






P2B ADK RELAY — LEG MASTER

LEG #	DISTANCE <i>(miles)</i>	LEVEL OF DIFFICULTY	ELEVATION GAIN <i>(feet)</i>	ELEVATION LOSS <i>(feet)</i>	MAX ELEVATION <i>(feet)</i>	MIN ELEVATION <i>(feet)</i>	COURSE SECTION <i>(Day.Section)</i>	SECTION TOTAL <i>(miles)</i>
 BARK EATER START		GORE MOUNTAIN						
1	3.0	MODERATE	327	-785	1534	1009	1.1	32.1
2	5.5	MODERATE	282	-273	1081	1011		
3	4.8	VERY HARD	962	-109	1988	1068		
4	7.8	MODERATE	545	-720	1921	1598		
5	9.3	HARD	820	-791	1971	1662		
6	1.7	EASY	92	-67	1830	1775		
7	11.3	HARD	795	-823	1960	1764	1.2	37.1
8	2.2	EASY	106	-110	1804	1763		
9	9.4	HARD	679	-687	1990	1756		
10	2.4	EASY	209	-195	1830	1710		
11	5.4	MODERATE	317	-329	1798	1718		
12	6.4	MODERATE	352	-376	1832	1702		
SECTION #1	69	-	5486	-5265	1990	1009	69	
BARK EATER: HALFWAY CHECKPOINT BREAK								
 SPRINT/SECTION #2 START		OLD FORGE						
13	3.0	EASY	123	-128	1739	1692	2.1	31.5
14	3.0	MODERATE	173	-138	1810	1706		
15	7.5	MODERATE	393	-584	1753	1489		
16	6.5	MODERATE	298	-383	1573	1410		
17	8.4	MODERATE	509	-989	1472	940		
18	3.1	EASY	242	-112	1134	993		
19	4.9	HARD	446	-231	1349	1061	2.2	36.3
20	10.0	INSANE	1202	-1118	1705	1206		
21	6.3	MODERATE	311	-938	1424	794		
22	5.0	MODERATE	401	-294	904	570		
23	6.0	MODERATE	221	-703	937	444		
24	4.1	EASY	180	-188	445	390		
 FINISH		SARANAC BREWERY						
SPRINT / SECTION #2	68	-	4499	-5806	1810	390	68	
BARK EATER	137	-	9985	-11071	1990	390	137	

P2B ADK RELAY — LEG DETAILS (RUNNERS & VAN)

LEG SUMMARY			RUNNER			RUNNER / VAN		VAN		
LEG #	DISTANCE <i>(miles)</i>	LEVEL OF DIFFICULTY	GROUND TERRAIN	VEHICLE TRAFFIC	SHADED <i>(FROM SUN)</i>	CELL SIGNAL	VAN SUPPORT	COURSE ROUTE TO FOLLOW	FOOD ON ROUTE	GAS ON ROUTE
 START - SECTION #1			GORE MOUNTAIN							
1	3.0	MODERATE	DIRT ROAD / PAVED ROAD	MINIMAL	MINIMAL	FAIR	FULL	RUNNER	YES	YES
2	5.5	MODERATE	PAVED RD	MODERATE	MINIMAL	POOR	FULL	RUNNER	NO	NO
3	4.8	VERY HARD	PAVED RD	MODERATE	MINIMAL	POOR	FULL	RUNNER	NO	NO
4	7.8	MODERATE	PAVED RD / SIDEWALK	MODERATE	MINIMAL	FAIR	FULL	RUNNER	YES	YES
5	9.3	HARD	PAVED RD	MODERATE	MINIMAL	POOR	FULL	RUNNER	NO	NO
6	1.7	EASY	PAVED RD / SIDEWALK	MODERATE	PARTIAL	FAIR	FULL	RUNNER	YES	YES
7	11.3	HARD	PAVED RD / SIDEWALK	MODERATE	PARTIAL	POOR	FULL	RUNNER	NO	NO
8	2.2	EASY	PAVED RD	MODERATE	PARTIAL (NIGHT RUN)	GOOD	FULL	RUNNER	YES	NO
9	9.4	HARD	PAVED RD / DIRT RD	LOW	MOSTLY (NIGHT RUN)	POOR	FULL	RUNNER	YES	NO
10	2.4	EASY	SIDEWALK / PAVED RD	LOW	MOSTLY (NIGHT RUN)	GOOD	FULL	RUNNER	YES	YES
11	5.4	MODERATE	PAVED RD	LOW	MOSTLY (NIGHT RUN)	GOOD	FULL	RUNNER	NO	NO
12	6.4	MODERATE	PAVED RD / SIDEWALK	LOW	MOSTLY (NIGHT RUN)	GOOD	FULL	RUNNER	YES	YES
 START - SECTION #2			OLD FORGE							
13	3.0	EASY	SIDEWALK / PAVED RD	MODERATE	PARTIAL	GOOD	PARTIAL	VAN	YES	YES
14	3.0	MODERATE	PAVED RD	MODERATE	PARTIAL	GOOD	FULL	RUNNER	NO	NO
15	7.5	MODERATE	PAVED RD	MODERATE	PARTIAL	GOOD	FULL	RUNNER	YES	YES
16	6.5	MODERATE	PAVED RD / DIRT RD	MODERATE	PARTIAL	GOOD	FULL	RUNNER	YES	YES
17	8.4	MODERATE	DIRT RD / PAVED RD	LOW	PARTIAL	GOOD	PARTIAL	VAN	NO	NO
18	3.1	EASY	PAVED RD / DIRT TRAIL	LOW	PARTIAL	GOOD	PARTIAL	VAN	YES	YES
19	4.9	HARD	TRAILS / GRAVEL/PAVED RD	LOW / NONE	PARTIAL	GOOD	NONE	VAN	YES	YES
20	10.0	INSANE	TRAILS / PAVED ROAD	LOW	MOSTLY	GOOD	PARTIAL	VAN	NO	NO
21	6.3	MODERATE	PAVED ROAD	LOW	PARTIAL	GOOD	FULL	RUNNER	NO	NO
22	5.0	MODERATE	PAVED ROAD	MODERATE / LOW	PARTIAL	GOOD	FULL	RUNNER	YES	YES
23	6.0	MODERATE	PAVED ROAD	LOW	PARTIAL	GOOD	FULL	RUNNER	YES	NO
24	4.1	EASY	PAVED ROAD & TRAIL / SIDEWALK	NONE / HIGH	MINIMAL	GOOD	PARTIAL	VAN	YES	YES
FINISH 			SARANAC BREWERY							

P2B ADK RELAY — BARK EATER LEG CHART

 START	GORE MOUNTAIN	
FINISH 	SARANAC BREWERY	
DISTANCE (mi)	137	
TOTAL # LEGS	24	
TEAM TYPES	6-PACK	4-PACK
# RUNNERS	6	4
# LEGS/RUNNER	4	6
AVG # MILES/RUNNER	23	34



6-PACK TEAM: LEG BREAKDOWN BY RUNNER

RUNNER #	DAY #1 / SECTION #1		DAY #2 / SECTION #2		TOTAL
	LEG#: 1-6	LEG#: 7-12	LEG#: 13-18	LEG#: 19-24	
1	3.0 <i>MODERATE</i>	11.3 <i>HARD</i>	3.0 <i>EASY</i>	4.9 <i>HARD</i>	22.2
2	5.5 <i>MODERATE</i>	2.2 <i>EASY</i>	3.0 <i>MODERATE</i>	10.0 <i>INSANE</i>	20.7
3	4.8 <i>VERY HARD</i>	9.4 <i>HARD</i>	7.5 <i>MODERATE</i>	6.3 <i>MODERATE</i>	28.0
4	7.8 <i>MODERATE</i>	2.4 <i>EASY</i>	6.5 <i>MODERATE</i>	5.0 <i>MODERATE</i>	21.7
5	9.3 <i>HARD</i>	5.4 <i>MODERATE</i>	8.4 <i>MODERATE</i>	6.0 <i>MODERATE</i>	29.1
6	1.7 <i>EASY</i>	6.4 <i>MODERATE</i>	3.1 <i>EASY</i>	4.1 <i>EASY</i>	15.3

4-PACK TEAM: LEG BREAKDOWN BY RUNNER

RUNNER #	DAY #1 / SECTION #1			DAY #2 / SECTION #2			TOTAL
	LEG#: 1-4	LEG#: 5-8	LEG#: 9-12	LEG#: 13-16	LEG#: 17-20	LEG#: 21-24	
1	3.0 <i>MODERATE</i>	9.3 <i>HARD</i>	9.4 <i>HARD</i>	3.0 <i>EASY</i>	8.4 <i>MODERATE</i>	6.3 <i>MODERATE</i>	39.4
2	5.5 <i>MODERATE</i>	1.7 <i>EASY</i>	2.4 <i>EASY</i>	3.0 <i>MODERATE</i>	3.1 <i>EASY</i>	5.0 <i>MODERATE</i>	20.7
3	4.8 <i>VERY HARD</i>	11.3 <i>HARD</i>	5.4 <i>MODERATE</i>	7.5 <i>MODERATE</i>	4.9 <i>HARD</i>	6.0 <i>MODERATE</i>	39.9
4	7.8 <i>MODERATE</i>	2.2 <i>EASY</i>	6.4 <i>MODERATE</i>	6.5 <i>MODERATE</i>	10.0 <i>INSANE</i>	4.1 <i>EASY</i>	37.0

P2B ADK RELAY — SPRINT LEG CHART



 START	GORE MOUNTAIN		
FINISH 	SARANAC BREWERY		
DISTANCE (mi)	68		
TOTAL # LEGS	12		
TEAM TYPES	6-PACK	4-PACK	
# RUNNERS	6	4	
# LEGS/RUNNER	2	3	
AVG # MILES/RUNNER	11	17	

