

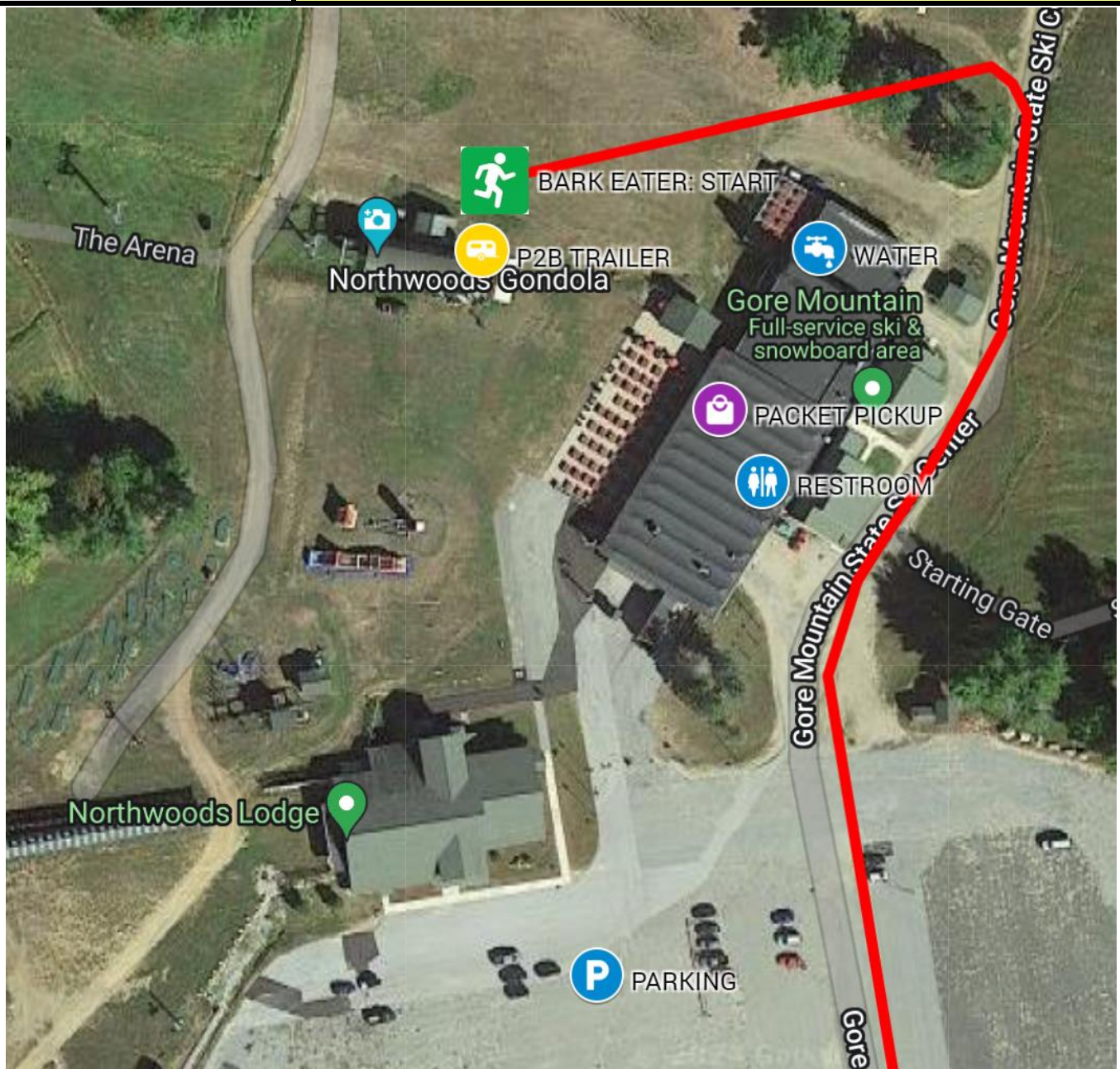
P2B ADK RELAY — EXCHANGE TIME WINDOWS

RELAY EVENT	EVENT DATE	DISTANCE (mi)	TEAM PACE (min/mi)	EXCHANGE TIME BUFFER (±hh:mm)	FINISH TIME BUFFER (±hh:mm)	DAYLIGHT HOURS NIGHTTIME HOURS
BARK EATER	FRI-SAT: 7-8 AUG 2026	137	6:00-12:00	0:30	0:30	DAYLIGHT: 6AM - 8PM NIGHTTIME: 8PM - 6AM
SPRINT	SAT: 8 AUG 2026	68				

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.)	—	9:00 AM	1:00 PM	4:00	PACKET PICKUP (9AM - 1PM) START WAVES (10AM - 1PM)
	Exchange #1	3.0	10:00 AM	1:45 PM	3:45	
	Exchange #2	5.5	11:00 AM	2:45 PM	3:45	
	Exchange #3	4.8	11:45 AM	3:15 PM	3:30	
	Exchange #4	7.8	1:15 PM	4:15 PM	3:00	
	Exchange #5	9.3	2:30 PM	5:30 PM	3:00	
	Exchange #6	1.7	2:45 PM	5:45 PM	3:00	
	Exchange #7	11.3	4:30 PM	7:15 PM	2:45	
	Exchange #8	2.2	5:00 PM	7:30 PM	2:30	PREPARE SAFETY GEAR
	Exchange #9	9.4	6:30 PM	9:30 PM	3:00	NIGHT TIME SAFETY GEAR
	Exchange #10	2.4	6:45 PM	10:00 PM	3:15	NIGHT TIME SAFETY GEAR
	Exchange #11	5.4	7:15 PM	11:00 PM	3:45	NIGHT TIME SAFETY GEAR
	Exchange #12 HALFWAY CHECKPOINT (OLD FORGE)	6.4	8:00 PM	12:15 AM	4:15	NIGHT TIME SAFETY GEAR
OVERNIGHT BREAK (TEAM REST/QUIET TIME)	—	12:15 AM	6:00 AM	5:45	NO RUNNING ON COURSE QUIET TIME @ EXCHANGE	
BARK EATER & SPRINT RELAY (DAY #2)	SPRINT START / SECTION #2 START (OLD FORGE)	—	5:00 AM	8:00 AM	3:00	PACKET PICKUP (5AM - 8AM) START WAVES (6AM - 8AM)
	Exchange #13	3.0	6:00 AM	8:45 AM	2:45	
	Exchange #14	3.0	6:30 AM	9:00 AM	2:30	
	Exchange #15	7.5	7:45 AM	10:15 AM	2:30	
	Exchange #16	6.5	9:00 AM	11:15 AM	2:15	
	Exchange #17	8.4	10:15 AM	12:30 PM	2:15	
	Exchange #18	3.1	10:45 AM	1:00 PM	2:15	
	Exchange #19	4.9	11:00 AM	1:45 PM	2:45	
	Exchange #20	10.0	12:00 PM	3:45 PM	3:45	
	Exchange #21	6.3	12:45 PM	5:00 PM	4:15	
	Exchange #22	5.0	1:15 PM	5:45 PM	4:30	
	Exchange #23	6.0	2:00 PM	6:45 PM	4:45	
	FINISH (SARANAC BREWERY)	4.1	2:30 PM	8:00 PM	5:30	COURSE CLOSSES & EVENT ENDS AT 8PM

