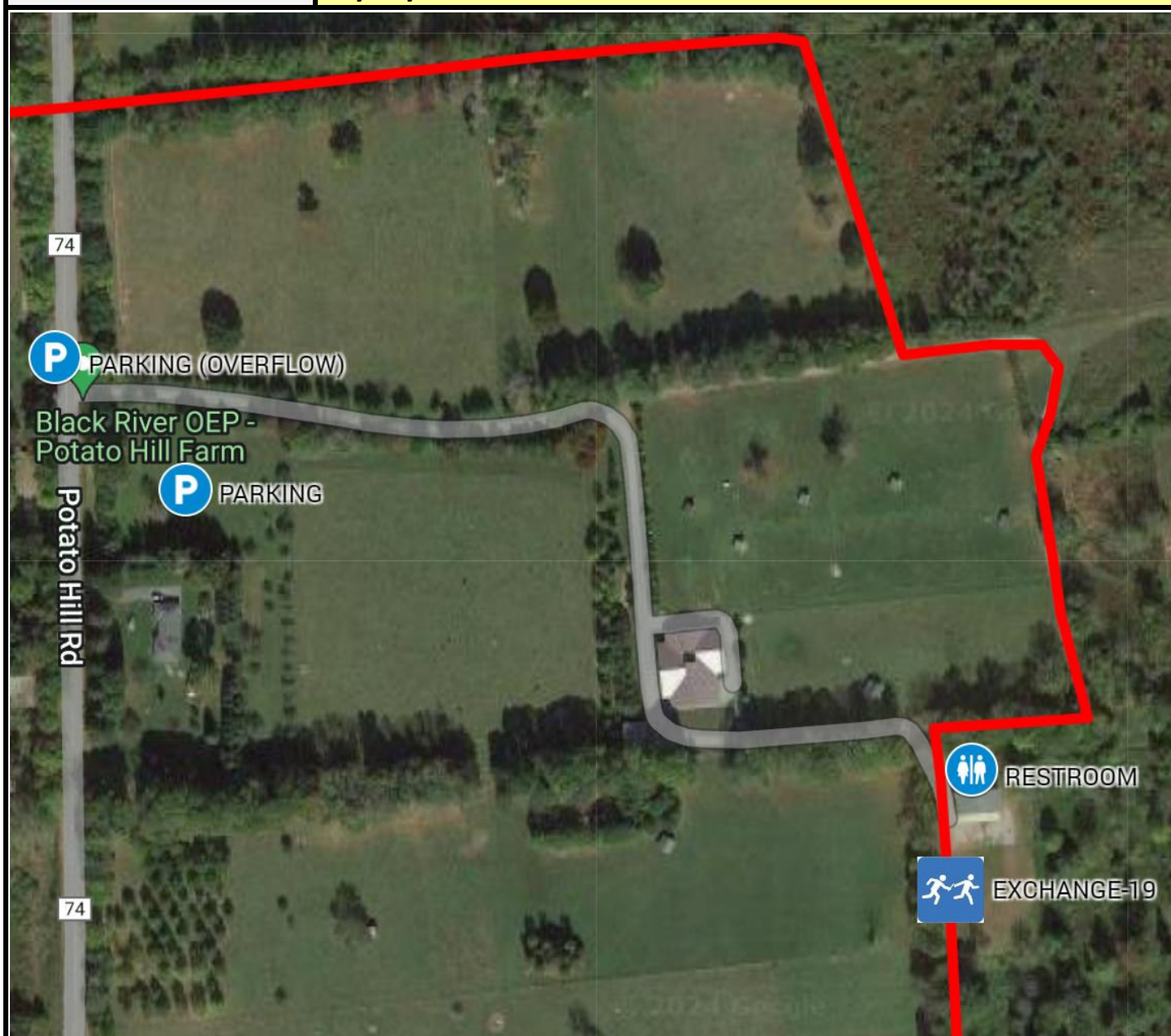
<b>EX #</b>	<b>18</b>	<b>Erwin Park Upper Pavillion</b>
<b>ADDRESS</b>	13354 NY-12, Boonville, NY 13309	
<b>GPS COORDINATES</b>	43.483756, -75.326092	
<b>PARKING</b>	UPPER PAVILLION DIRT PARKING LOT	
<b>RESTROOMS</b>	FACILITY RESTROOMS	
<b>EX TRANSITION</b>	INFRONT OF UPPER PAVILLION ON TRAIL	
<b>EXCHANGE OPEN</b>	8/10/24 10:15 AM	
<b>EXCHANGE CLOSE</b>	8/10/24 11:30 AM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