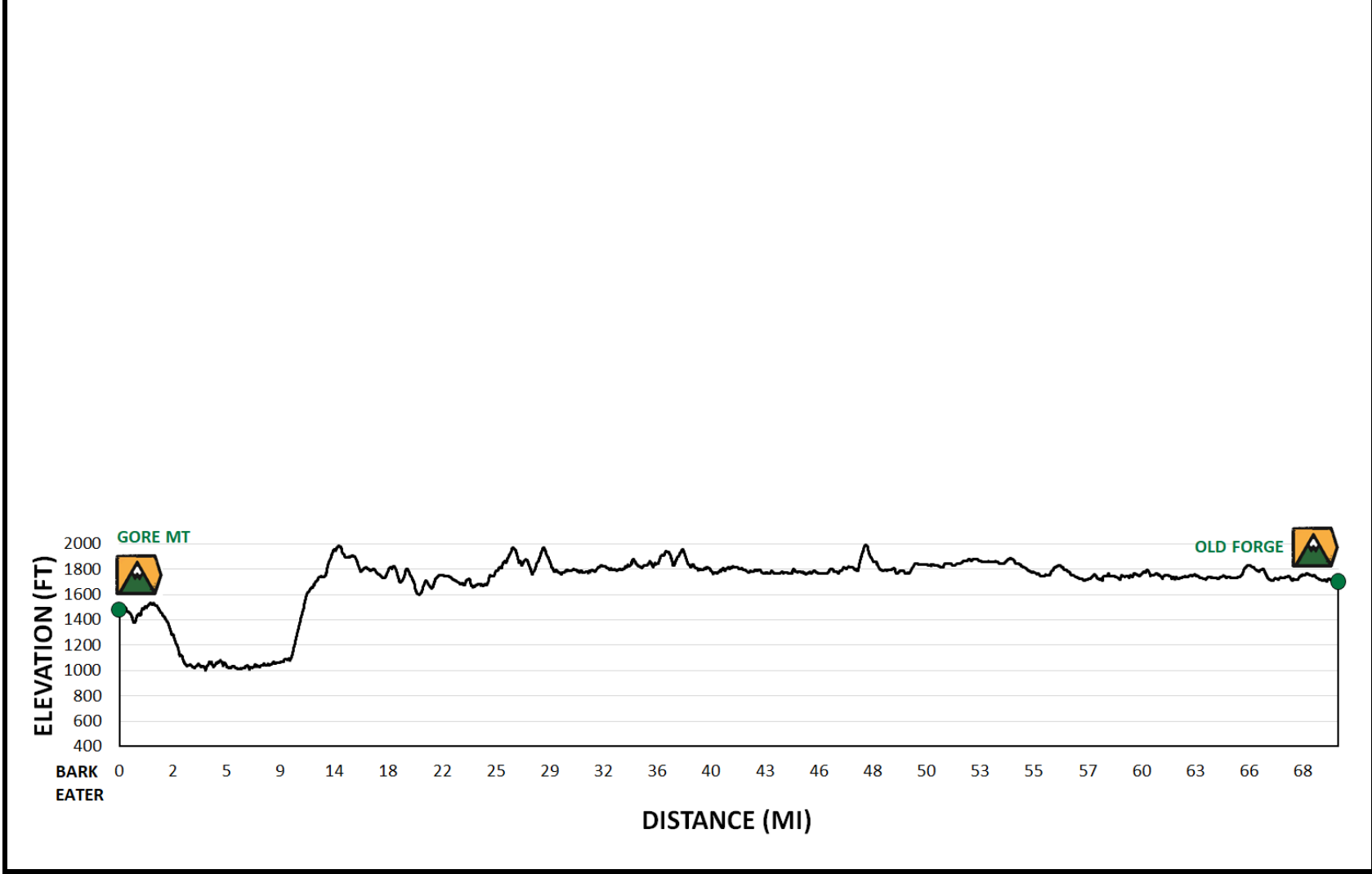
6-PACK TEAM: LEG BREAKDOWN BY RUNNER

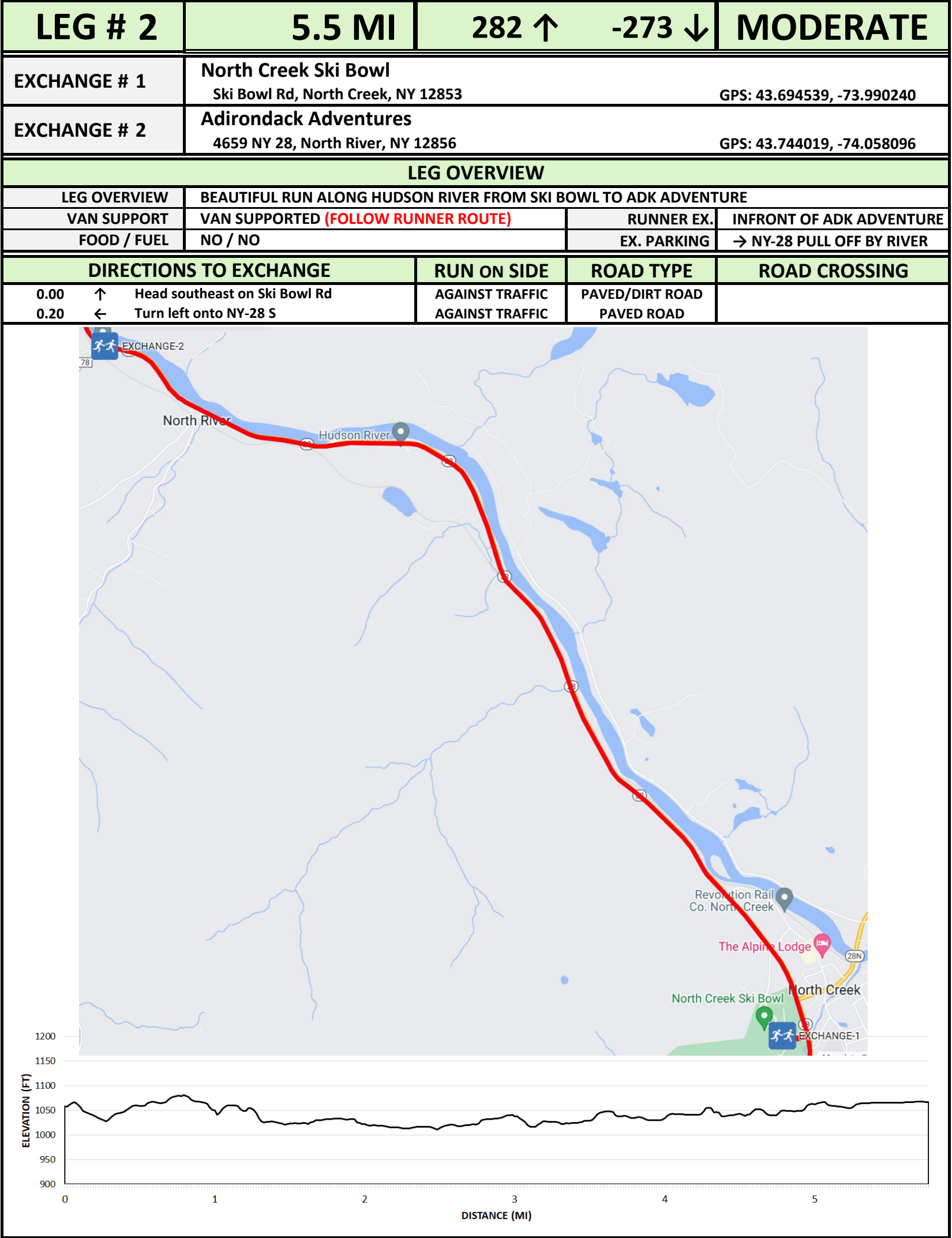
RUNNER #	DAY #2 / SECTION #2		TOTAL
	LEG#: 13-18	LEG#: 19-24	
1	3.0 <i>EASY</i>	4.9 <i>HARD</i>	7.9
2	3.0 <i>MODERATE</i>	10.0 <i>INSANE</i>	13.0
3	7.5 <i>MODERATE</i>	6.3 <i>MODERATE</i>	13.8
4	6.5 <i>MODERATE</i>	5.0 <i>MODERATE</i>	11.5
5	8.4 <i>MODERATE</i>	6.0 <i>MODERATE</i>	14.4
6	3.1 <i>EASY</i>	4.1 <i>EASY</i>	7.2

4-PACK TEAM: LEG BREAKDOWN BY RUNNER

RUNNER #	DAY #2 / SECTION #2			TOTAL
	LEG#: 13-16	LEG#: 17-20	LEG#: 21-24	
1	3.0 <i>EASY</i>	8.4 <i>MODERATE</i>	6.3 <i>MODERATE</i>	17.7
2	3.0 <i>MODERATE</i>	3.1 <i>EASY</i>	5.0 <i>MODERATE</i>	11.1
3	7.5 <i>MODERATE</i>	4.9 <i>HARD</i>	6.0 <i>MODERATE</i>	18.4
4	6.5 <i>MODERATE</i>	10.0 <i>INSANE</i>	4.1 <i>EASY</i>	20.6

SECTION #1	69.2 MI	5486 ↑	-5265 ↓	DAY #1
 START	GORE MOUNTAIN			
 FINISH	OLD FORGE			
LEG #	1-12			
DAY #1	SECTION #1 (LEG #1-12)			





LEG # 3

4.8 MI

962 ↑

-109 ↓

VERY HARD

EXCHANGE # 2

Adirondack Adventures
4659 NY 28, North River, NY 12856
GPS: 43.744019, -74.058096

EXCHANGE # 3

OK Slip Falls Trailhead Parking
NY-28, Indian Lake, NY 12842
GPS: 43.772142, -74.129661

LEG OVERVIEW

LEG OVERVIEW

UP UP WE GO! TIME FOR A GOOD OLD PEAK 2 BREW HILL CLIMB...YOU GOT THIS!

VAN SUPPORT

VAN SUPPORTED (FOLLOW RUNNER ROUTE)

RUNNER EX.

SHOULDER OF ROAD

FOOD / FUEL

NO / NO

EX. PARKING

→ TRAILHEAD PARKING

DIRECTIONS TO EXCHANGE

RUN ON SIDE

TYPE

ROAD CROSSING

0.00

↑

Continue west on NY-28 S

4.40

←

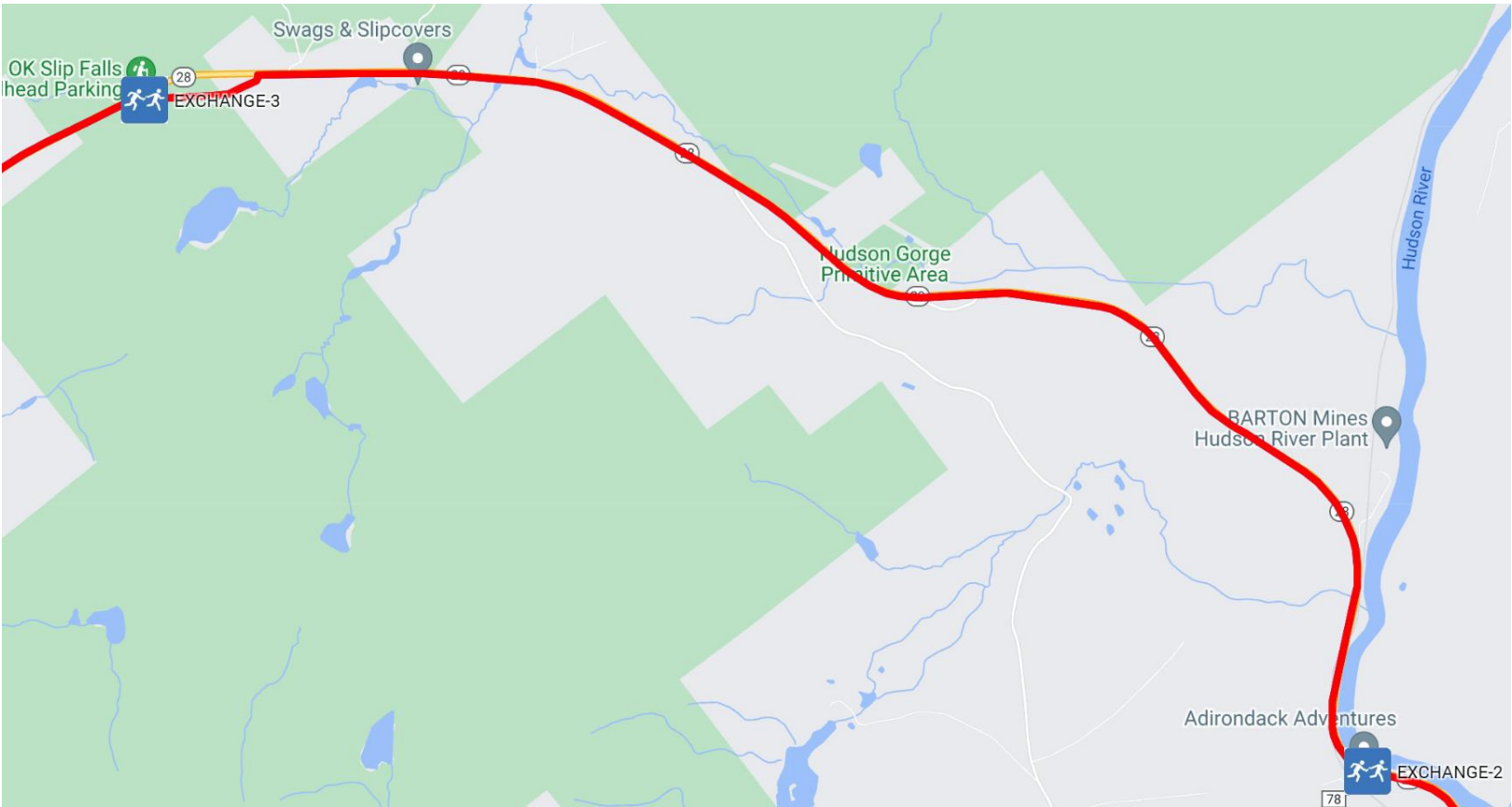
Turn left onto Old Rte 28D

AGAINST TRAFFIC

AGAINST TRAFFIC

PAVED ROAD

PAVED ROAD



ELEVATION (FT)

2000

1900

1800

1700

1600

1500

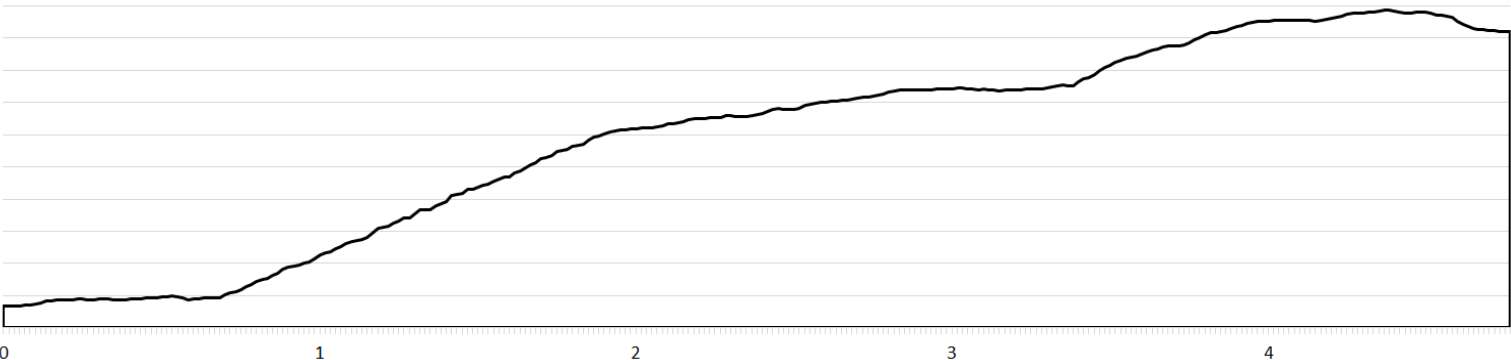
1400

1300

1200

1100

1000



DISTANCE (MI)

0

1

2

3

4

LEG # 4

7.8 MI

545 ↑

-720 ↓

MODERATE

EXCHANGE # 3

OK Slip Falls Trailhead Parking
NY-28, Indian Lake, NY 12842
GPS: 43.772142, -74.129661

EXCHANGE # 4

Indian Lake Central School District
6345 NYS Route 30, Indian Lake, NY 12842
GPS: 43.782718, -74.271291

LEG OVERVIEW

LEG OVERVIEW

BEAUTIFUL ROLLING HILL RUN INTO INDIAN LAKE PAST ADIRONDACK LAKE

VAN SUPPORT

VAN SUPPORTED (FOLLOW RUNNER ROUTE)

FOOD / FUEL

YES / YES

RUNNER EX.