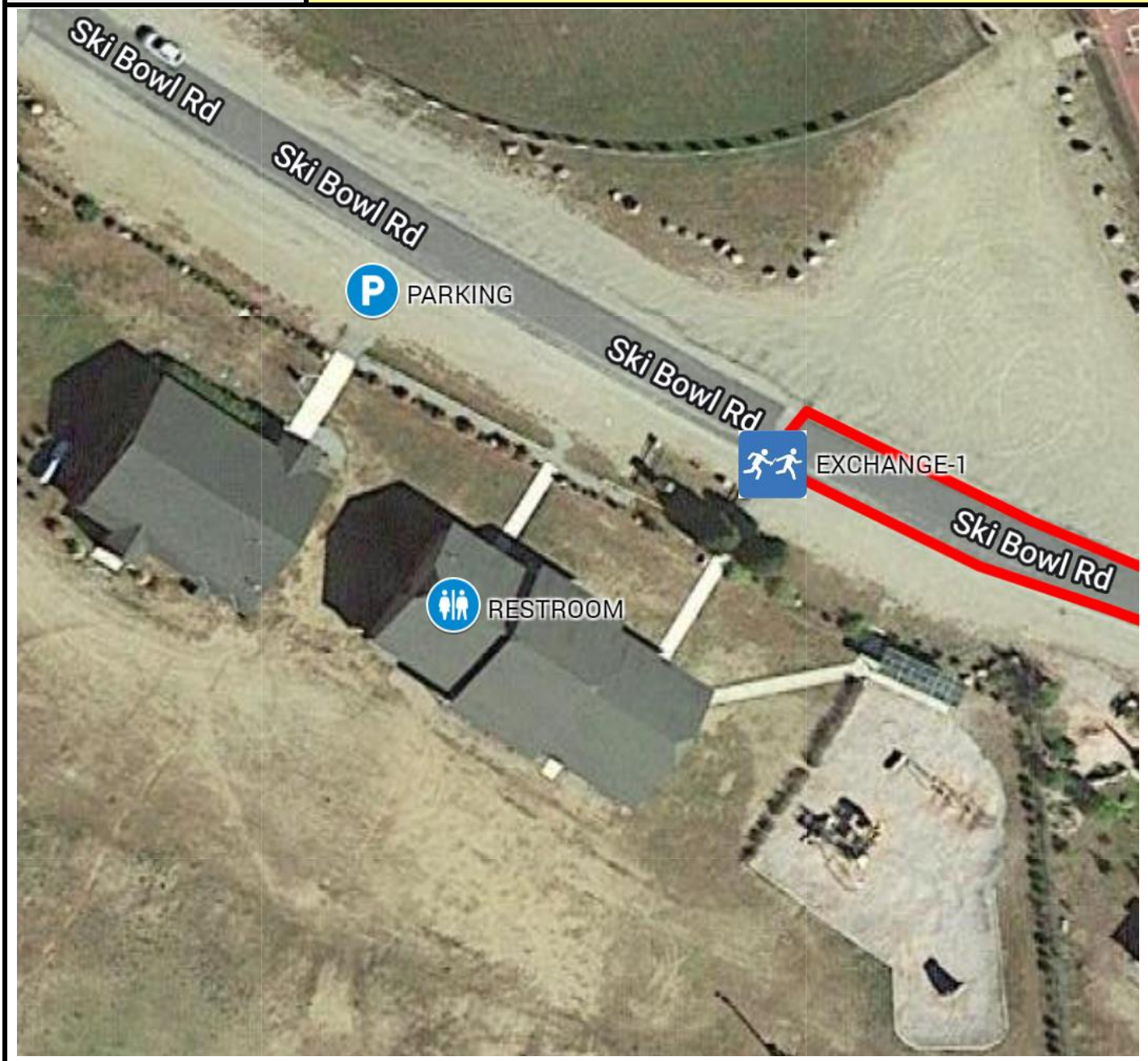
P2B ADK RELAY — EXCHANGE OVERVIEW

BARK EATER START	Gore Mountain Ski Resort
ADDRESS	793 Peaceful Valley Rd, North Creek, NY 12853
GPS COORDINATES	43.673402, -74.007790
PARKING	MAIN PARKING LOT
RESTROOMS	FACILITY RESTROOMS (IN SKI CENTER)
START LINE	PACKET PICKUP IN SKI CENTER; START LINE BY GONDOLA
START OPEN	8/7/26 9:00 AM
START CLOSE	8/7/26 1:00 PM



P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	1	North Creek Ski Bowl
ADDRESS	Ski Bowl Rd, North Creek, NY 12853	
GPS COORDINATES	43.694539, -73.990240	
PARKING	DIRT PARKING LOT INFRONT OF PAVILION	
RESTROOMS	FACILITY RESTROOMS (IN PAVILION)	
EX TRANSITION	EXCHANGE INFRONT OF PAVILION	
EXCHANGE OPEN	8/7/26 10:00 AM	
EXCHANGE CLOSE	8/7/26 1:45 PM	



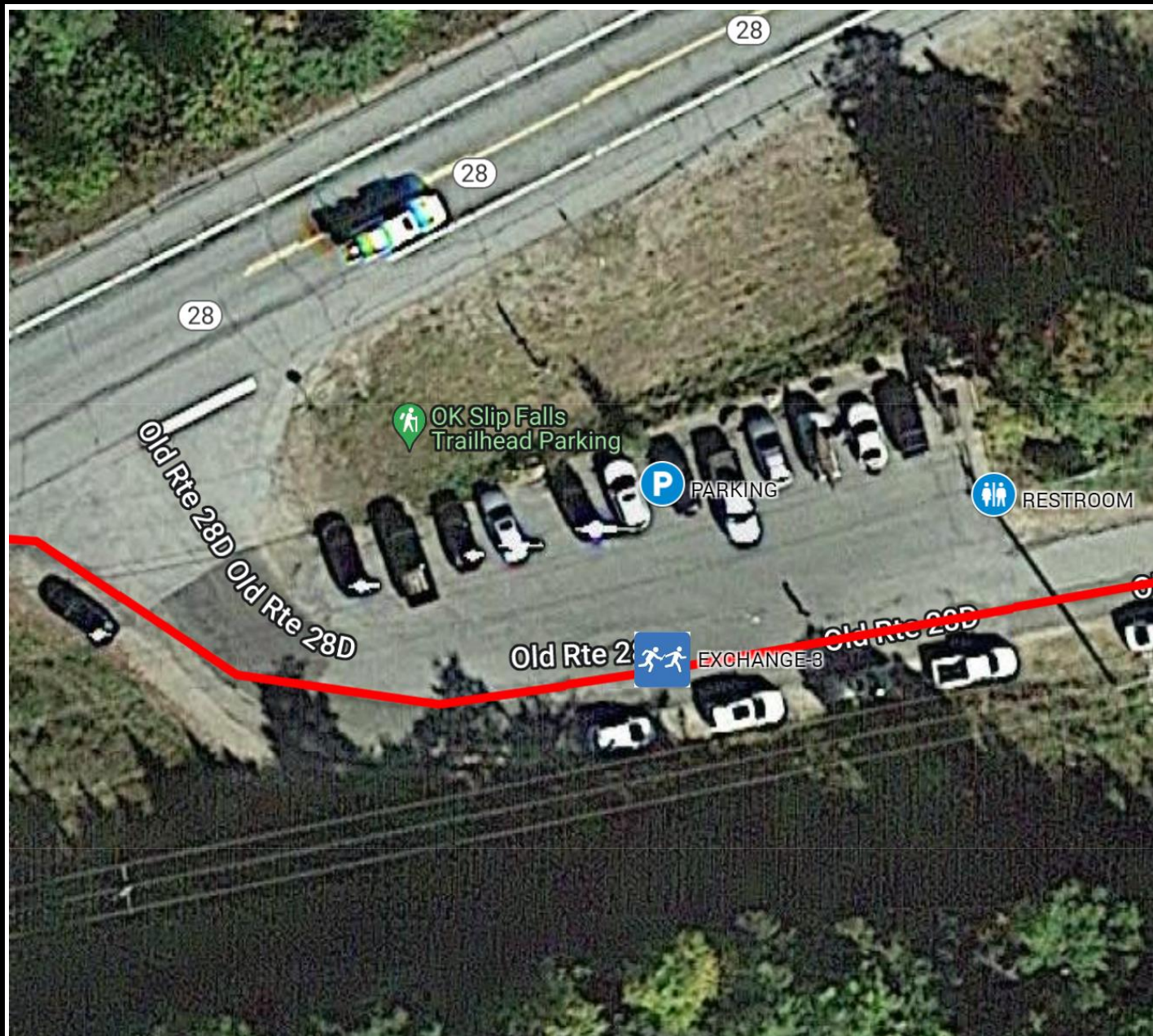
P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	2	Adirondack Adventures
ADDRESS	4659 NY 28, North River, NY 12856	
GPS COORDINATES	43.744019, -74.058096	
PARKING	SCENIC PULL OFF PARKING	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	EXCHANGE ON SIDEWALK INFRONT OF ADK ADVENTURE	
EXCHANGE OPEN	8/7/26 11:00 AM	
EXCHANGE CLOSE	8/7/26 2:45 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	8/7/26 11:45 AM	
EXCHANGE CLOSE	8/7/26 3:15 PM	



P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	4	Indian Lake Central School District
ADDRESS	6345 NYS Route 30, Indian Lake, NY 12842	
GPS COORDINATES	43.782718, -74.271291	
PARKING	SCHOOL WEST PARKING LOT	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	EXCHANGE ON SIDEWALK INFRONT OF SCHOOL	
EXCHANGE OPEN	8/7/26 1:15 PM	
EXCHANGE CLOSE	8/7/26 4:15 PM	