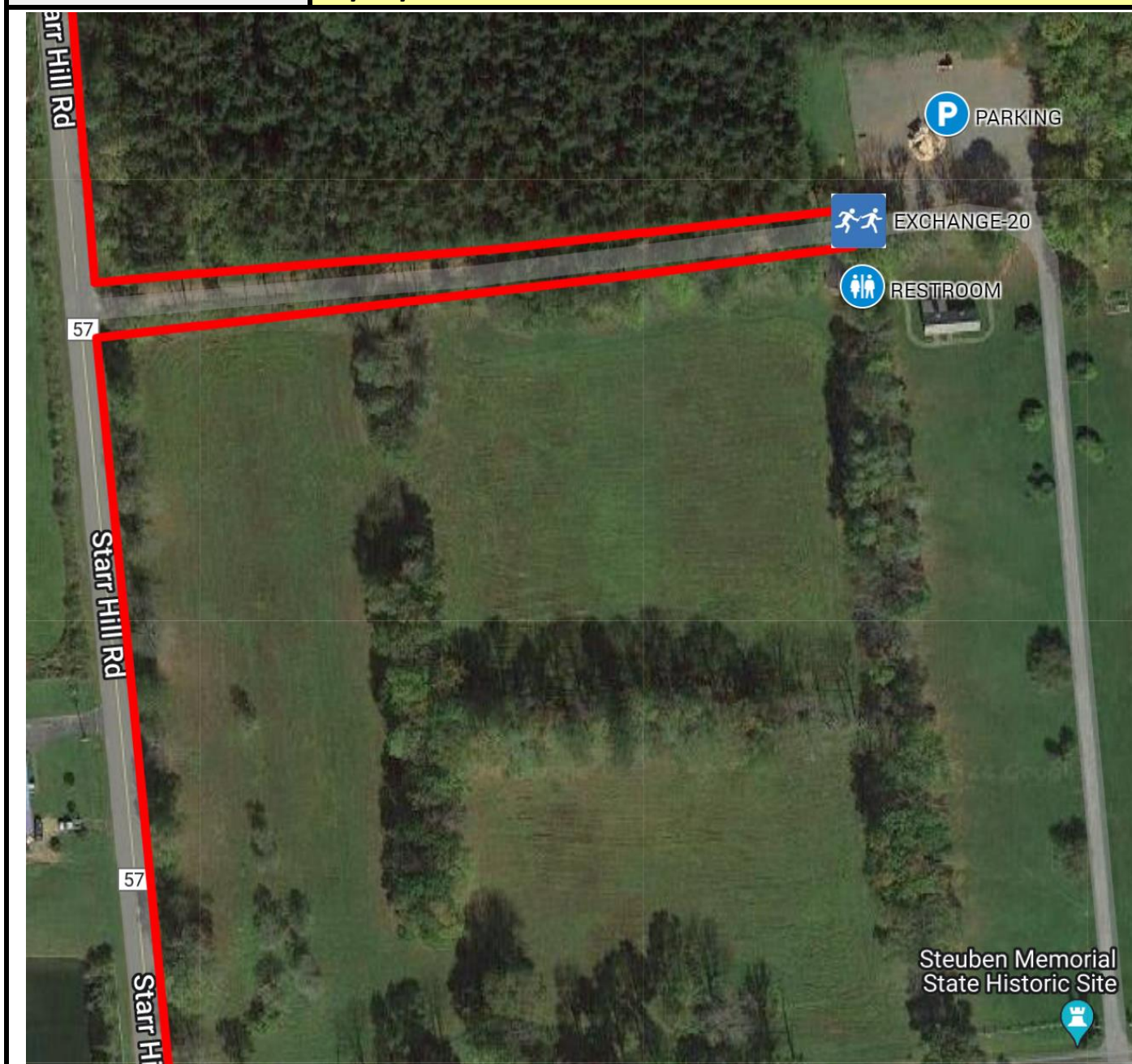
<b>EX #</b>	<b>19</b>	<b>Potato Hill Farm</b>
<b>ADDRESS</b>	11904 Potato Hill Rd, Boonville, NY 13309	
<b>GPS COORDINATES</b>	43.437666, -75.298463	
<b>PARKING</b>	DIRT PARKING LOT & ALONG SIDE OF ROAD (OVERFLOW)	
<b>RESTROOMS</b>	FACILITY RESTROOMS	
<b>EX TRANSITION</b>	ON TRAIL BY RESTROOMS	
<b>EXCHANGE OPEN</b>	8/10/24 10:45 AM	
<b>EXCHANGE CLOSE</b>	8/10/24 1:00 PM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