EX. PARKING

SIDEWALK INFRONT SCHOOL

← WEST SCHOOL PARKING LOT

DIRECTIONS TO EXCHANGE

SIDE of ROAD

ROAD TYPE

ROAD CROSSING

0.00

←

Turn left onto NY-28 S

AGAINST TRAFFIC

PAVED ROAD

ELEVATION (FT)

2000

1900

1800

1700

1600

1500

0

1

2

3

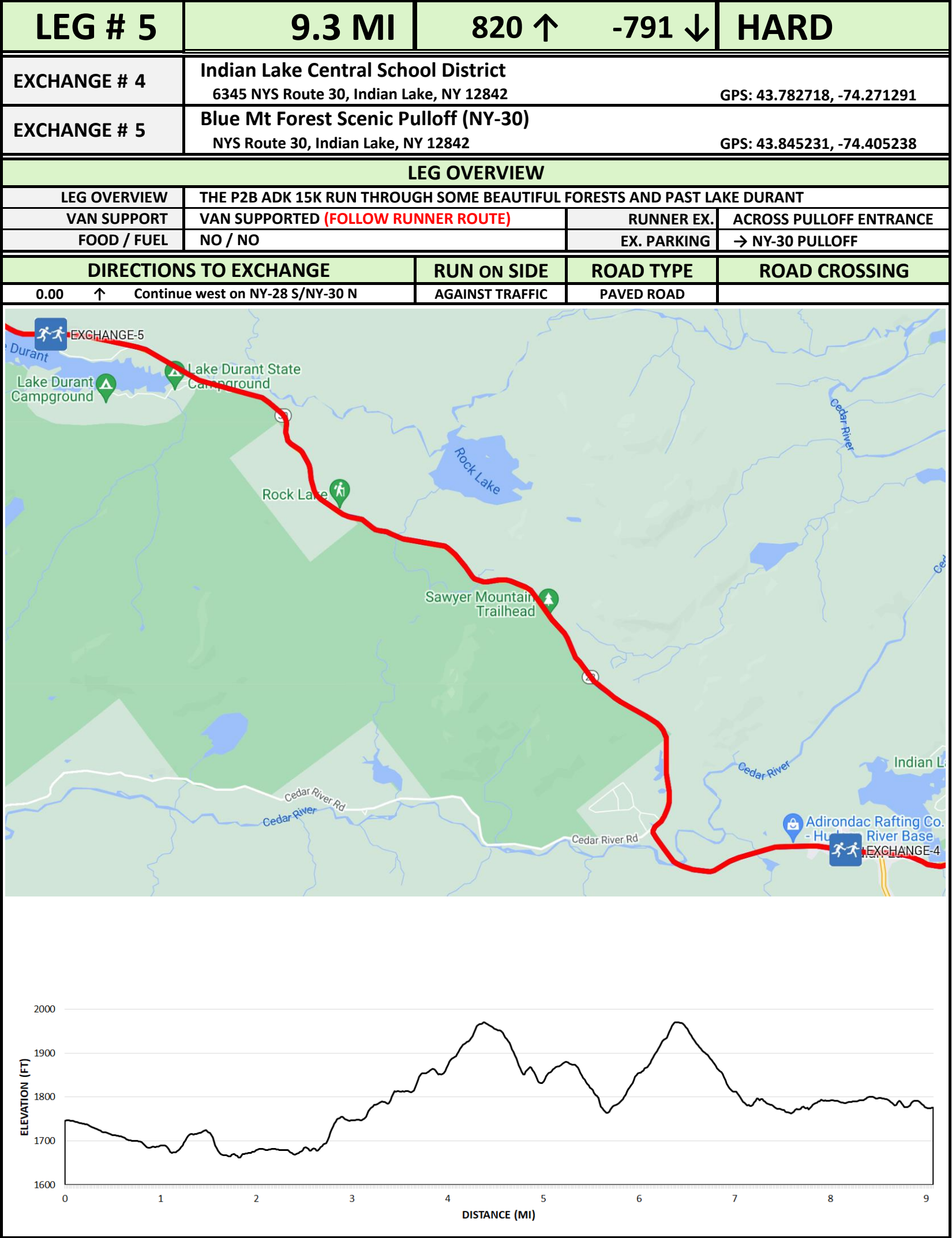
4

5

6

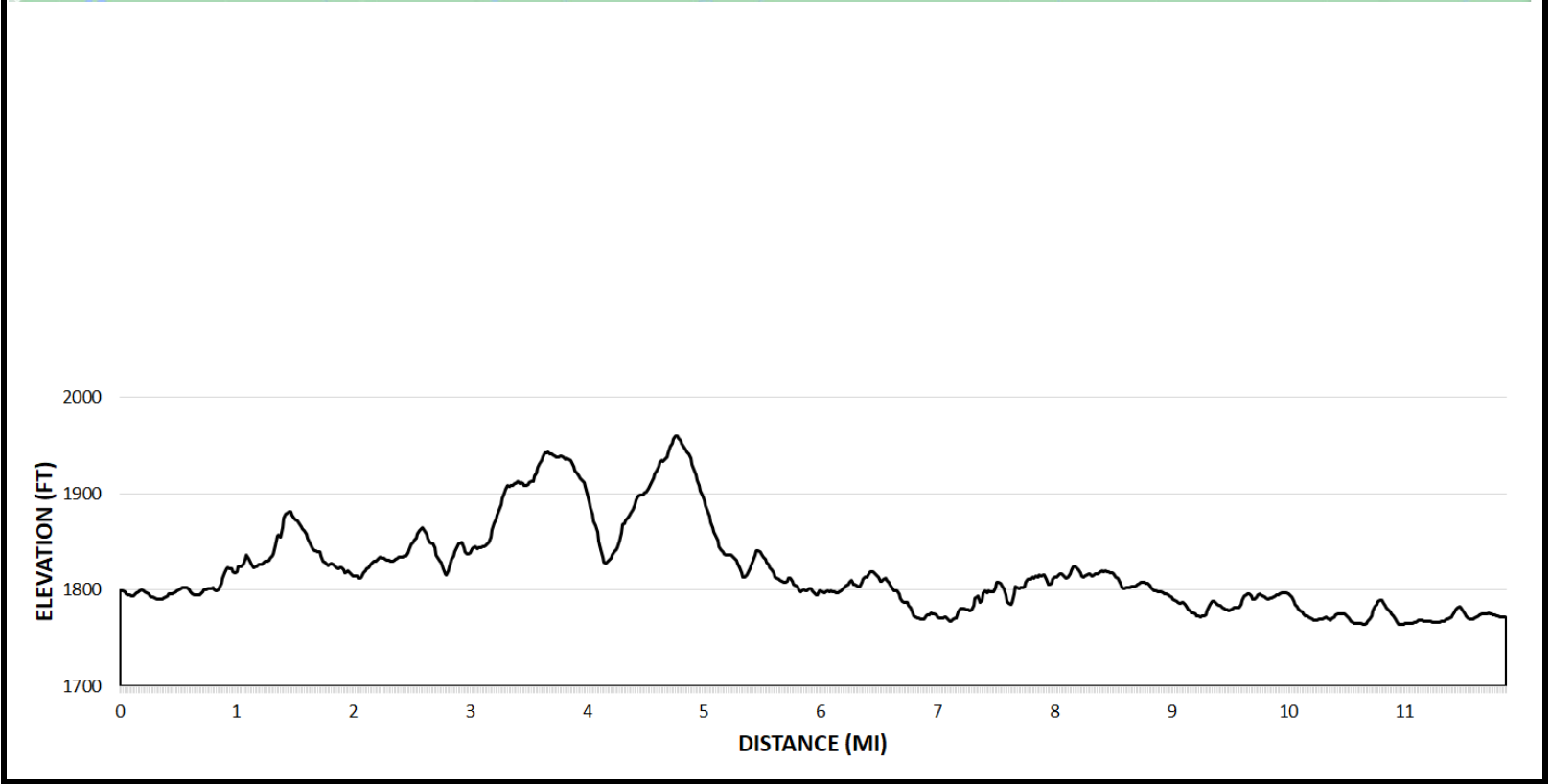
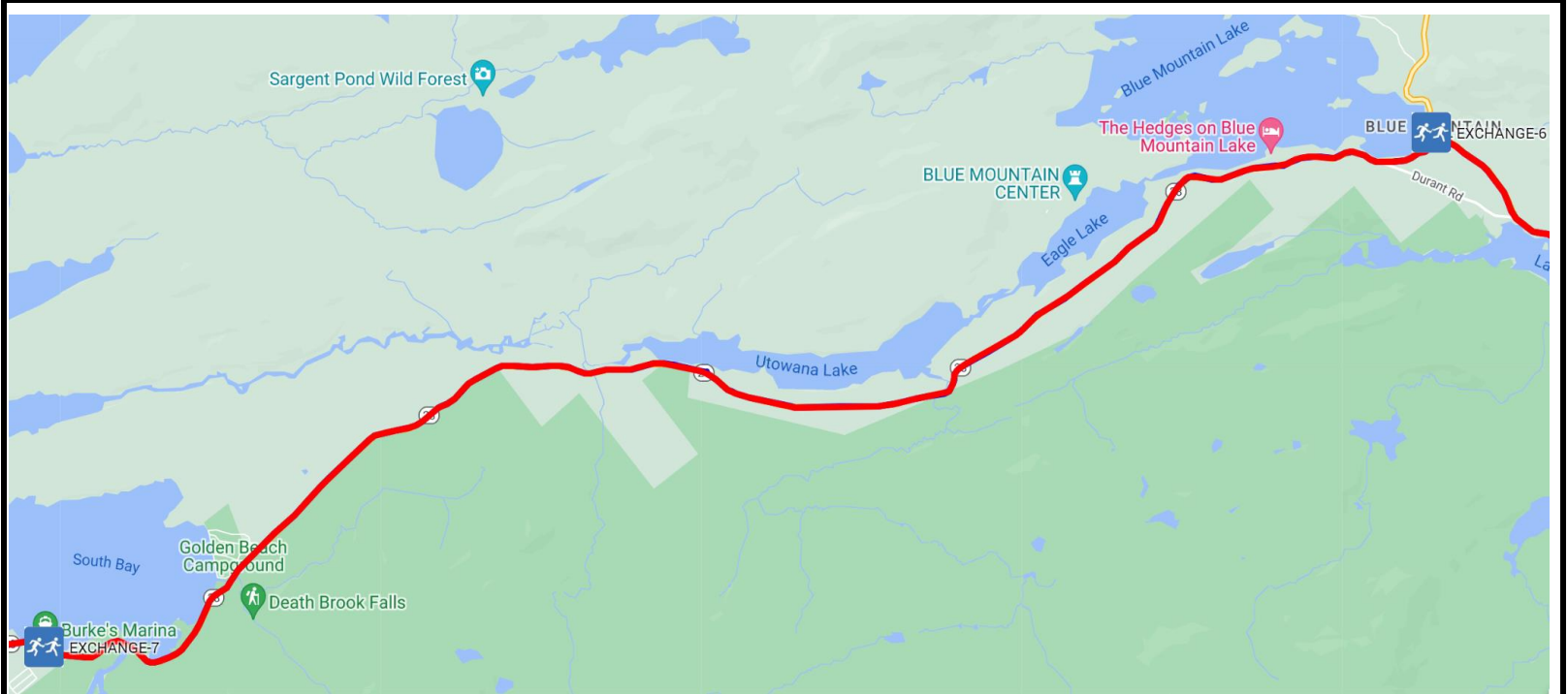
7

DISTANCE (MI)



LEG # 6		1.7 MI		92 ↑		-67 ↓		EASY	
EXCHANGE # 5		Blue Mt Forest Scenic Pulloff (NY-30) NYS Route 30, Indian Lake, NY 12842						GPS: 43.845231, -74.405238	
EXCHANGE # 6		Hex & Hop Taproom / ADK Arts 8897 NY-30, Blue Mountain Lake, NY 12812						GPS: 43.857183, -74.431203	
LEG OVERVIEW									
LEG OVERVIEW		SHORT SPRINT RUN ALONG LAKE DURANT INTO BLUE MT LAKE TO STRONG ROPE TAPROOM							
VAN SUPPORT		VAN SUPPORTED (FOLLOW RUNNER ROUTE)				RUNNER EX.		IN FRONT OF STRONG ROPE	
FOOD / FUEL		YES / YES				EX. PARKING		→ SHOULDER OF NY-28	
DIRECTIONS TO EXCHANGE				RUN ON SIDE		ROAD TYPE		ROAD CROSSING	
0.00 ↑ Continue straight on NY-30 W				AGAINST TRAFFIC		PAVED ROAD		NY-30 @ CROSSWALK	
1.70 → Turn right on NY-28 N				WITH TRAFFIC		SIDEWALK			

LEG # 7	11.3 MI	795 ↑	-823 ↓	HARD
EXCHANGE # 6	Hex & Hop Taproom / ADK Arts 8897 NY-30, Blue Mountain Lake, NY 12812 GPS: 43.857183, -74.431203			
EXCHANGE # 7	Burke's Marina 592 NY-28, Raquette Lake, NY 13436 GPS: 43.806777, -74.621214			
LEG OVERVIEW				
LEG OVERVIEW	"GOING FOR DISTANCE" RUN FROM BLUE MT LAKE TO RAQUETTE LAKE			
VAN SUPPORT	VAN SUPPORTED (FOLLOW RUNNER ROUTE)		RUNNER EX.	SHOULDER OF NY-28
FOOD / FUEL	NO / NO		EX. PARKING	← MARINA DIRT PARKING
DIRECTIONS TO EXCHANGE		RUN ON SIDE	ROAD TYPE	ROAD CROSSING
0.00	→	Turn right onto NY-28 S	SIDEWALK	NY-28 @ CROSSWALK
0.50	↑	Continue straight on NY-28 S	PAVED ROAD	



LEG # 8

2.2 MI

106 ↑

-110 ↓

EASY

EXCHANGE # 7

Burke's Marina
592 NY-28, Raquette Lake, NY 13436
GPS: 43.806777, -74.621214

EXCHANGE # 8

Raquette Lake Town Center
1 Main St, Co Rd 2, Raquette Lake, NY 13436
GPS: 43.813034, -74.657467

LEG OVERVIEW

LEG OVERVIEW

RUN ALONG RAQUETTE LAKE SCENIC ROUTE INTO RAQUETTE LAKE TOWN CENTER

VAN SUPPORT

VAN SUPPORTED (FOLLOW RUNNER ROUTE)

FOOD / FUEL

YES / NO

RUNNER EX.