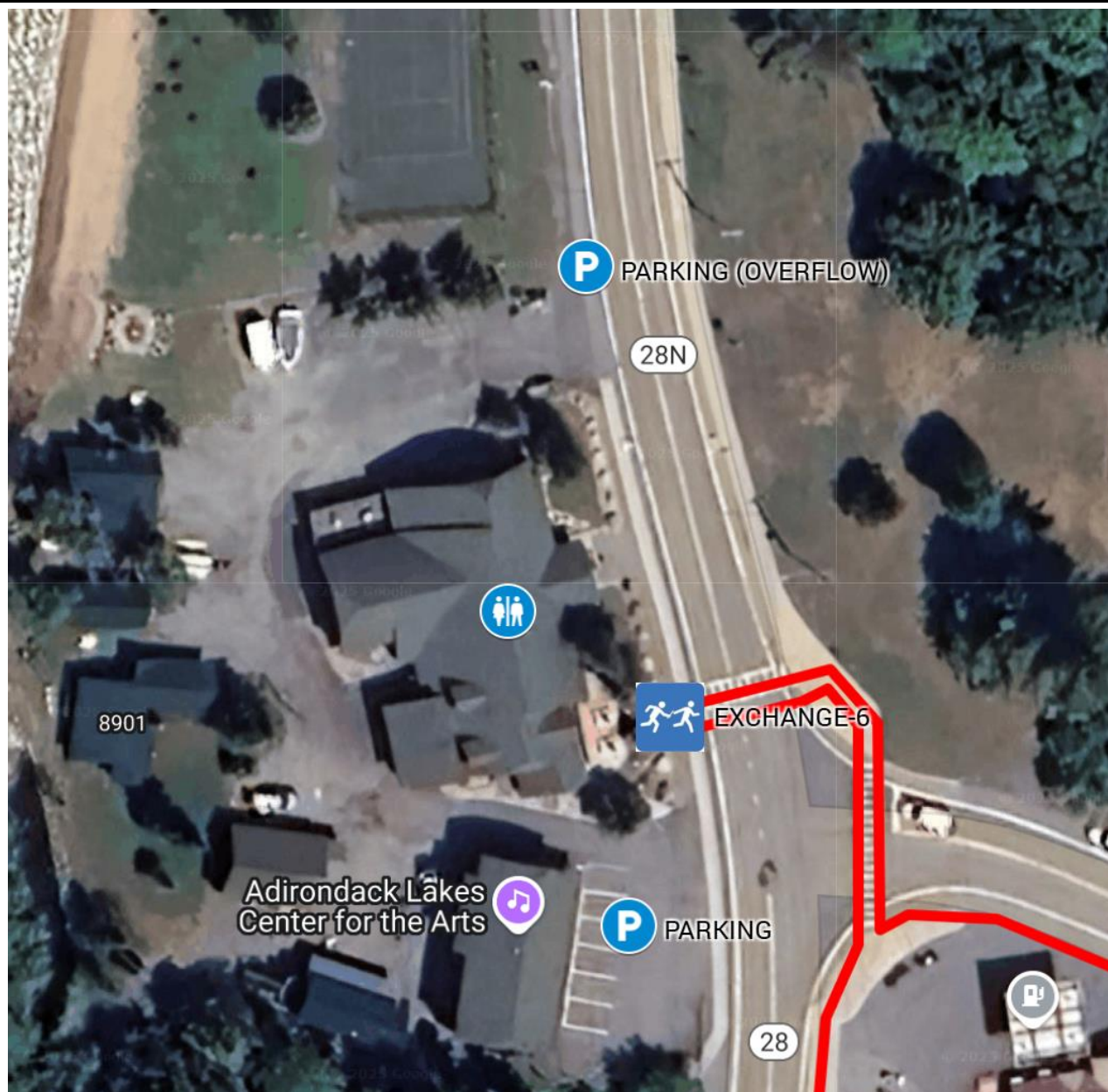
P2B ADK RELAY — EXCHANGE OVERVIEW

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	8/7/26 2:30 PM	
EXCHANGE CLOSE	8/7/26 5:30 PM	



P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	6	Hex & Hop Taproom / ADK Arts
ADDRESS	8897 NY-30, Blue Mountain Lake, NY 12812	
GPS COORDINATES	43.857183, -74.431203	
PARKING	TAPROOM PARKING & ALONG SHOULDER OF ROAD	
RESTROOMS	FACILITY RESTROOMS (BEHIND GAS STATION)	
EX TRANSITION	EXCHANGE AT CROSSWALK INFRONT OF STRONG ROPE	
EXCHANGE OPEN	8/7/26 2:45 PM	
EXCHANGE CLOSE	8/7/26 5:45 PM	



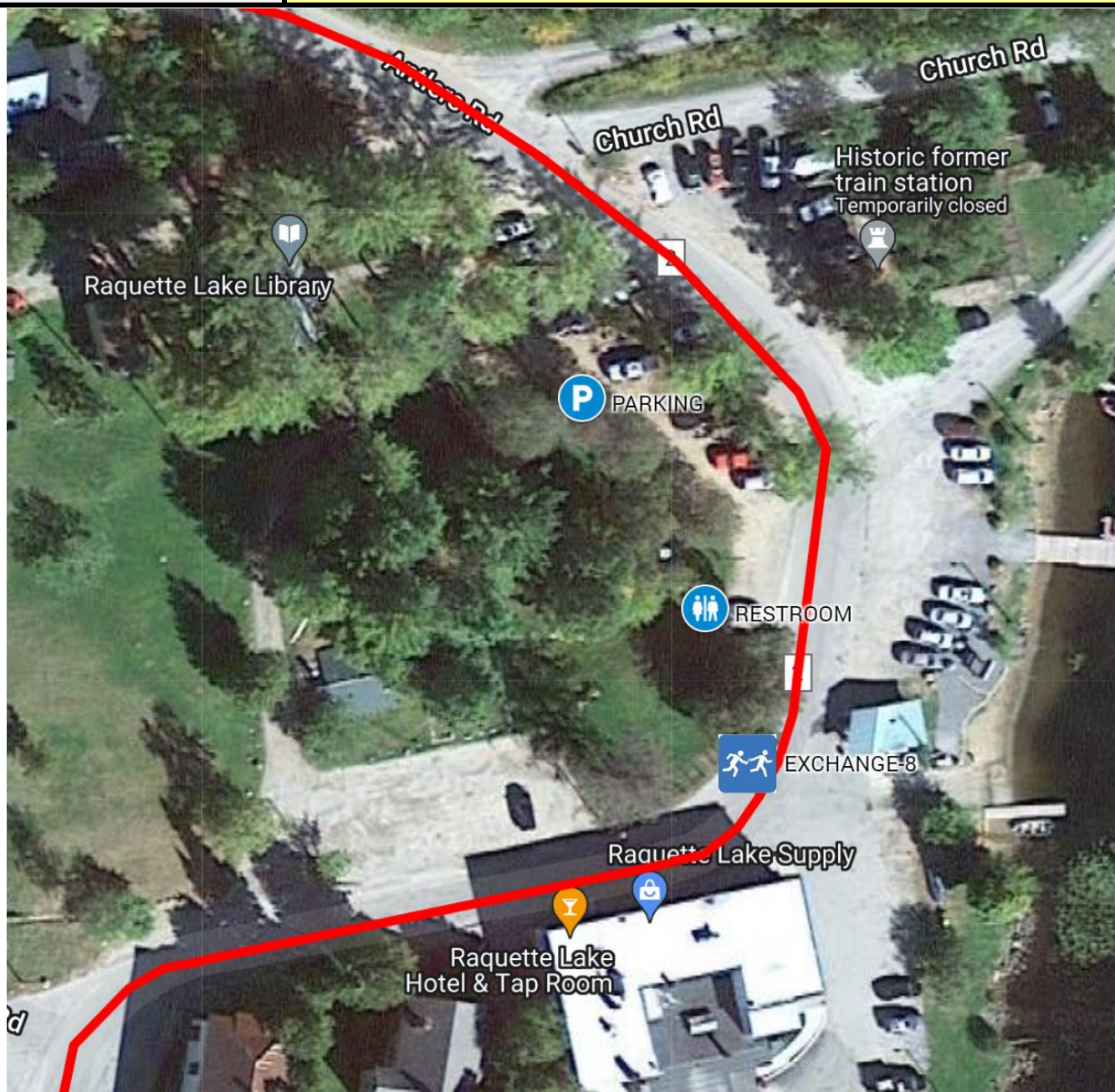
P2B ADK RELAY — EXCHANGE OVERVIEW

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 (BY MARINA BUILDING)	
EX TRANSITION	SHOULDER OF ROAD INFRONT OF MARINA	
EXCHANGE OPEN	8/7/26 4:30 PM	
EXCHANGE CLOSE	8/7/26 7:15 PM	