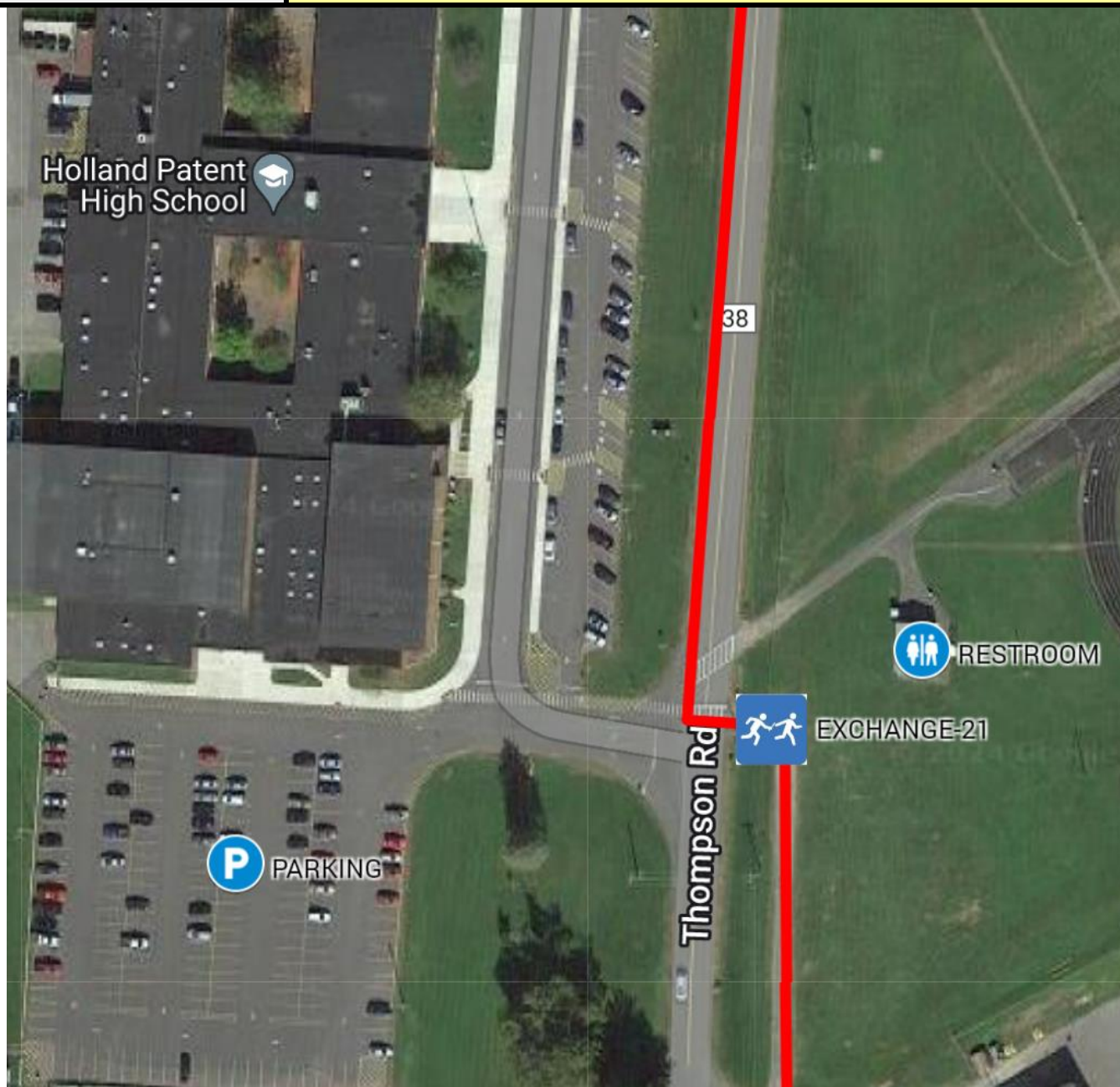
EX #	20	Baron Von Steuben Memorial Park
ADDRESS	9941 Starr Hill Rd, Remsen, NY 13438	
GPS COORDINATES	43.337068, -75.233681	
PARKING	MAIN DIRT/GRAVEL PARKING LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	ON TRAIL BY PARKING LOT	
EXCHANGE OPEN	8/10/24 12:00 PM	
EXCHANGE CLOSE	8/10/24 2:30 PM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

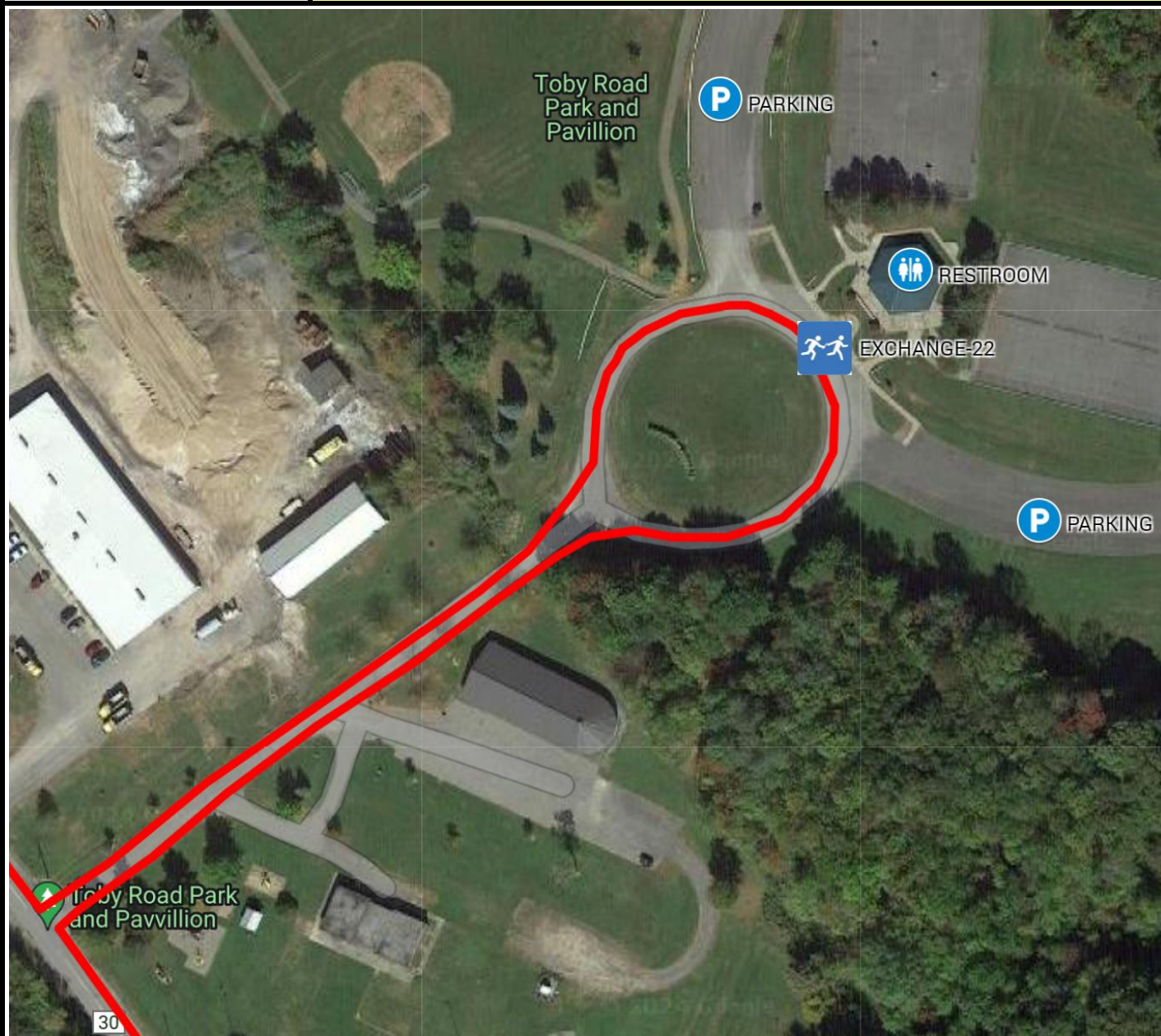
EX #	21	Holland Patent High School