EX. PARKING

SIDE OF ROAD NEAR PARKING

← DIRT PARKING LOT

DIRECTIONS TO EXCHANGE

RUN ON SIDE

ROAD TYPE

ROAD CROSSING

0.00 ↑ Continue straight on NY-28 N

1.90 → Turn right onto County Rd 2

AGAINST TRAFFIC WITH TRAFFIC

PAVED ROAD
PAVED ROAD

NY-28 @ SCHOOL CROSSING

A map showing the scenic route from Exchange 8 (Raquette Lake Town Center) to Exchange 7 (Burke's Marina). The route is marked with a red line and follows the shoreline of Raquette Lake. Key landmarks include Inman Island, Poplar Point, Otter Bay, Raquette Lake Volunteer Fire Department, Tony Harper's Pizza & Clam Shack, Risley's Rush Point Cottages, and Burke's Marina. The route starts on Sagamore Rd and ends on Burkes Rd.

ELEVATION (FT)

1850

1800

1750

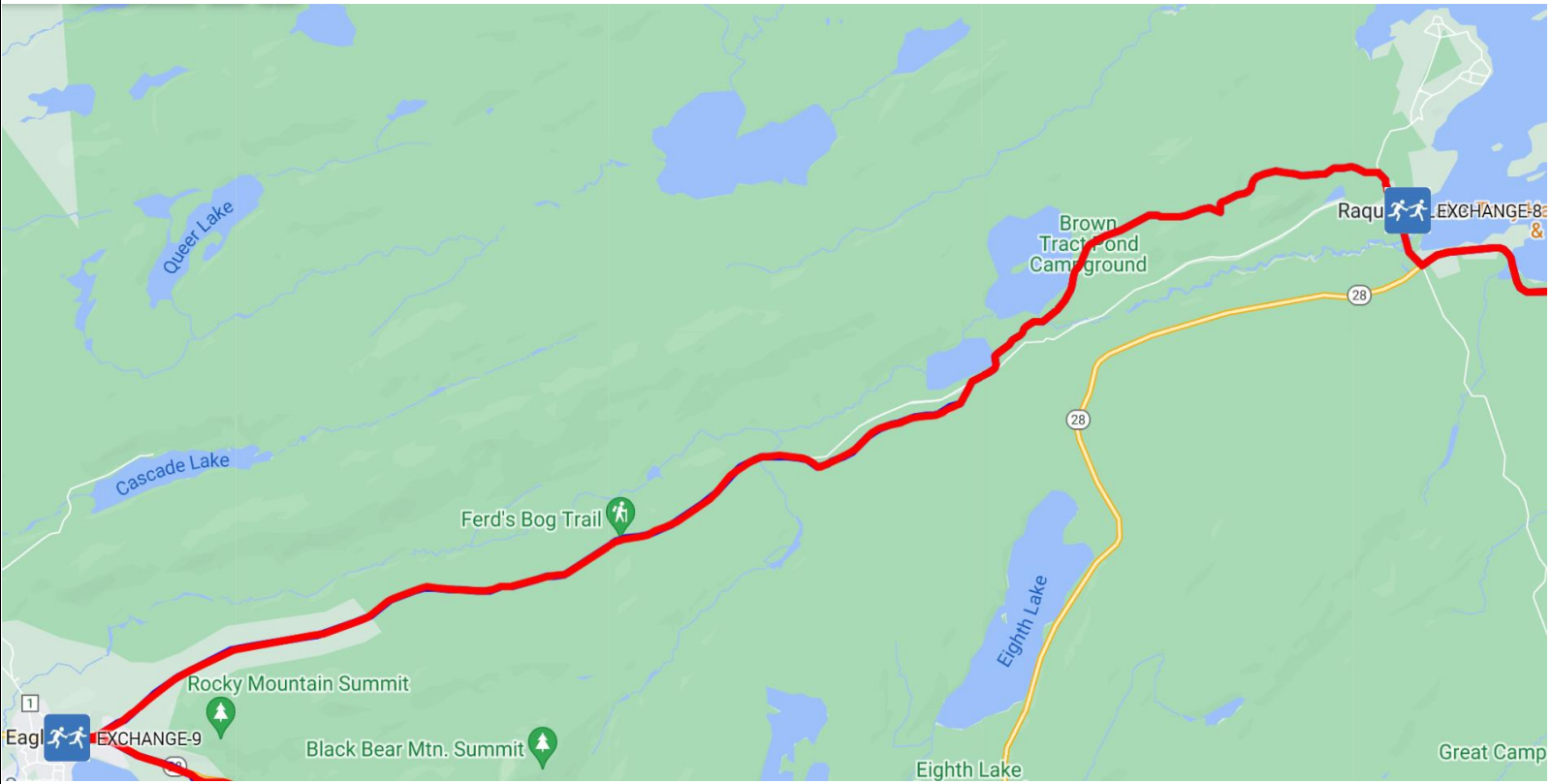
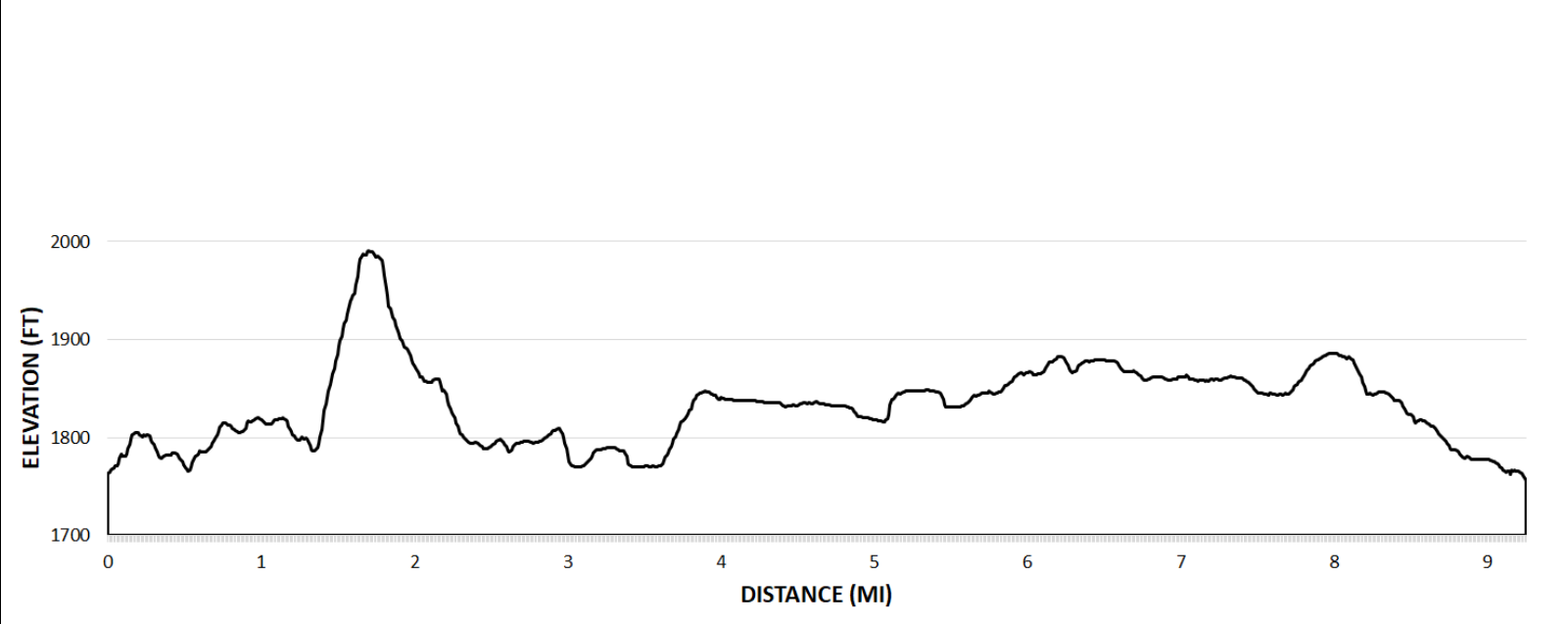
1700

0

1

2

DISTANCE (MI)

LEG # 9		9.4 MI		679 ↑		-687 ↓		HARD	
EXCHANGE # 8		Raquette Lake Town Center 1 Main St, Co Rd 2, Raquette Lake, NY 13436 GPS: 43.813034, -74.657467							
EXCHANGE # 9		Eagle Bay Vistor Office 5547 NY-28, Old Forge, NY 13420 GPS: 43.768847, -74.815248							
LEG OVERVIEW									
LEG OVERVIEW		PEACEFUL DIRT ROAD RUN THROUGH THE ADK FOREST PAST BROWN TRACT POND & CAMPS							
VAN SUPPORT		VAN SUPPORTED (FOLLOW RUNNER ROUTE)				RUNNER EX.		AT NY-28 CROSSWALK	
FOOD / FUEL		YES / NO				EX. PARKING		→ VISITOR CENTER PARKING	
DIRECTIONS TO EXCHANGE				RUN ON SIDE		ROAD TYPE		ROAD CROSSING	
0.00 ↑ Continue onto County Rd 2 / Antlers Rd				AGAINST TRAFFIC		PAVED ROAD			
0.30 ← Left onto Brown Tracts Rd				AGAINST TRAFFIC		PAVED/DIRT ROAD			
7.30 ↑ Continue onto Uncas Rd				AGAINST TRAFFIC		PAVED/DIRT ROAD			
9.10 → Turn right onto NY-28				WITH TRAFFIC		PAVED ROAD			
									
									

LEG # 10

2.4 MI

209 ↑

-195 ↓

EASY

EXCHANGE # 9

Eagle Bay Vistor Office
5547 NY-28, Old Forge, NY 13420
GPS: 43.768847, -74.815248

EXCHANGE # 10

Fern Park
9 Loomis Rd, Inlet, NY 13360
GPS: 43.748119, -74.797061

LEG OVERVIEW

LEG OVERVIEW

EAGLE BAY TO INLET PAVED TRAIL RUN AROUND EAST SIDE OF FOURTH LAKE

VAN SUPPORT

VAN SUPPORTED (FOLLOW RUNNER ROUTE)

RUNNER EX.

IN FRONT OF PARK BUILDING

FOOD / FUEL

YES / YES

EX. PARKING

↑ PARK PARKING LOT

DIRECTIONS TO EXCHANGE

0.00 ← Head east on NY-28 sidewalk trail to Inlet

2.10 → Turn right onto S Shore Rd

2.30 ← Turn left onto Loomis Rd

RUN ON SIDE

WITH TRAFFIC

AGAINST TRAFFIC

AGAINST TRAFFIC

ROAD TYPE

SIDEWALK TRAIL

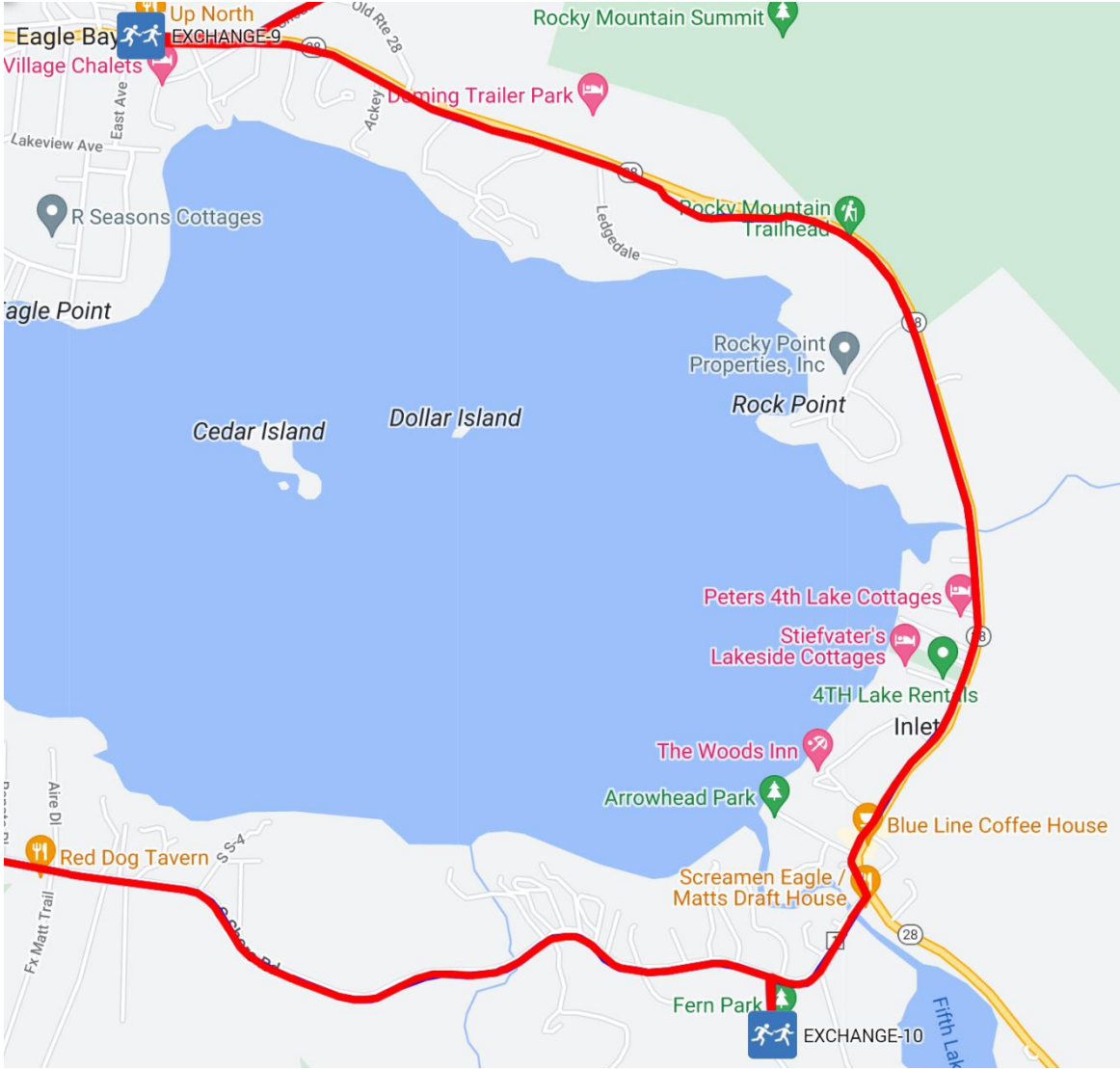
PAVED ROAD

PAVED ROAD

ROAD CROSSING

NY-28 @ CROSSWALK

S SHORE ROAD



The map displays a red line representing the trail route. It begins at Exchange 9 in Eagle Bay, heading east along NY-28. The route follows the shoreline of Fourth Lake, passing several islands (Cedar Island, Dollar Island) and numerous cottages and rental properties. Key landmarks include Rocky Mountain Summit, Rocky Mountain Trailhead, and Inlet. The route ends at Exchange 10 in Fern Park. The map also shows surrounding roads like S Shore Rd and Loomis Rd.