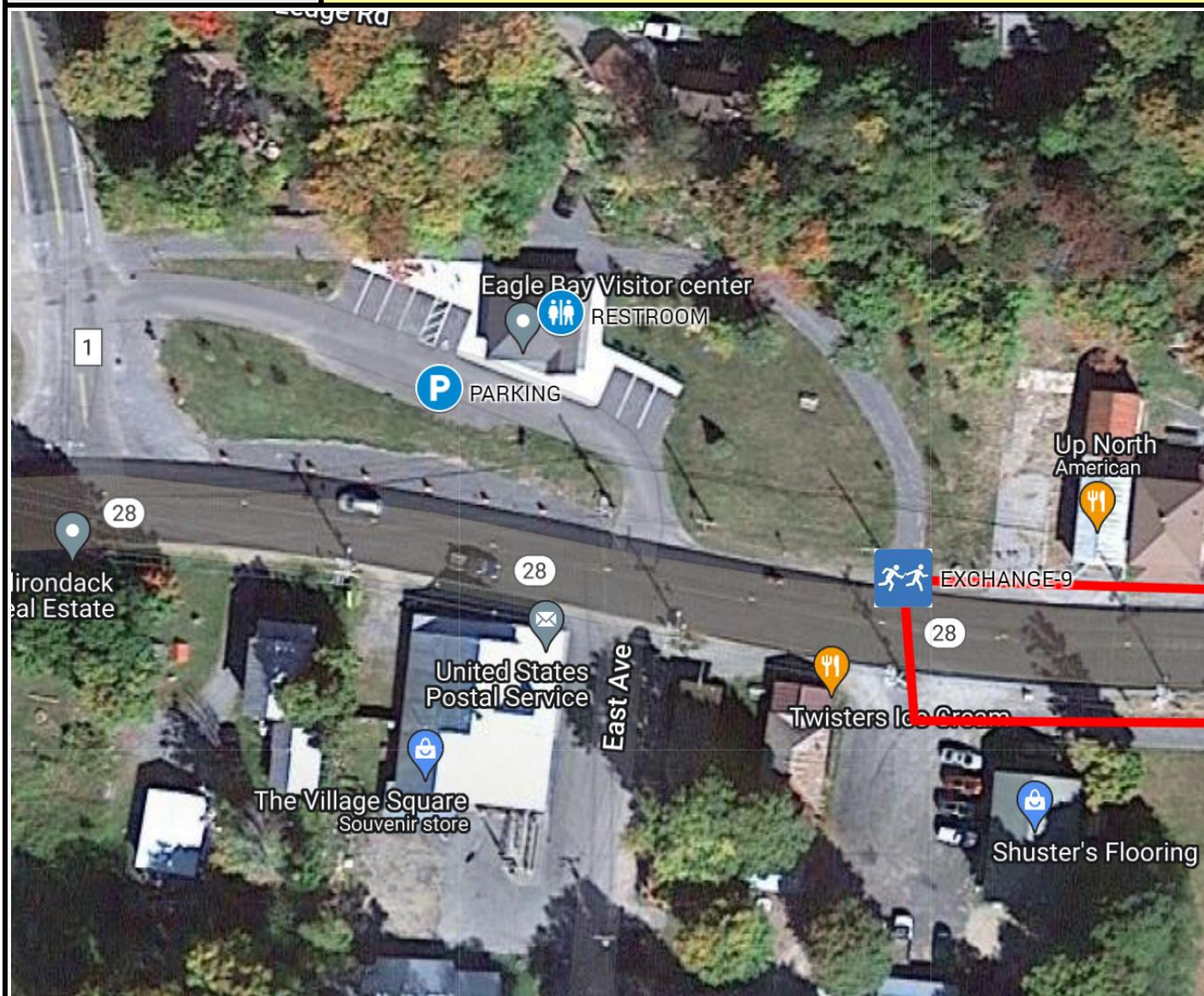
P2B ADK RELAY — EXCHANGE OVERVIEW

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 (LOCATED IN TOWN CENTER)	
EX TRANSITION	SHOULDER OF ROAD ACROSS POST OFFICE	
EXCHANGE OPEN	8/7/26 5:00 PM	
EXCHANGE CLOSE	8/7/26 7:30 PM	



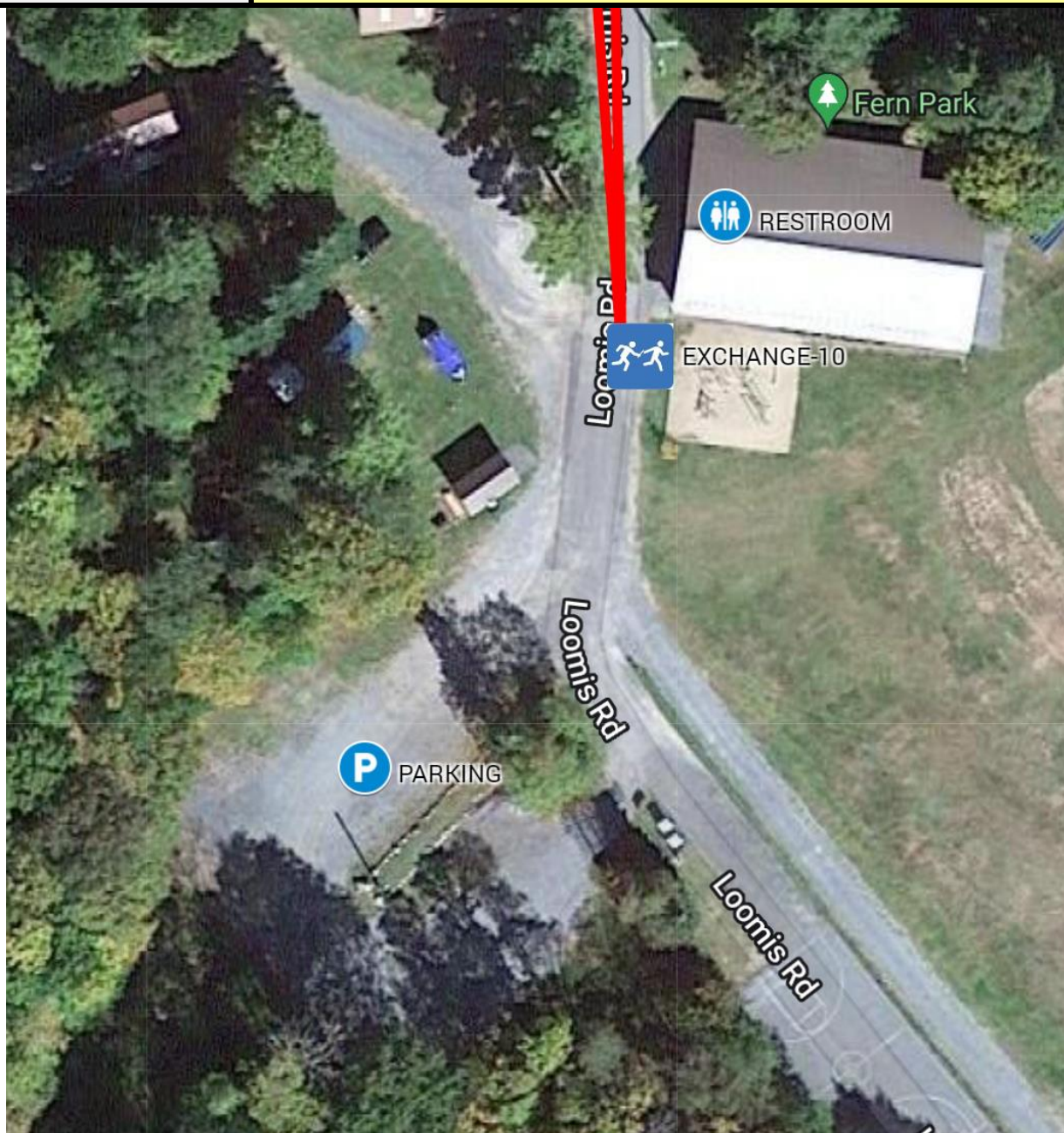
P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	9	Eagle Bay Vistor Office
ADDRESS	5547 NY-28, Old Forge, NY 13420	
GPS COORDINATES	43.768847, -74.815248	
PARKING	VISITOR CENTER PARKING LOT	
RESTROOMS	FACILITY RESTROOMS (INSIDE VISITOR CENTER)	
EX TRANSITION	AT SIDEWALK CROSSING INFRONT OF VISITOR CENTER	
EXCHANGE OPEN	8/7/26 6:30 PM	
EXCHANGE CLOSE	8/7/26 9:30 PM	