ADDRESS	8079 Thompson Rd, Holland Patent, NY 13354	
GPS COORDINATES	43.252649, -75.253155	
PARKING	SOUTH PAVED PARKING LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	ON SIDEWALK BY TRACK	
EXCHANGE OPEN	8/10/24 12:45 PM	
EXCHANGE CLOSE	8/10/24 3:45 PM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

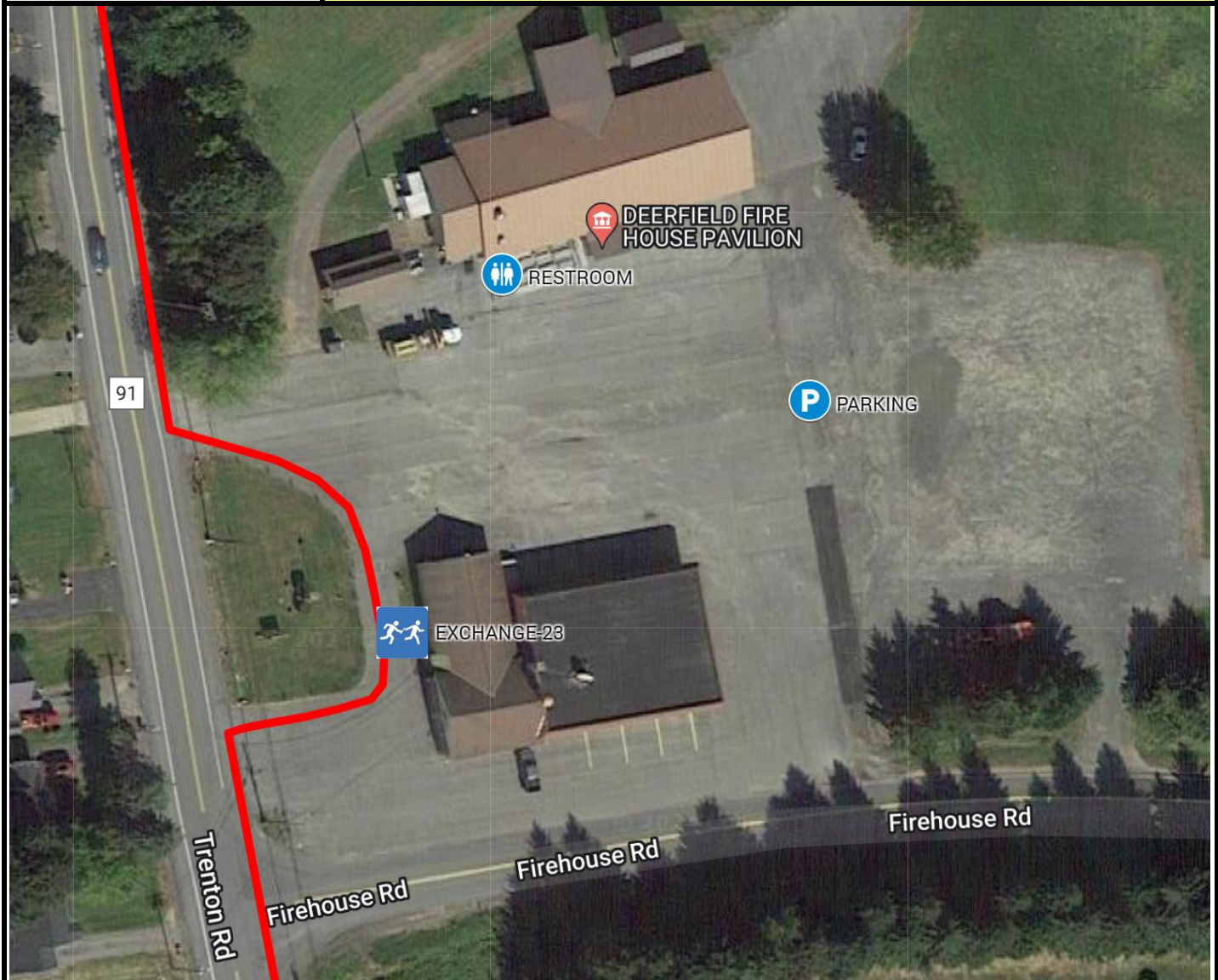
<b>EX #</b>	<b>22</b>	<b>Toby Park &amp; Pavillion</b>
<b>ADDRESS</b>	9499 Toby Rd, Marcy, NY 13403	
<b>GPS COORDINATES</b>	43.188103, -75.259232	