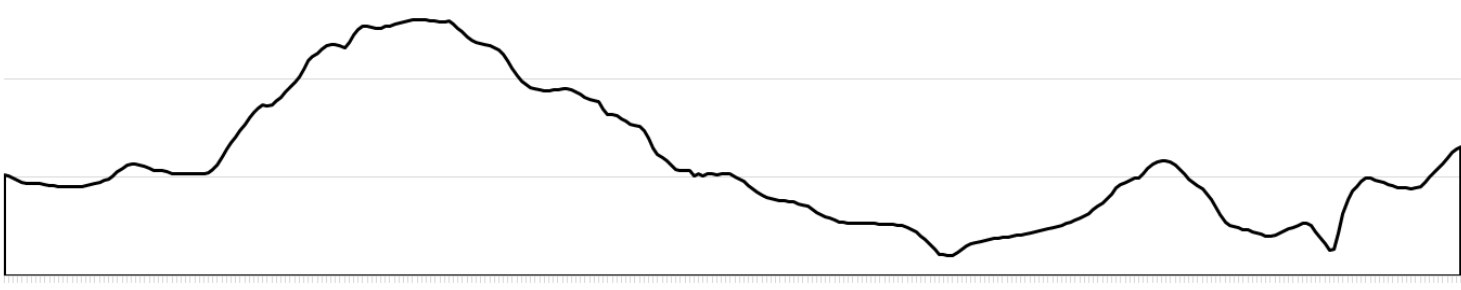
ELEVATION (FT)

1850

1800

1750

1700



The elevation profile graph shows the trail's elevation in feet (Y-axis, 1700 to 1850) over distance in miles (X-axis, 0 to 2.4). The profile starts at approximately 1750 feet, rises to a peak of about 1820 feet around 0.5 miles, then descends to a low point of about 1710 feet around 1.8 miles, before rising again to about 1760 feet at the end of the trail.

DISTANCE (MI)

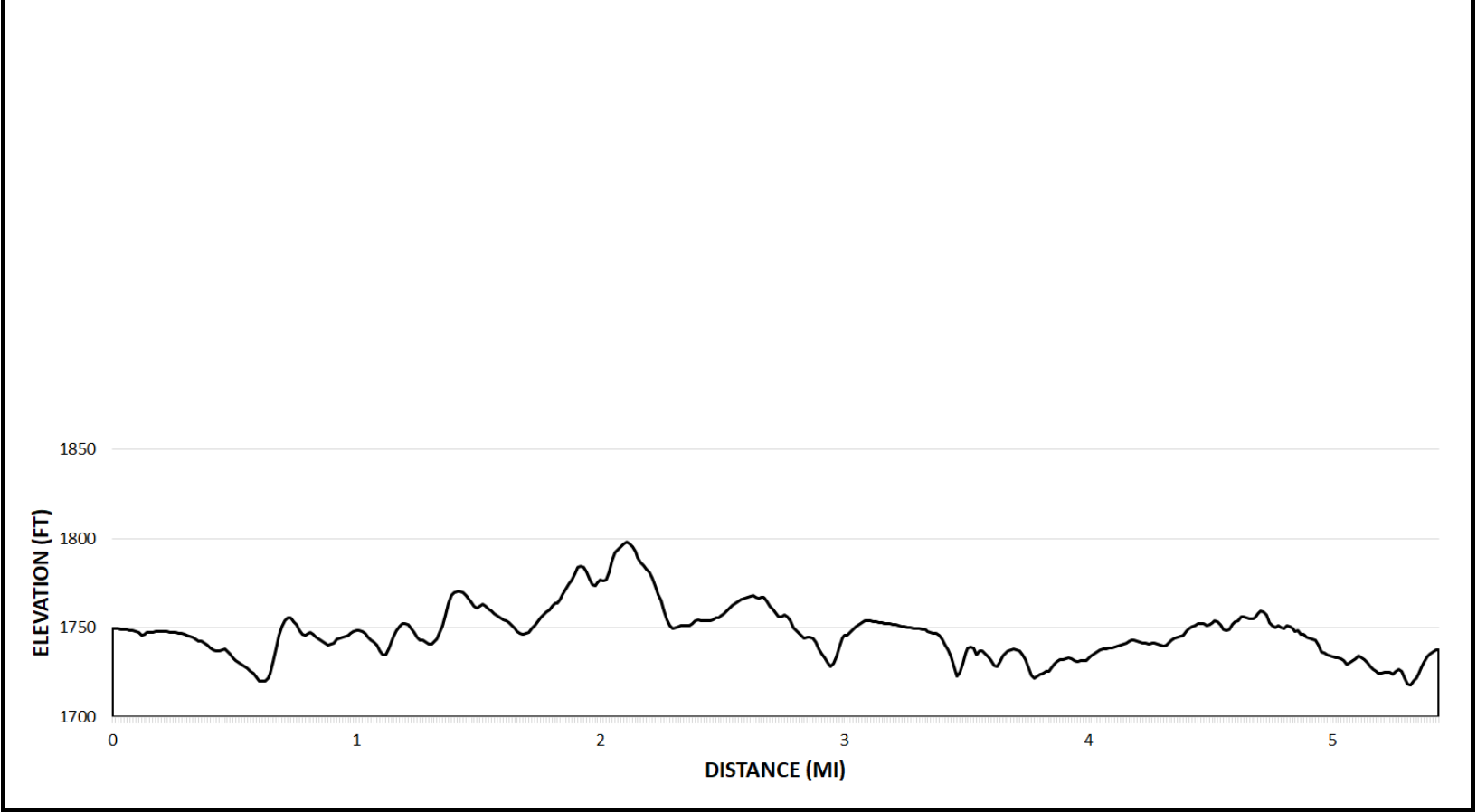
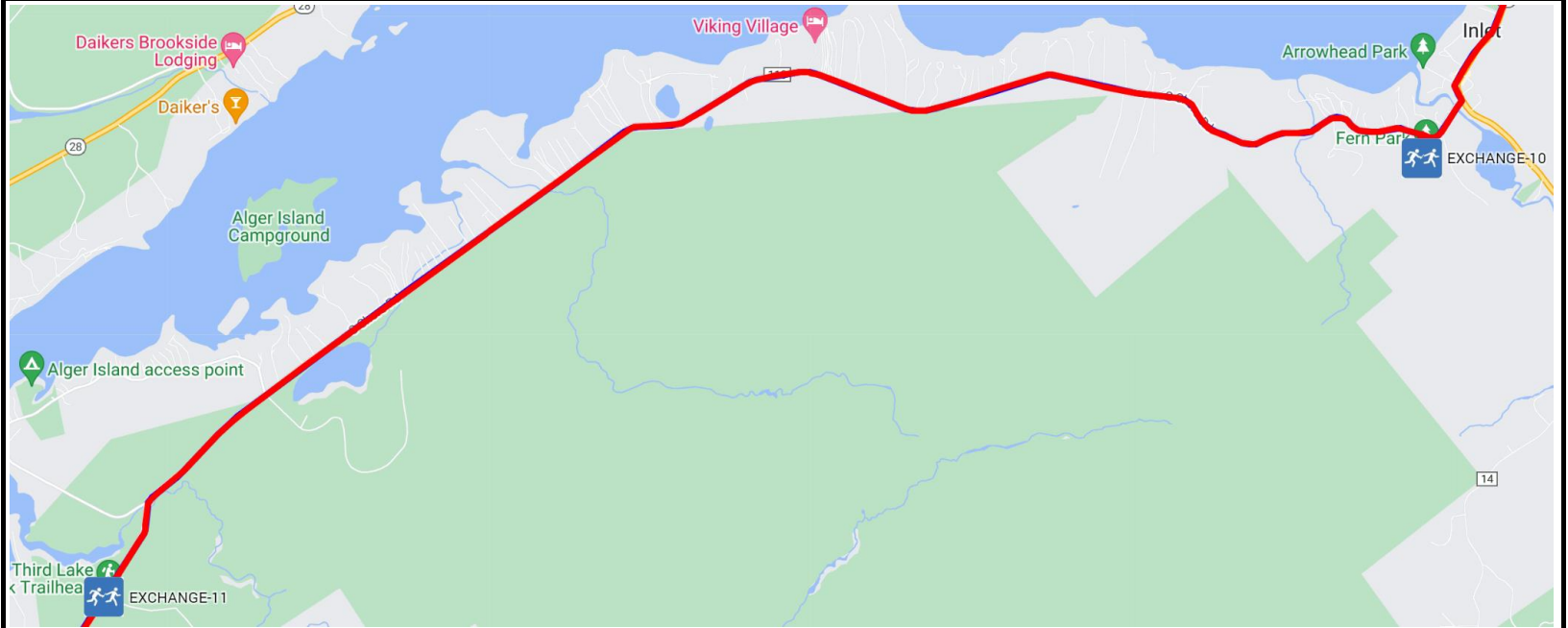
0

1

2

LEG # 11	5.4 MI	317 ↑	-329 ↓	MODERATE
EXCHANGE # 10	Fern Park 9 Loomis Rd, Inlet, NY 13360			GPS: 43.748119, -74.797061
EXCHANGE # 11	Third Lake Creek Trailhead S Shore Rd, Old Forge, NY 13420			GPS: 43.726339, -74.887069

LEG OVERVIEW			
LEG OVERVIEW	"LIONS, TIGERS, AND BEARS OH MY" WHO KNOWS WHAT YOU WILL SEE ON SOUTH SHORE ROAD :)		
VAN SUPPORT	VAN SUPPORTED (FOLLOW RUNNER ROUTE)	RUNNER EX.	SHOULDER OF ROAD
FOOD / FUEL	NO / NO	EX. PARKING	← PARKING LOT & SHOULDER
DIRECTIONS TO EXCHANGE		RUN ON SIDE	ROAD TYPE
0.00	↑ Head back out on Loomis Rd	AGAINST TRAFFIC	PAVED ROAD
0.10	← Turn left onto S Shore Rd	AGAINST TRAFFIC	PAVED ROAD



LEG # 12

6.4 MI

352 ↑

-376 ↓

MODERATE

EXCHANGE # 11

Third Lake Creek Trailhead
S Shore Rd, Old Forge, NY 13420
GPS: 43.726339, -74.887069

EXCHANGE # 12

George T Hildebrant Recreation Center
201 North St, Old Forge, NY 13420
GPS: 43.720398, -74.972488

LEG OVERVIEW

LEG OVERVIEW

SOUTH SHORE TO TOBIE TRAIL RUN INTO OLD FORGE ALONG FULTON CHAIN LAKES

VAN SUPPORT

VAN SUPPORTED (FOLLOW RUNNER ROUTE)

FOOD / FUEL

YES / YES

RUNNER EX.

P2B ARCH ON LAWN

EX. PARKING

← REC CENTER PARKING LOT

DIRECTIONS TO EXCHANGE

0.00 ↑ Continue west on S Shore Rd

5.50 → Turn right onto TOBIE Trail

5.90 ← Turn left onto North St

RUN ON SIDE

AGAINST TRAFFIC

AGAINST TRAFFIC

WITH TRAFFIC

ROAD TYPE

PAVED ROAD

SIDEWALK

SIDEWALK/PAVED RD

ROAD CROSSING

S SHORE RD @ CROSSWALK

NY-28 @ CROSSWALK

A map showing the route from Exchange 12 to Exchange 11. The route is marked with a red line. It starts at Exchange 12 (George T Hildebrant Recreation Center) and goes west on S Shore Rd. It then turns right onto TOBIE Trail and continues along the lakes. The map shows First Lake and Second Lake. The route ends at Exchange 11 (Third Lake Creek Trailhead). The map also shows other landmarks like Old Forge Camping Resort, Pinewood Cottage, and McCauley Mountain Ski Center.

ELEVATION (FT)

1850

1800

1750

1700

An elevation profile graph showing the route's elevation in feet over a distance of 6 miles. The y-axis is labeled 'ELEVATION (FT)' and ranges from 1700 to 1850. The x-axis is labeled 'DISTANCE (MI)' and ranges from 0 to 6. The graph shows a significant peak in elevation around 2 miles, reaching approximately 1830 feet. The elevation then drops and fluctuates between 1700 and 1750 feet for the remainder of the route.