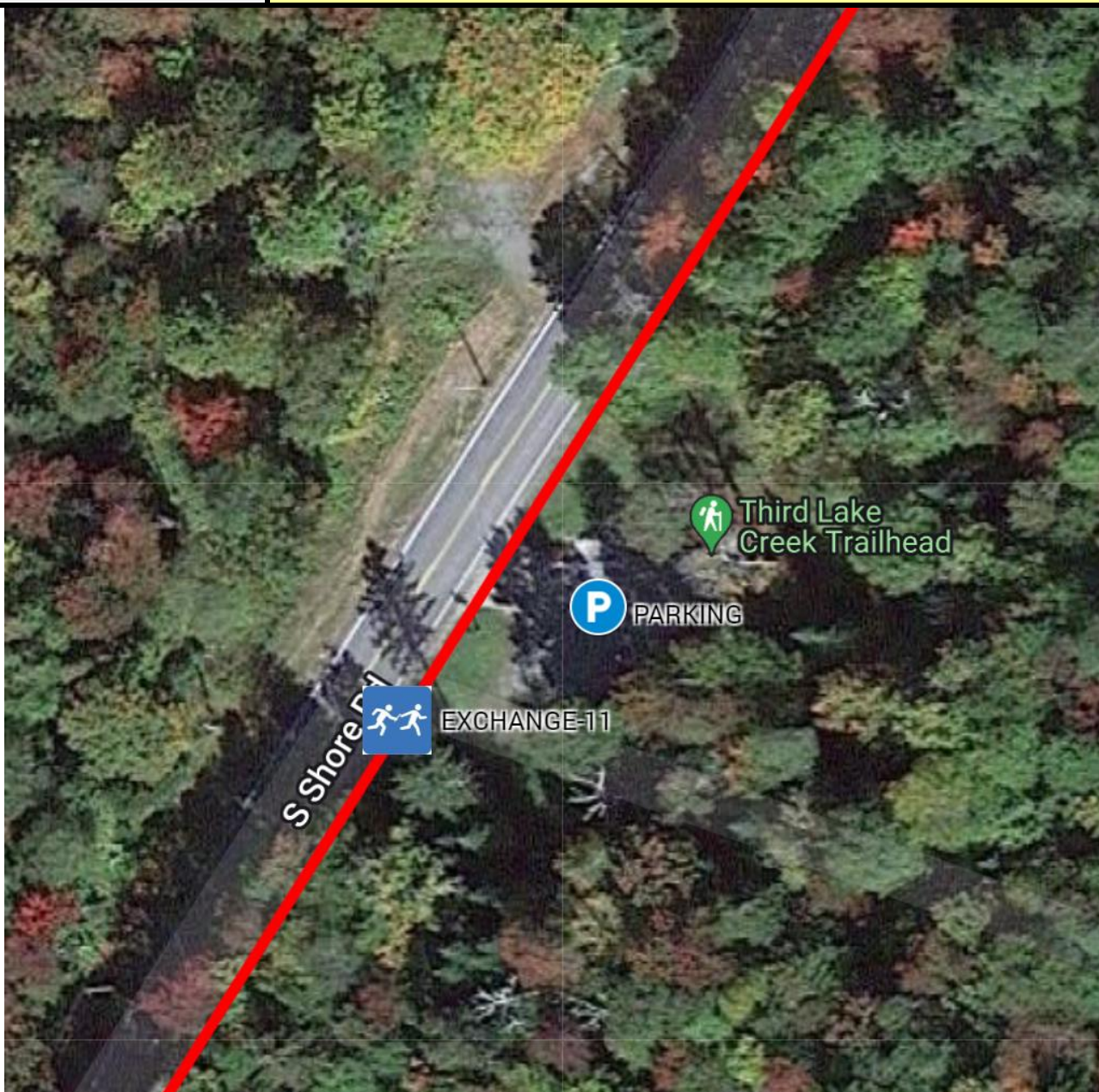
P2B ADK RELAY — EXCHANGE OVERVIEW

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 (INSIDE PARK BUILDING)	
EX TRANSITION	INFRONT OF PARK BUILDING	
EXCHANGE OPEN	8/7/26 6:45 PM	
EXCHANGE CLOSE	8/7/26 10:00 PM	



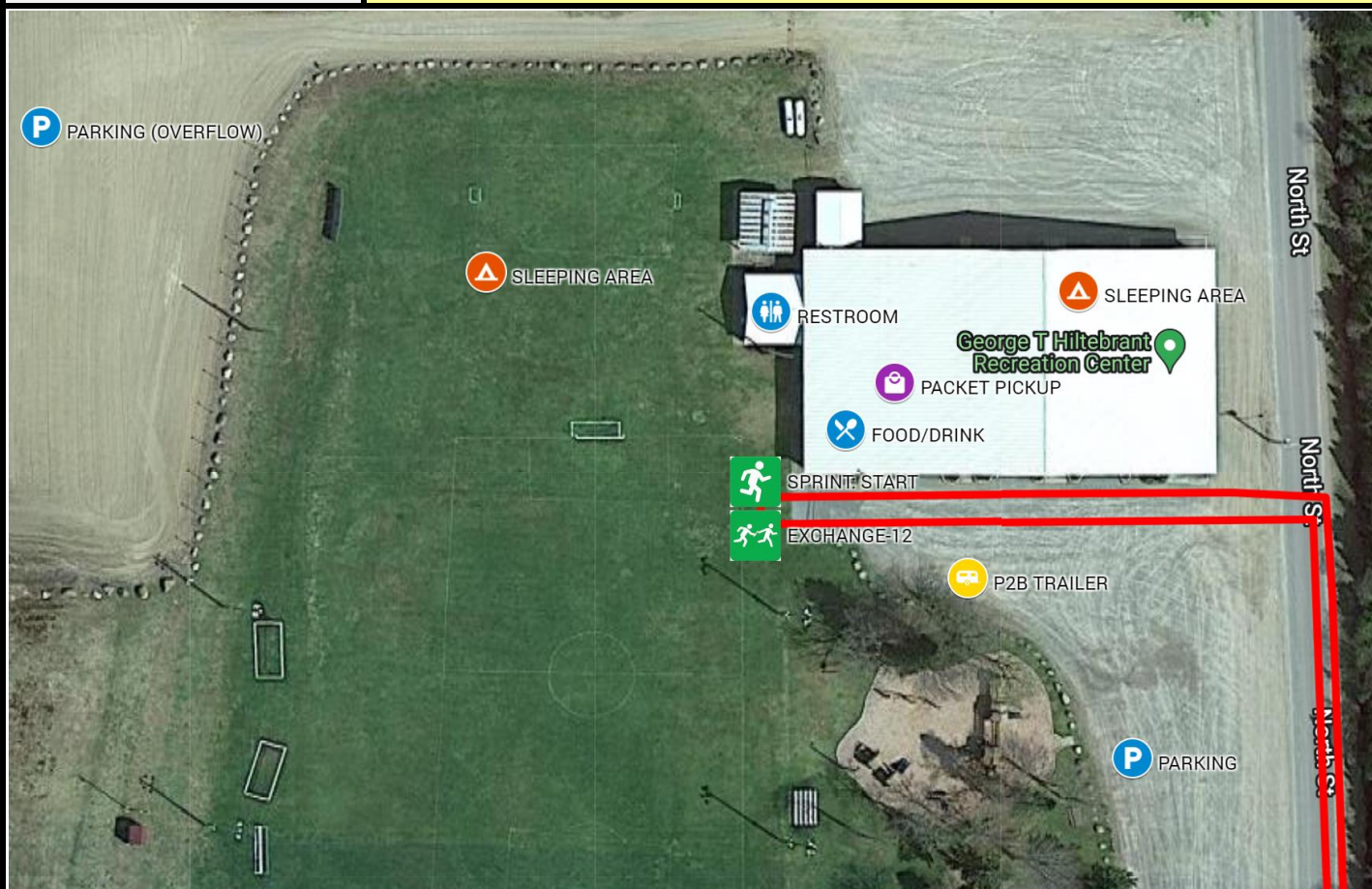
P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	11	Third Lake Creek Trailhead
ADDRESS	S Shore Rd, Old Forge, NY 13420	
GPS COORDINATES	43.726339, -74.887069	
PARKING	TRAILHEAD PARKING & SIDE OF S SHORE RD	
RESTROOMS	NONE (PLAN ACCORDINGLY)	
EX TRANSITION	INFRONT OF PARKING LOT ON SHOULDER OF ROAD	
EXCHANGE OPEN	8/7/26 7:15 PM	
EXCHANGE CLOSE	8/7/26 11:00 PM	