<b>PARKING</b>	NORTH PAVED PARKING LOTS	
<b>RESTROOMS</b>	FACILITY RESTROOMS	
<b>EX TRANSITION</b>	ON ROUNDABOUT IN PARK	
<b>EXCHANGE OPEN</b>	8/10/24 1:15 PM	
<b>EXCHANGE CLOSE</b>	8/10/24 4:45 PM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	23	Deerfield Fire Department
ADDRESS	5476 Trenton Rd, Utica, NY 13502	
GPS COORDINATES	43.127008, -75.210494	
PARKING	FIRE DEPT PARKING LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	IN FRONT OF BUILDING IN LOOP AROUND AREA	
EXCHANGE OPEN	8/10/24 1:45 PM	
EXCHANGE CLOSE	8/10/24 6:00 PM	





## P2B ADK RELAY — EXCHANGE OVERVIEW

<b>FINISH</b>	<b>Saranac Brewery</b>
<b>ADDRESS</b>	830 Varick St, Utica, NY 13502
<b>GPS COORDINATES</b>	43.103271, -75.244257
<b>PARKING</b>	MAIN BREWERY PARKING LOT IN BACK OF BREWERY
<b>RESTROOMS</b>	FACILITY RESTROOMS
<b>FINISH LINE</b>	FINISH INFRONT OF THE BEIRGARTEN ON VARICK ST
<b>FINISH OPEN</b>	8/10/24 2:00 PM
<b>FINISH CLOSE</b>	8/10/24 6:30 PM