DISTANCE (MI)

0

1



2

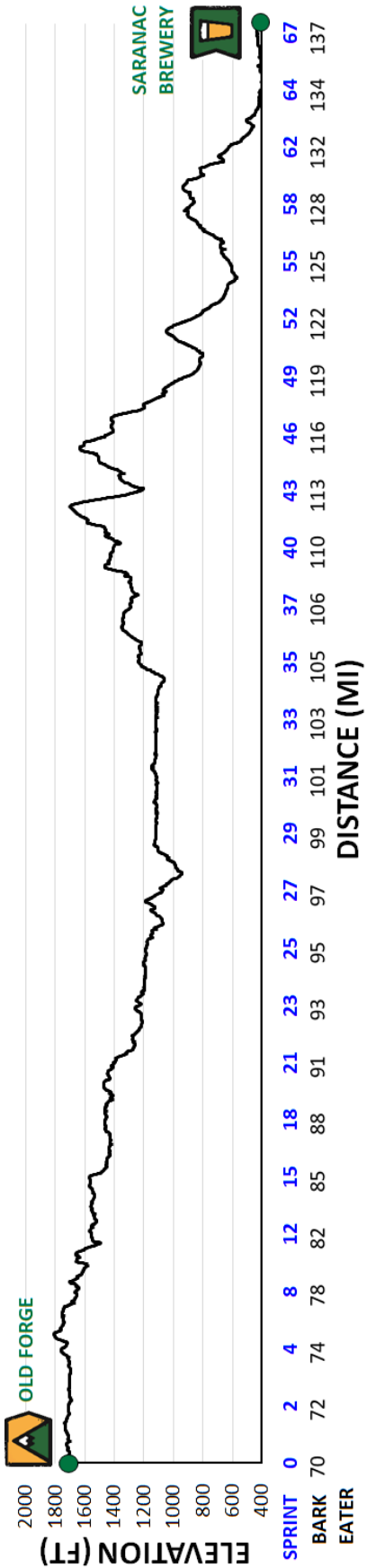
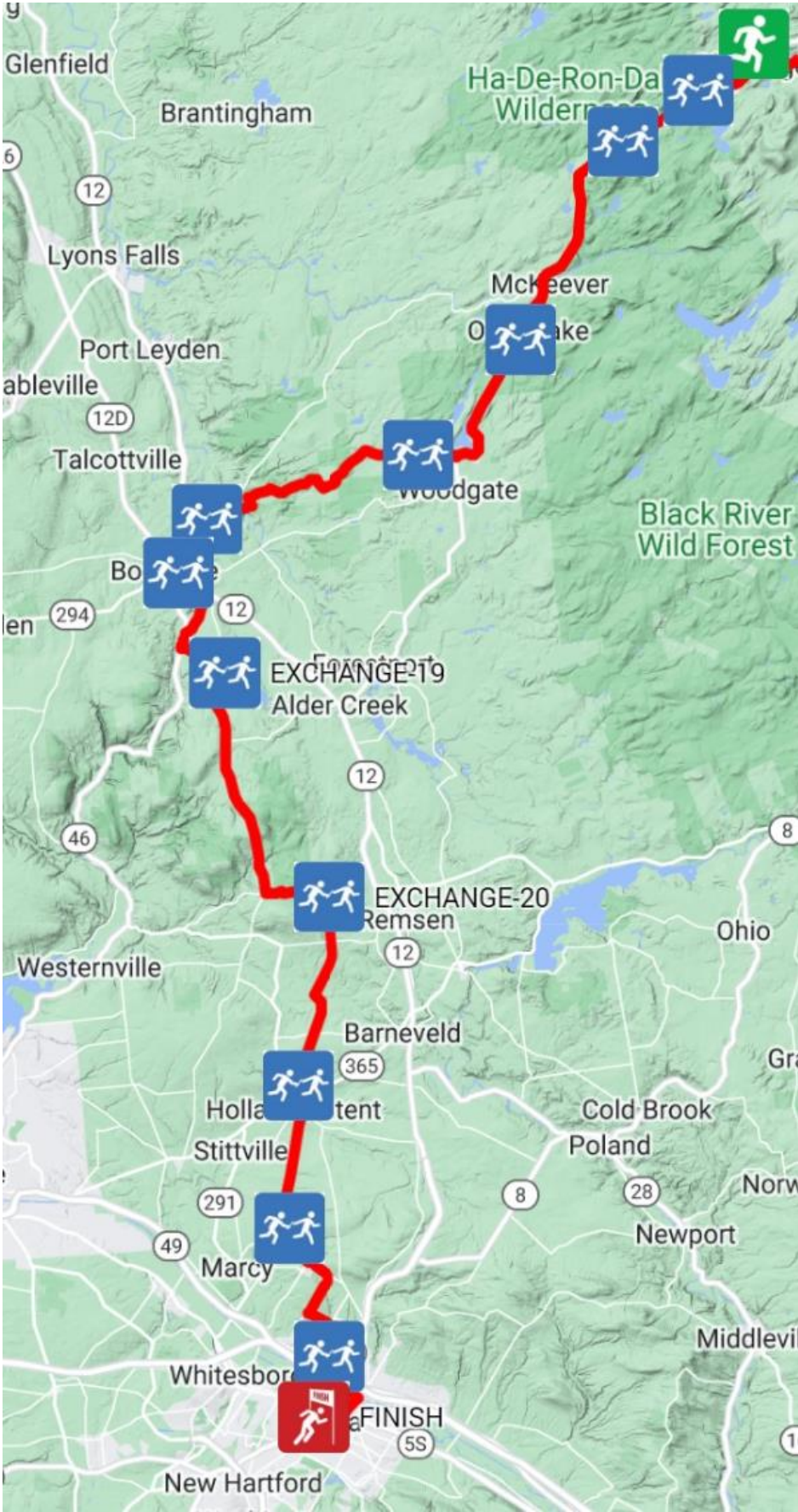
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4

5

6

SPRINT / SECTION #2	67.8 MI	4499 ↑ -5806 ↓	DAY #2
 START	OLD FORGE		
 FINISH	SARANAC BREWERY		
LEG #	13-24		
DAY #2	SECTION #2 (LEG #13-24)		



LEG # 13

3 MI

123 ↑

-128 ↓

EASY

EXCHANGE # 12

George T Hildebrant Recreation Center

201 North St, Old Forge, NY 13420

GPS: 43.720398, -74.972488

EXCHANGE # 13

Adirondack Scenic Railroad Thendara Station

2568 NY-28, Thendara, NY 13472

GPS: 43.698797, -75.006098

LEG OVERVIEW

LEG OVERVIEW

RUN ALONG THE TOBIE TRAIL THROUGH OLD FORGE OVER THE RIVER AND TO THE TRAIN STATION

VAN SUPPORT

PARTIAL VAN SUPPORT (SEE VAN ROUTE)

RUNNER EX.

TOBIE TRAIL

FOOD / FUEL

YES / YES

EX. PARKING

→ TRAIN STATION PARKING

DIRECTIONS TO EXCHANGE

0.00 ↑ Head straight through parking lot

0.10 → Turn right onto North St

0.30 ↑ Continue on Sidewalk on North St

0.60 → Cross NY-28, turn right onto TOBIE Trail

1.00 → Turn right and continue on TOBIE Trail

2.00 ↖ Continue to the left onto Spruce Dr

2.30 ↑ Continue straight onto Birch St

RUN ON SIDE

AGAINST TRAFFIC

AGAINST TRAFFIC

AGAINST TRAFFIC

AGAINST TRAFFIC

AGAINST TRAFFIC

AGAINST TRAFFIC

ROAD TYPE

GRASS FIELD

PAVED ROAD

SIDEWALK

PAVED TRAIL

PAVED TRAIL

PAVED ROAD

PAVED ROAD

ROAD CROSSING

NY-28 @ CROSSWALK

S SHORE RD @ CROSSWALK

SPRUCE DR

ELEVATION (FT)

1750

1700

1650

1600

0

1

2

3

DISTANCE (MI)

LEG # 14

3 MI

173 ↑

-138 ↓

MODERATE

EXCHANGE # 13

Adirondack Scenic Railroad Thendara Station
2568 NY-28, Thendara, NY 13472
GPS: 43.698797, -75.006098

EXCHANGE # 14

Okara Rd Pulloff
Okara Rd W, Thendara, NY 13472
GPS: 43.675242, -75.053605

LEG OVERVIEW

LEG OVERVIEW

RUN ALONG SCENIC ROUTE NY-28 TO PULLOFF TRAILHEAD AREA

VAN SUPPORT

VAN SUPPORTED (FOLLOW RUNNER ROUTE)

FOOD / FUEL

NO / NO

RUNNER EX.

EX. PARKING

SHOULDER OF PULLOFF

← PULLOFF PARKING

DIRECTIONS TO EXCHANGE

RUN ON SIDE

ROAD TYPE

ROAD CROSSING

0.00

←

Turn left onto TOBIE Trail

AGAINST TRAFFIC

PAVED TRAIL

SEQUOIA RD

0.40

↑

Continue straight onto NY-28 S

AGAINST TRAFFIC

PAVED ROAD


2.90

←

Turn left onto O Kara Rds

AGAINST TRAFFIC

PAVED ROAD



The map displays a scenic route from Exchange 14 to Exchange 13. The route is marked with a red and yellow line. It starts at Exchange 14, turns left onto Toby Trail, continues straight onto NY-28 S, and then turns left onto Okara Rd W. The route follows the scenic route NY-28 to the Pulloff Trailhead Area. Key landmarks include Okara Lakes, Lake Tekoni, Lake Easka, and the Moose River. The map also shows the Adirondack Railroad and the Moose River Lock and Dam.

ELEVATION (FT)