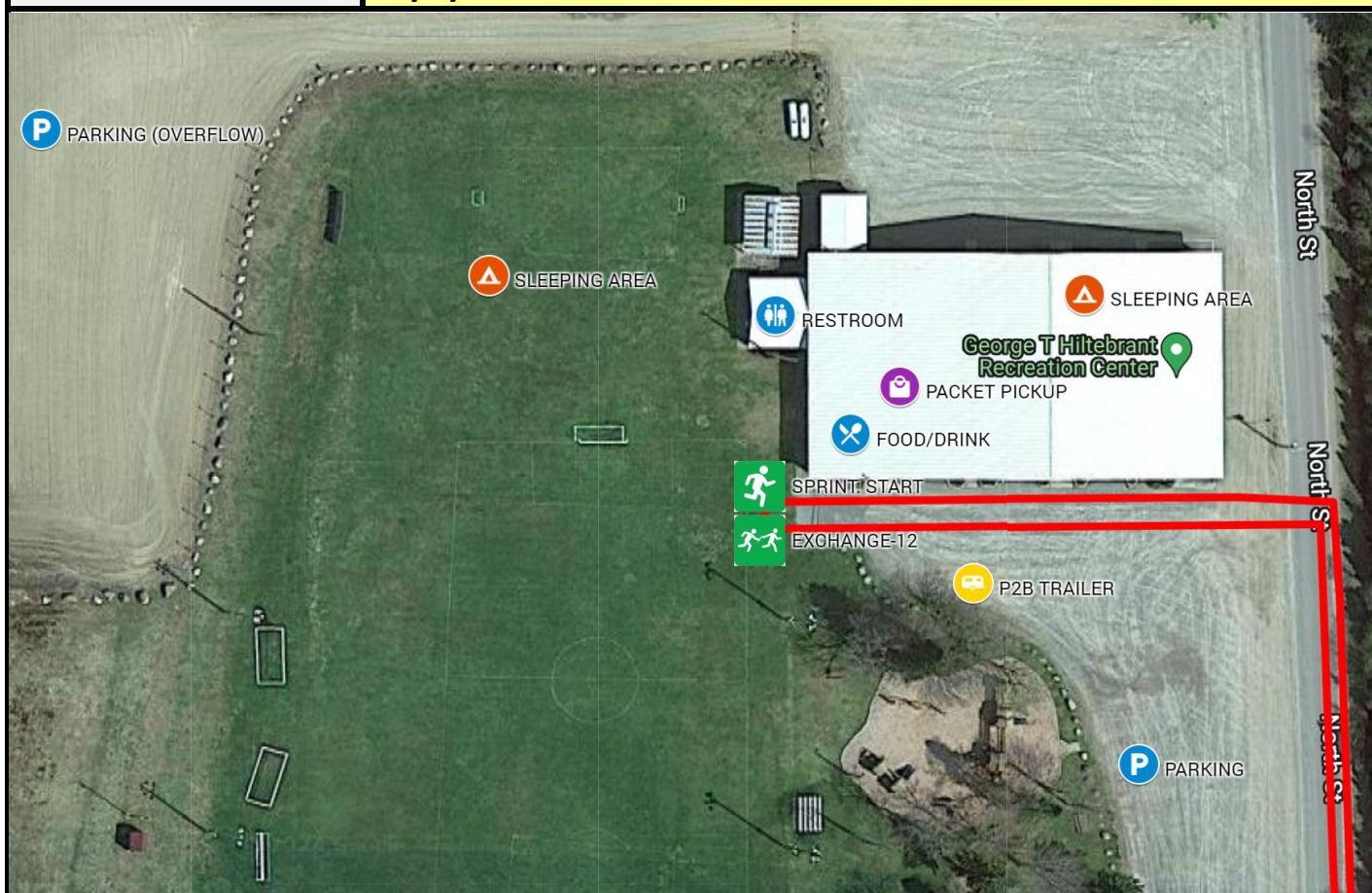
P2B ADK RELAY — EXCHANGE OVERVIEW

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 (INSIDE REC CENTER)	
EX TRANSITION	START ARCH IN NORTH FIELD, INFO INSIDE REC CENTER	
EXCHANGE OPEN	8/7/26 8:00 PM	
EXCHANGE CLOSE	8/8/26 8:00 AM	



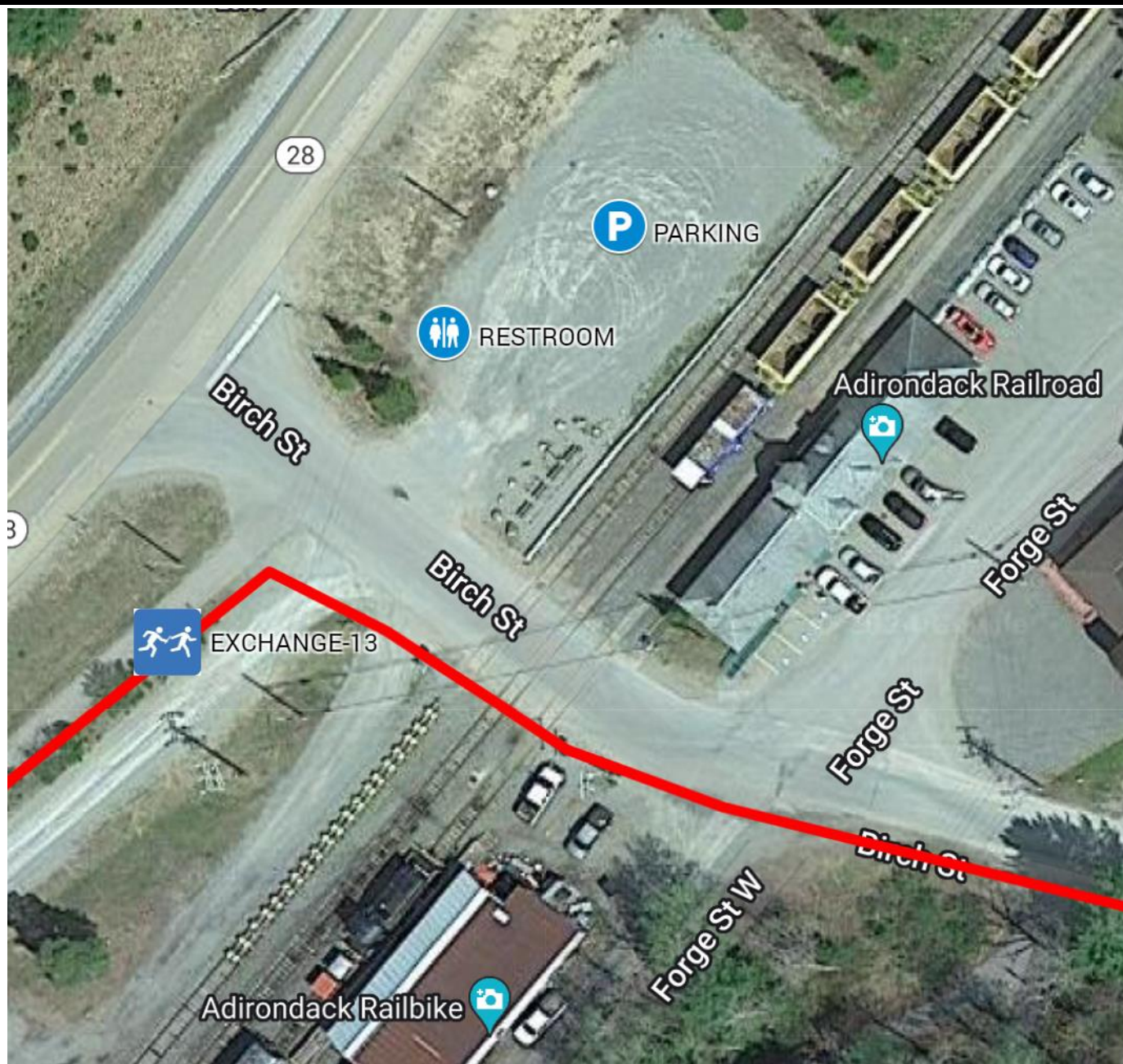
P2B ADK RELAY — EXCHANGE OVERVIEW

SPRINT START	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 (INSIDE REC CENTER)
EX TRANSITION	START ARCH IN NORTH FIELD, INFO INSIDE REC CENTER
EXCHANGE OPEN	8/8/26 5:00 AM
EXCHANGE CLOSE	8/8/26 8:00 AM



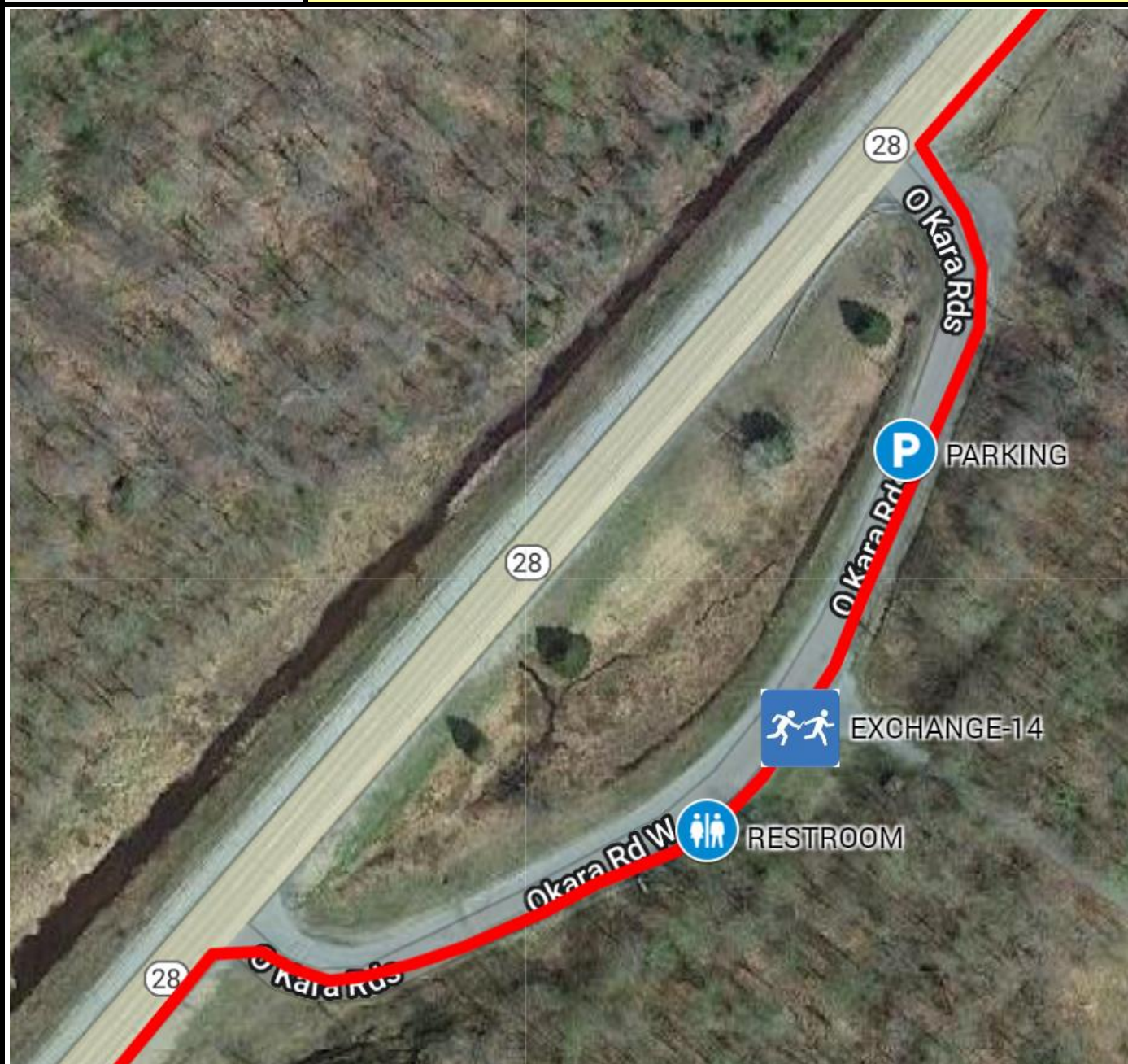
P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	13	Adirondack Scenic Railroad Thendara Station
ADDRESS	2568 NY-28, Thendara, NY 13472	
GPS COORDINATES	43.698797, -75.006098	
PARKING	TRAIN STATION PARKING LOT	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	TOBY TRAIL INFRONT OF TRAIN STATION	
EXCHANGE OPEN	8/8/26 6:00 AM	
EXCHANGE CLOSE	8/8/26 8:45 AM	