1700

1750

1800

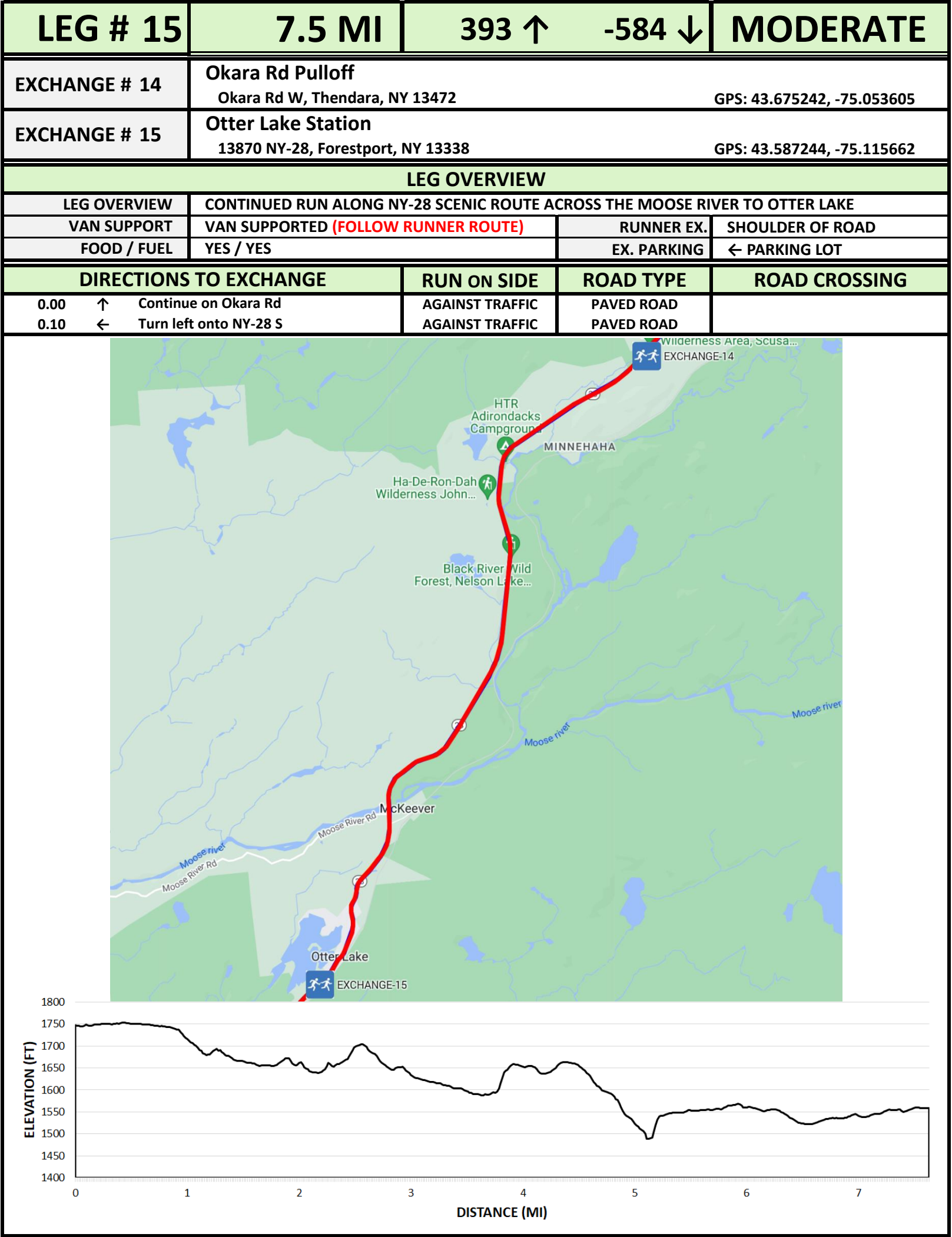
1850

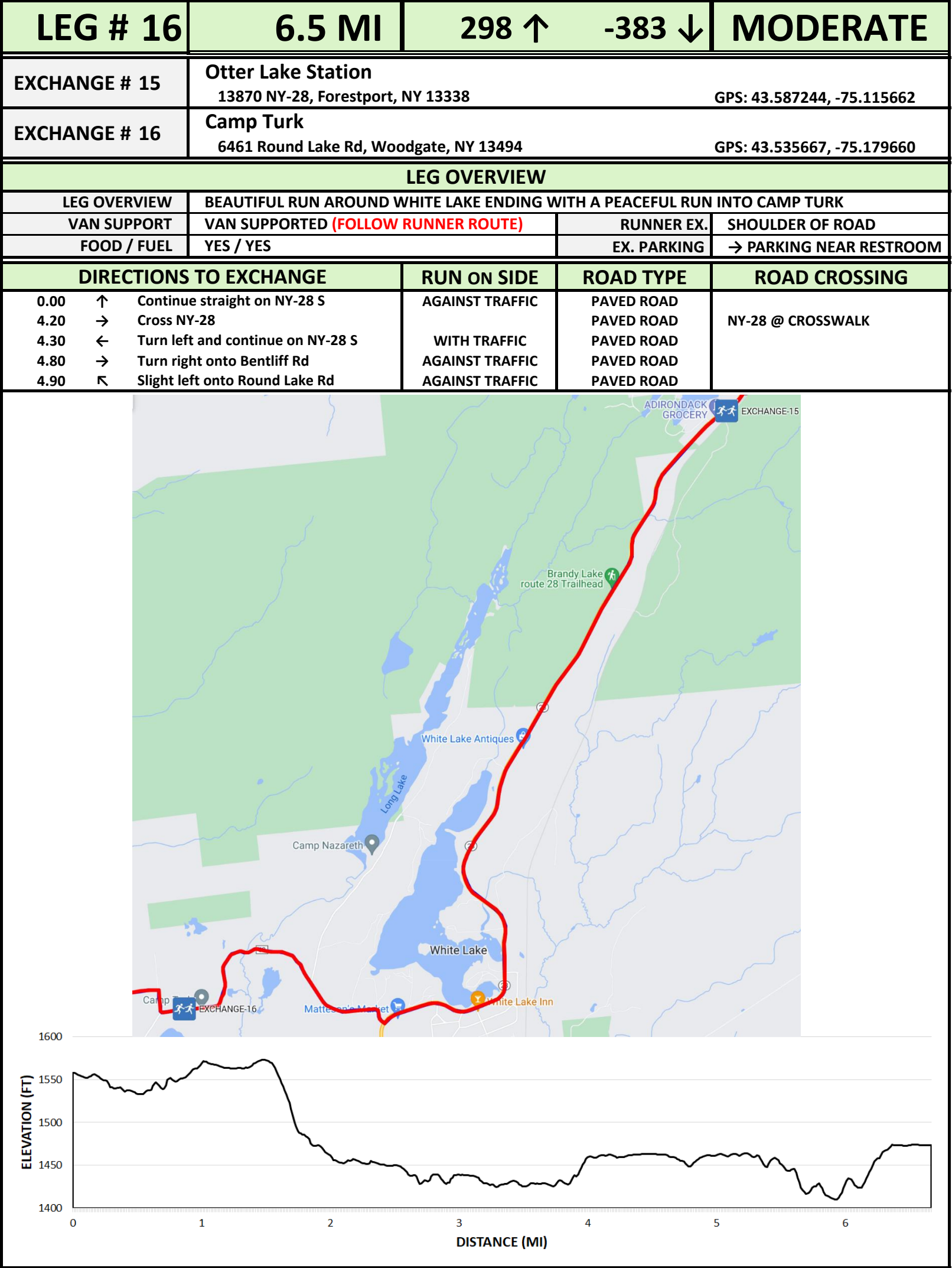
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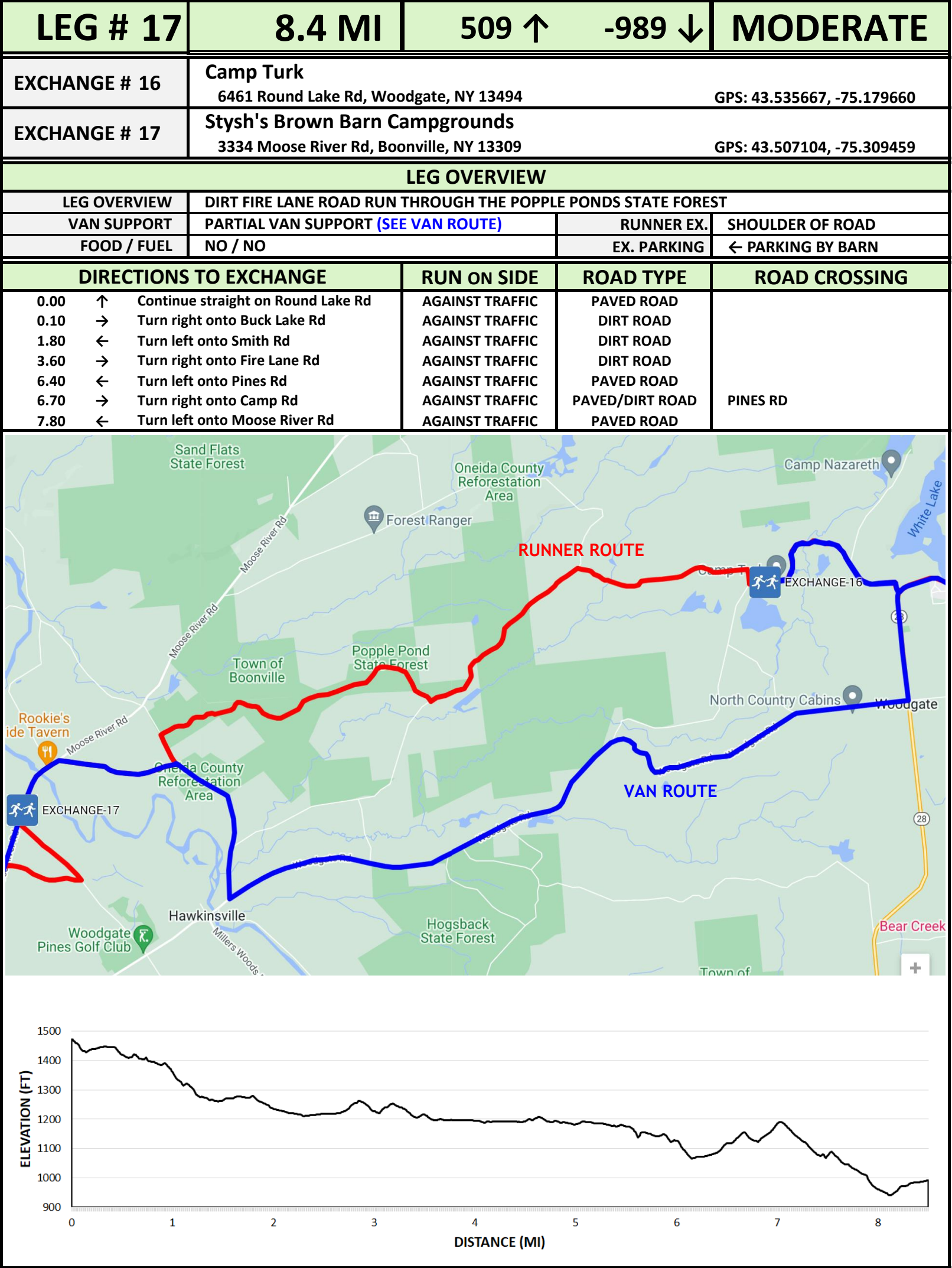
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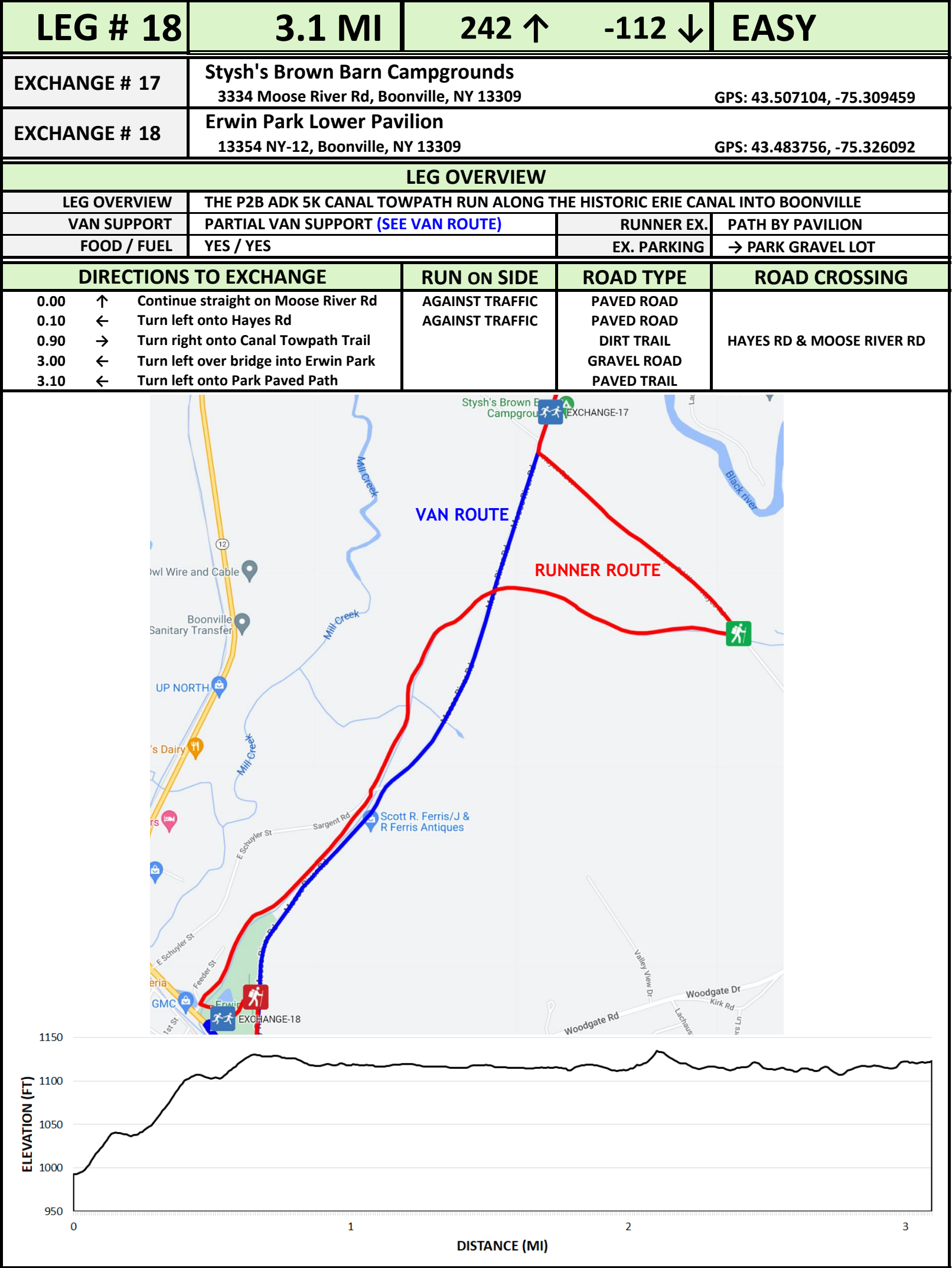
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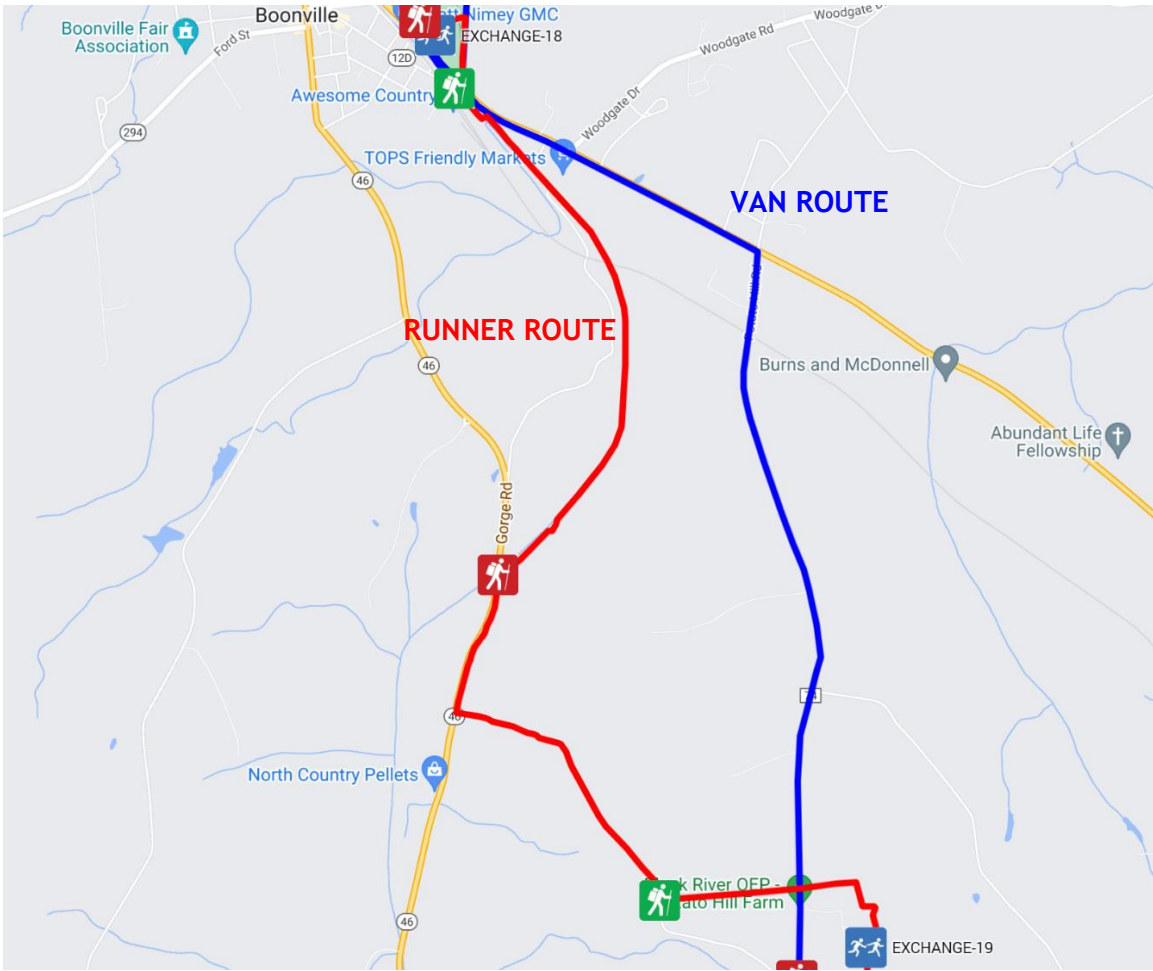
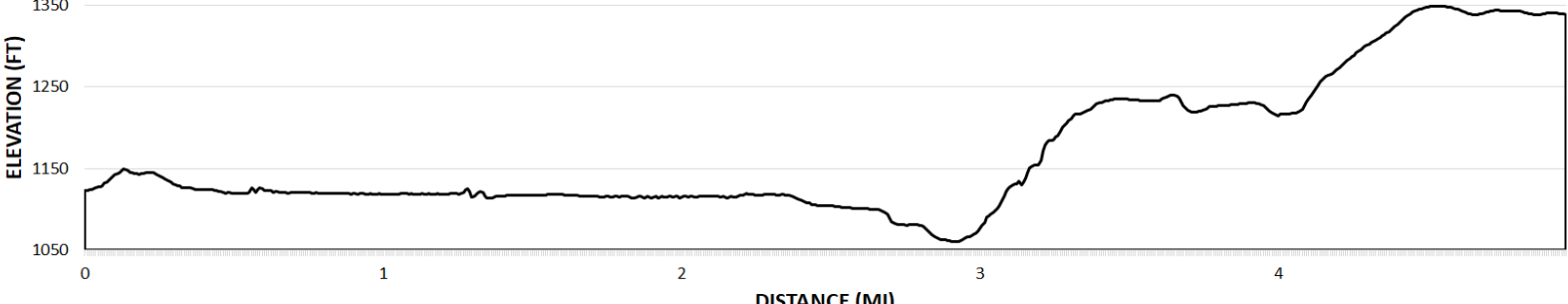
DISTANCE (MI)