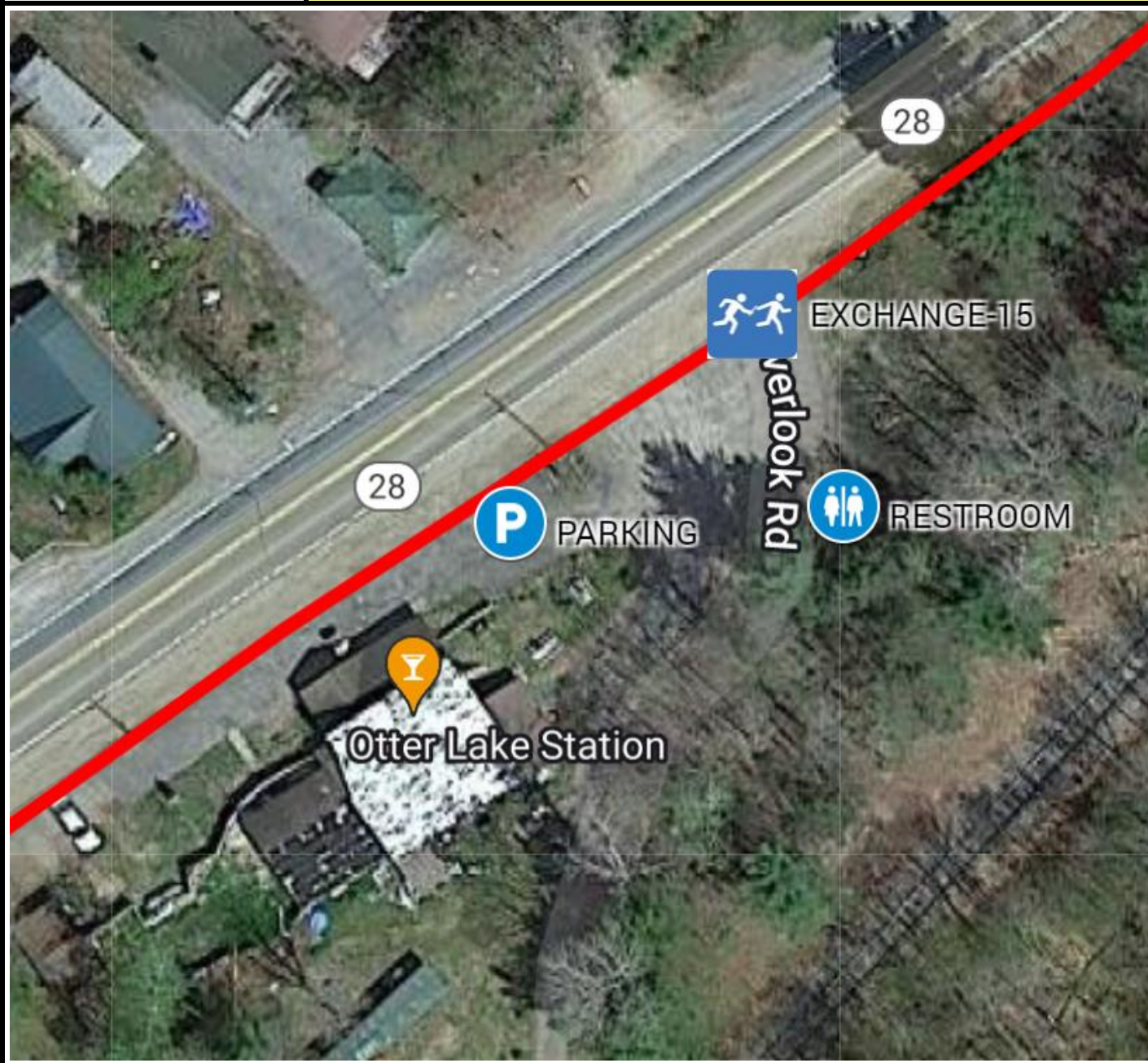
P2B ADK RELAY — EXCHANGE OVERVIEW

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	8/8/26 6:30 AM	
EXCHANGE CLOSE	8/8/26 9:00 AM	



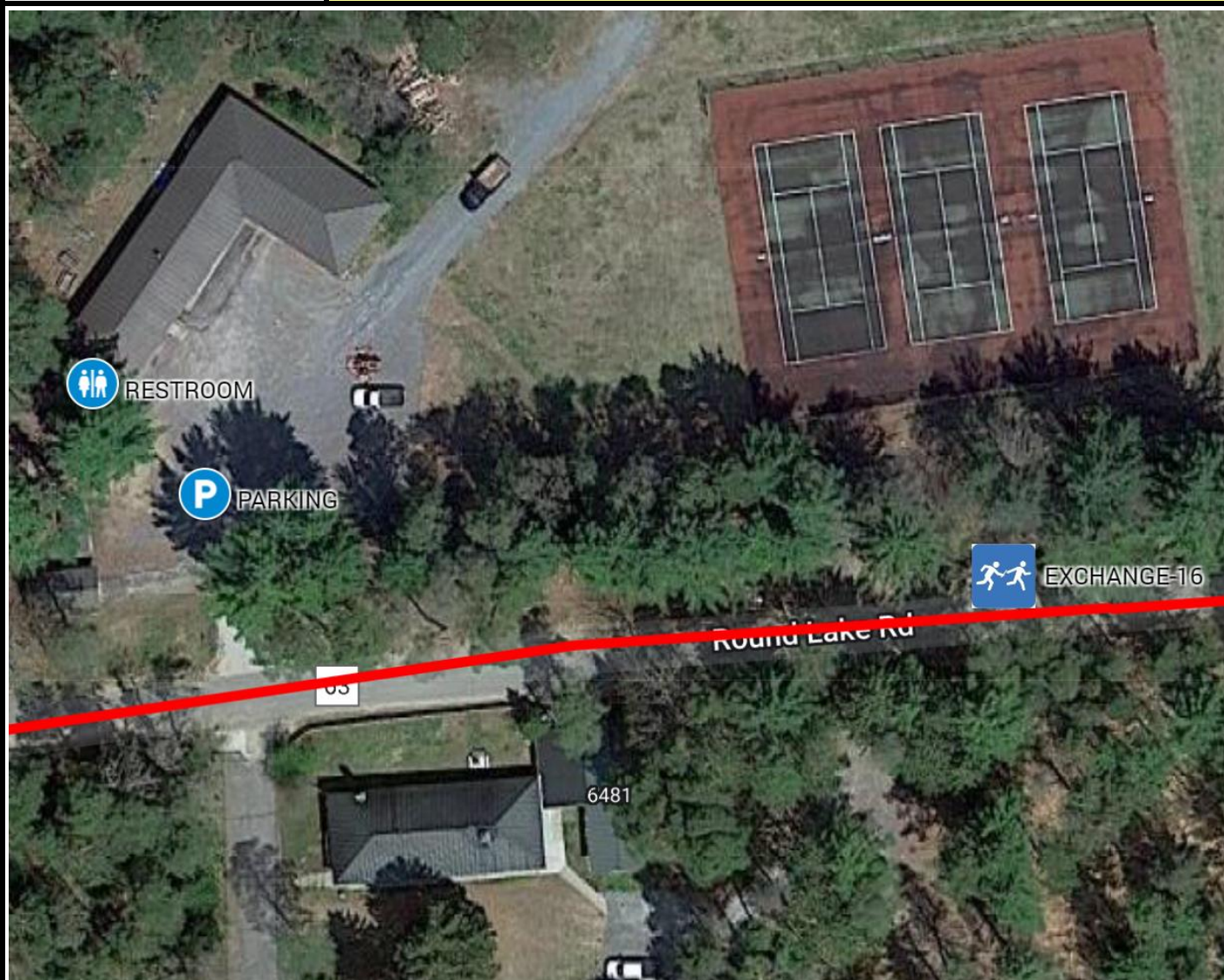
P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	15	Otter Lake Station
ADDRESS	13870 NY-28, Forestport, NY 13338	
GPS COORDINATES	43.587244, -75.115662	
PARKING	FIRE DEPT PARKING LOT	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	SHOULDER OF ROAD INFROM OF FIRE DEPT	
EXCHANGE OPEN	8/8/26 7:45 AM	
EXCHANGE CLOSE	8/8/26 10:15 AM	