LEG # 19		4.9 MI	446 ↑	-231 ↓	HARD
EXCHANGE # 18	Erwin Park Lower Pavilion 13354 NY-12, Boonville, NY 13309 GPS: 43.483756, -75.326092				
EXCHANGE # 19	Potato Hill Farm 11904 Potato Hill Rd, Boonville, NY 13309 GPS: 43.437666, -75.298463				
LEG OVERVIEW					
LEG OVERVIEW	BRIEA / ERIE CANAL TRAIL RUN INTO BEAUTIFUL POTATO HILL FARM				
VAN SUPPORT	NO VAN SUPPORT (SEE VAN ROUTE)		RUNNER EX.	ON TRAIL WITHIN FARM	
FOOD / FUEL	YES / YES		EX. PARKING	PARKING LOT & → SHOULDER	
DIRECTIONS TO EXCHANGE		RUN ON SIDE	ROAD TYPE	ROAD CROSSING	
0.00	↑	WITH TRAFFIC WITH TRAFFIC	PAVED TRAIL	NY-12 & MAIN ST @ CROSSWALK Enter Trail on N end of Stewarts Pass Gate and stay on BREIA Trail	
0.10	→		PAVED ROAD		
0.40	←		PAVED ROAD		
0.50	↑		DIRT/GRASS TRAIL		
0.90	↑	AGAINST TRAFFIC AGAINST TRAFFIC	GRASS TRAIL		
2.40	←		PAVED ROAD		
2.80	←		DIRT ROAD		
3.80	←		GRASS TRAIL		
4.30	↑		GRASS/DIRT TRAIL		
				Cross Potato Hill Rd	
<div></div>					
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LEG # 20

10 MI

1202 ↑

-1118 ↓

INSANE

EXCHANGE # 19

Potato Hill Farm
11904 Potato Hill Rd, Boonville, NY 13309
GPS: 43.437666, -75.298463

EXCHANGE # 20

Baron Von Steuben Memorial Park
9941 Starr Hill Rd, Remsen, NY 13438
GPS: 43.337068, -75.233681

LEG OVERVIEW

LEG OVERVIEW

THE P2B "HONEY BADGER" LEG: THE ONLY 'INSANE' P2B LEG...YOU WILL FIND OUT WHY!!

VAN SUPPORT

PARTIAL VAN SUPPORT (SEE VAN ROUTE)

FOOD / FUEL

NO / NO

RUNNER EX.

DIRT TRAIL INTO PARK

EX. PARKING

← INTO PARK (SEE MAP)

DIRECTIONS TO EXCHANGE

0.00

↑

Continue on Potato Hill Farm Trail

0.50

←

Turn left on Potato Hill Rd

7.90

←

Turn left on Starr Hill Rd

9.90

←

Turn left at Gate on dirt road into Park

RUN ON SIDE

AGAINST TRAFFIC

AGAINST TRAFFIC

ROAD TYPE

DIRT TRAIL

PAVED ROAD

PAVED ROAD

DIRT TRAIL

NOTES / CROSSINGS

Follow Trail to Potato Hill Rd

Turn left at Wooden Gate

ELEVATION (FT)

1800

1700

1600

1500

1400

1300

1200

DISTANCE (MI)

10

9

8

7

6

5

4

3

2

1

0

LEG # 21

6.3 MI

311 ↑

-938 ↓

MODERATE

EXCHANGE # 20

Baron Von Steuben Memorial Park

9941 Starr Hill Rd, Remsen, NY 13438

GPS: 43.337068, -75.233681

EXCHANGE # 21

Holland Patent High School

8079 Thompson Rd, Holland Patent, NY 13354

GPS: 43.252649, -75.253155

LEG OVERVIEW

SCENIC VIEW DOWN STEUBEN HILL PAST COUNTRY FARMS TOWARD HOLLAND PATENT

VAN SUPPORT

VAN SUPPORTED (FOLLOW RUNNER ROUTE)

RUNNER EX.

LEFT SIDE AT PAVED TRAIL

FOOD / FUEL

NO / NO

EX. PARKING

→ INTO SCHOOL PARKING

DIRECTIONS TO EXCHANGE

RUN ON SIDE

ROAD TYPE

NOTES / CROSSINGS

0.00

↑

Exit Park on dirt road toward Gate

0.10

←

Turn left on Starr Hill/ Sixty Rd

1.50

↑

Cross Fuller Rd & Continue on Ellis Rd

3.30

↑

Continue onto Thompson Rd

AGAINST TRAFFIC

AGAINST TRAFFIC

AGAINST TRAFFIC

DIRT ROAD

PAVED ROAD

PAVED ROAD

PAVED ROAD

Cross Fuller Rd

Enter Paved Sidewalk by Ex.

LEG # 22

5 MI

401 ↑

-294 ↓

MODERATE

EXCHANGE # 21

Holland Patent High School
8079 Thompson Rd, Holland Patent, NY 13354
GPS: 43.252649, -75.253155

EXCHANGE # 22

Toby Park & Pavilion
9499 Toby Rd, Marcy, NY 13403
GPS: 43.188103, -75.259232

LEG OVERVIEW

LEG OVERVIEW

RUN DOWNHILL OUT OF HOLLAND PATENT THEN GRADUAL INCLINE TO TOBY PARK

VAN SUPPORT

VAN SUPPORTED (FOLLOW RUNNER ROUTE)

RUNNER EX.

AT TOP OF ROUND ABOUT

FOOD / FUEL

YES / YES

EX. PARKING

OFF ROUND ABOUT

DIRECTIONS TO EXCHANGE

RUN ON SIDE

ROAD TYPE

NOTES / CROSSINGS

0.00

↑

Continue straight on Paved Sidewalk

AGAINST TRAFFIC

SIDEWALK

Stay on Paved Sidewalk

0.70

→

Turn right onto Main St

AGAINST TRAFFIC

SIDEWALK

Cross NY-365 / Main St

0.80

←

Turn left onto Park Ave/Fox Rd

AGAINST TRAFFIC

SIDEWALK/PAVED

Sidewalk to Paved Road

4.40

←

Turn left onto Toby Rd

AGAINST TRAFFIC

PAVED ROAD

4.80

←

Turn left into Toby Park

AGAINST TRAFFIC

PAVED ROAD

Continue to Round About

Map showing the route from Holland Patent High School (Exchange-10) to Toby Park and Pavilion (Exchange-11). The route is marked in red. Key roads include Main St, Park Ave/Fox Rd, and Toby Rd. An inset map shows the final turn into Toby Park.

Elevation profile graph showing the descent from Holland Patent to Toby Park. The y-axis is ELEVATION (FT) from 500 to 1000. The x-axis is DISTANCE (MI) from 0 to 4. The profile shows a steep initial descent followed by a gradual incline.

LEG # 23		6 MI		221 ↑		-703 ↓		MODERATE	
EXCHANGE # 22		Toby Park & Pavilion 9499 Toby Rd, Marcy, NY 13403						GPS: 43.188103, -75.259232	
EXCHANGE # 23		Utica Maennerchor Hall 5535 Flanagan Rd, Marcy, NY 13403						GPS: 43.129619, -75.235052	
LEG OVERVIEW									
LEG OVERVIEW		DOWNHILL COAST TOWARD THE FINISH WITH SCENIC VIEWS OVERLOOKING THE MOHAWK VALLEY							
VAN SUPPORT		PARTIAL VAN SUPPORT (SEE VAN ROUTE)				RUNNER EX.		SHOULDER OF PARKING LOT	
FOOD / FUEL		YES / NO				EX. PARKING		← MAIN PARKING LOT	
DIRECTIONS TO EXCHANGE				RUN ON SIDE		ROAD TYPE		ROAD CROSSING	
0.00	↑	Continue straight toward Toby Rd		AGAINST TRAFFIC		PAVED ROAD		MORGAN RD EDIC RD TECHNOLOGY DR @ CROSSWALK	
0.20	←	Turn left on Toby Rd		AGAINST TRAFFIC		PAVED ROAD			
1.50	↑	Continue straight onto Morgan Rd		AGAINST TRAFFIC		PAVED ROAD			
2.10	→	Turn right onto Morris Rd		AGAINST TRAFFIC		PAVED ROAD			
3.50	←	Turn left onto Hazard Rd		AGAINST TRAFFIC		PAVED ROAD			
4.30	→	Slight right onto Edic Rd		AGAINST TRAFFIC		PAVED ROAD			
4.70	↖	Slight left onto Trail @ 1st Roundabout		AGAINST TRAFFIC		PAVED TRAIL			
5.10	←	Turn left on Technology Dr		AGAINST TRAFFIC		PAVED ROAD			
5.60	→	Turn right onto Flanagan Rd		AGAINST TRAFFIC		PAVED ROAD			
<div></div> <div></div>									

LEG # 24		4.1 MI		180 ↑		-188 ↓		EASY	
EXCHANGE # 23		Utica Maennerchor Hall 5535 Flanagan Rd, Marcy, NY 13403						GPS: 43.129619, -75.235052	
FINISH		Saranac Brewery 830 Varick St, Utica, NY 13502						GPS: 43.103271, -75.244257	
LEG OVERVIEW									
LEG OVERVIEW		RUN ALONG THE ERIE CANAL TRAIL INTO UTICA BRINGING IT HOME TO THE SARANAC BIERGARTEN							
VAN SUPPORT		PARTIAL VAN SUPPORT (SEE VAN ROUTE)				FINISH		P2B ARCH AT BIERGARTEN	
FOOD / FUEL		YES / YES				EX. PARKING		NORTH LOT AT BREWERY	
DIRECTIONS TO EXCHANGE				RUN ON SIDE		ROAD TYPE		ROAD CROSSING	
0.00 ↑ Continue straight on Flanagan Rd				AGAINST TRAFFIC		PAVED RD		RIVER RD @ TRAILHEAD	
0.30 ↑ Enter Trail on left hand side of on ramp						PAVED TRAIL			
1.10 → Turn right onto Canal Trail heading east						PAVED TRAIL			
1.40 ← Turn left to cross Canal Lock						PAVED TRAIL			
2.10 → Turn right off from Canal Trail				WITH TRAFFIC		PAVED ROAD			
2.20 → Turn right onto N Genesee St				WITH TRAFFIC		SIDEWALK			
2.70 ↗ Slight right at Lee St				WITH TRAFFIC		SIDEWALK			
2.90 → Turn right onto Whitesboro St				WITH TRAFFIC		SIDEWALK			
3.20 ← Turn left onto Broadway				WITH TRAFFIC		SIDEWALK		WHITESBORO ST @ CROSSWALK	
3.30 → Turn right onto Oriskany St				WITH TRAFFIC		SIDEWALK			
3.40 ← Turn left and cross Oriskany St				WITH TRAFFIC		SIDEWALK			
3.40 → Turn right onto Oriskany St/5A On Ramp				AGAINST TRAFFIC		CROSSWALK		ORISKANY BLVD @ CROSSWALK	
3.70 ← Turn left onto Paved Trail						SIDEWALK			
3.90 → Turn right onto Court St						PAVED TRAIL			
4.00 → Turn right onto Varick St						SIDEWALK			
4.10 ← Turn left onto Edward St to FINISH						SIDEWALK		EDWARD ST CLOSED TO TRAFFIC	