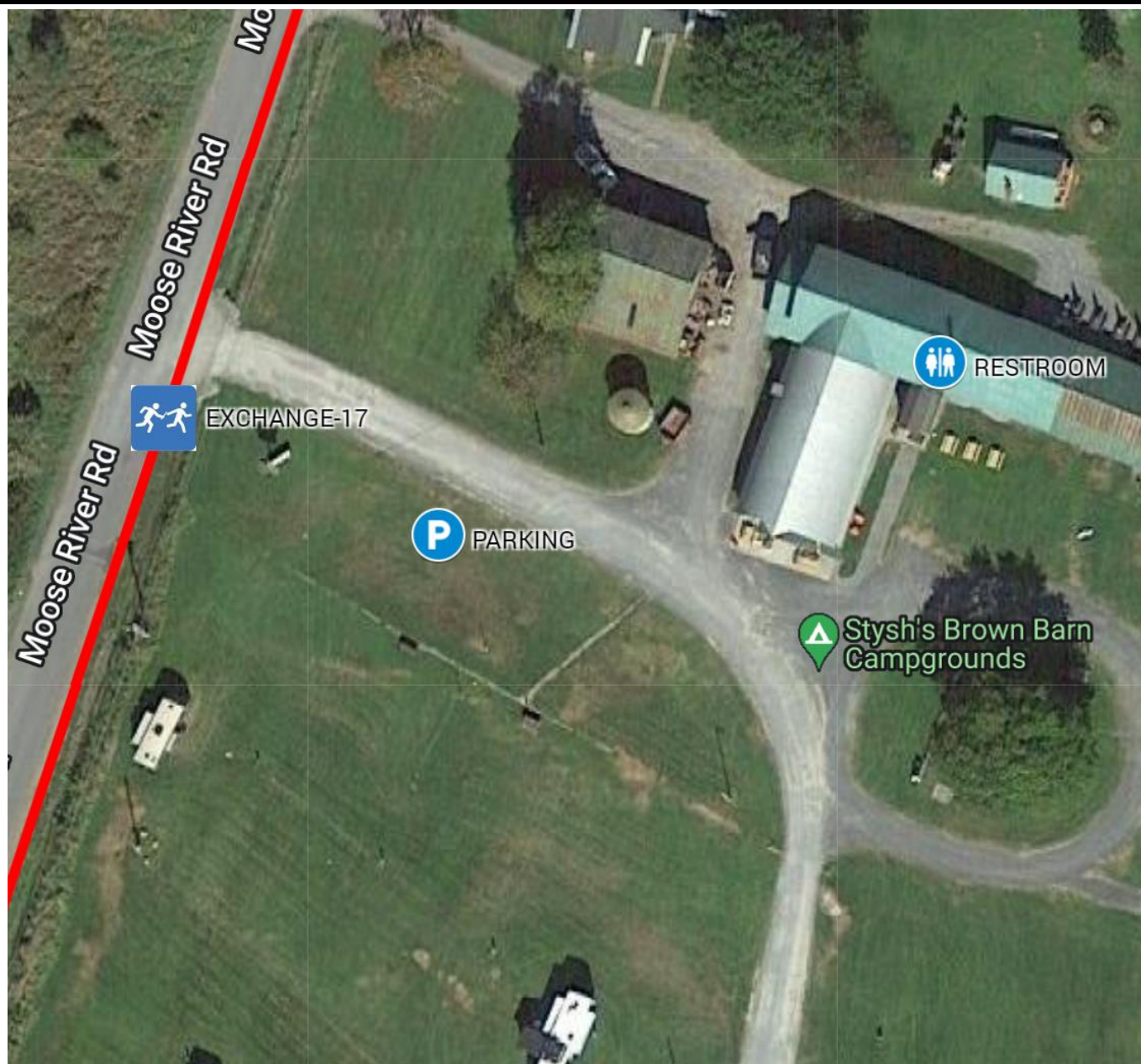
P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	16	Camp Turk
ADDRESS	6461 Round Lake Rd, Woodgate, NY 13494	
GPS COORDINATES	43.535667, -75.179660	
PARKING	CAMP TURK PARKING LOT & SHOULDER OF ROAD	
RESTROOMS	FACILITY RESTROOMS (BY MAIN PARKING AREA)	
EX TRANSITION	SHOULDER OF ROAD BY CAMP TURK ENTRANCE	
EXCHANGE OPEN	8/8/26 9:00 AM	
EXCHANGE CLOSE	8/8/26 11:15 AM	



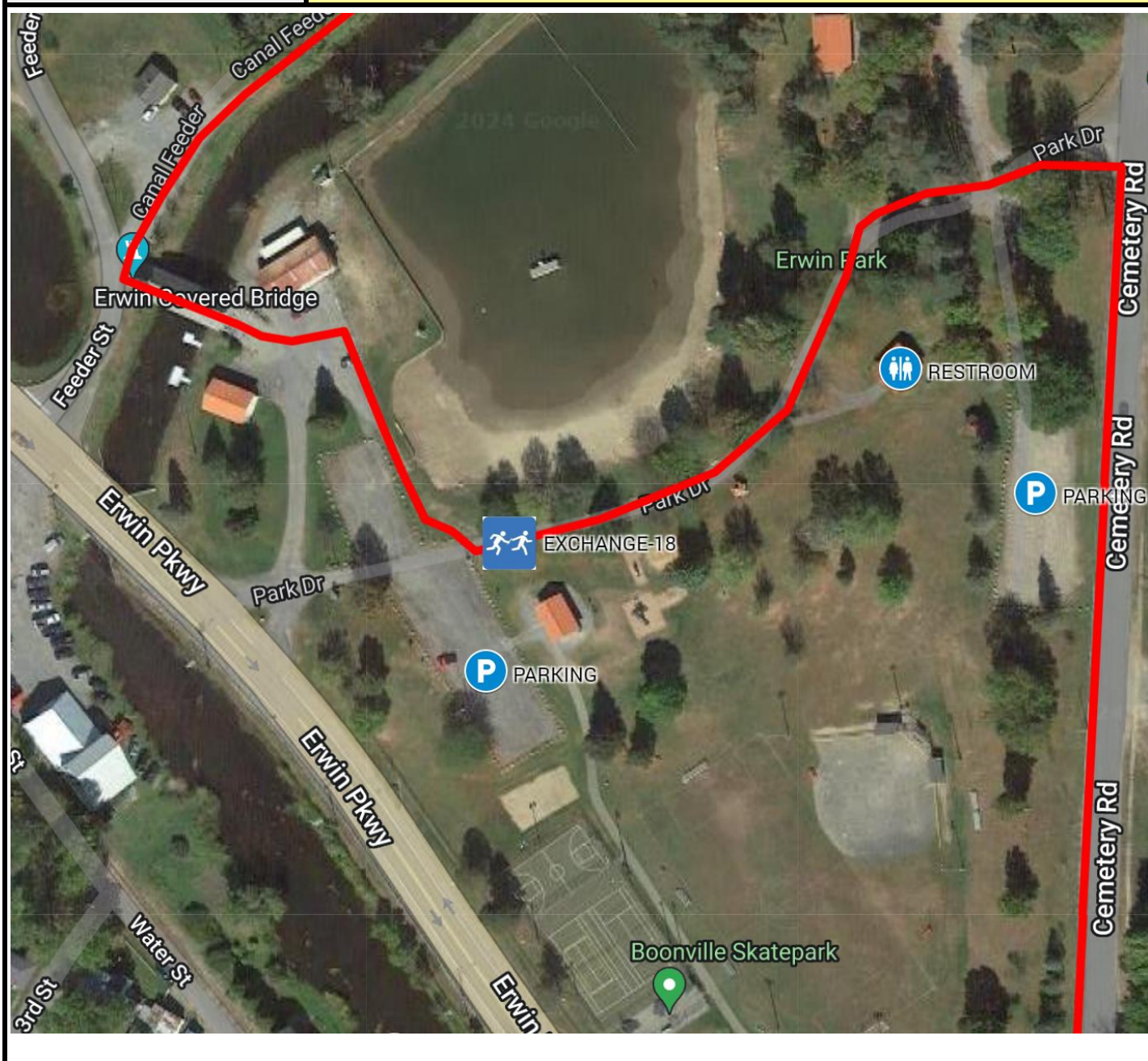
P2B ADK RELAY — EXCHANGE OVERVIEW

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 (INSIDE STYSH'S BARN)	
EX TRANSITION	SHOULDER OF ROAD ACROSS STYSH'S	
EXCHANGE OPEN	8/8/26 10:15 AM	
EXCHANGE CLOSE	8/8/26 12:30 PM	



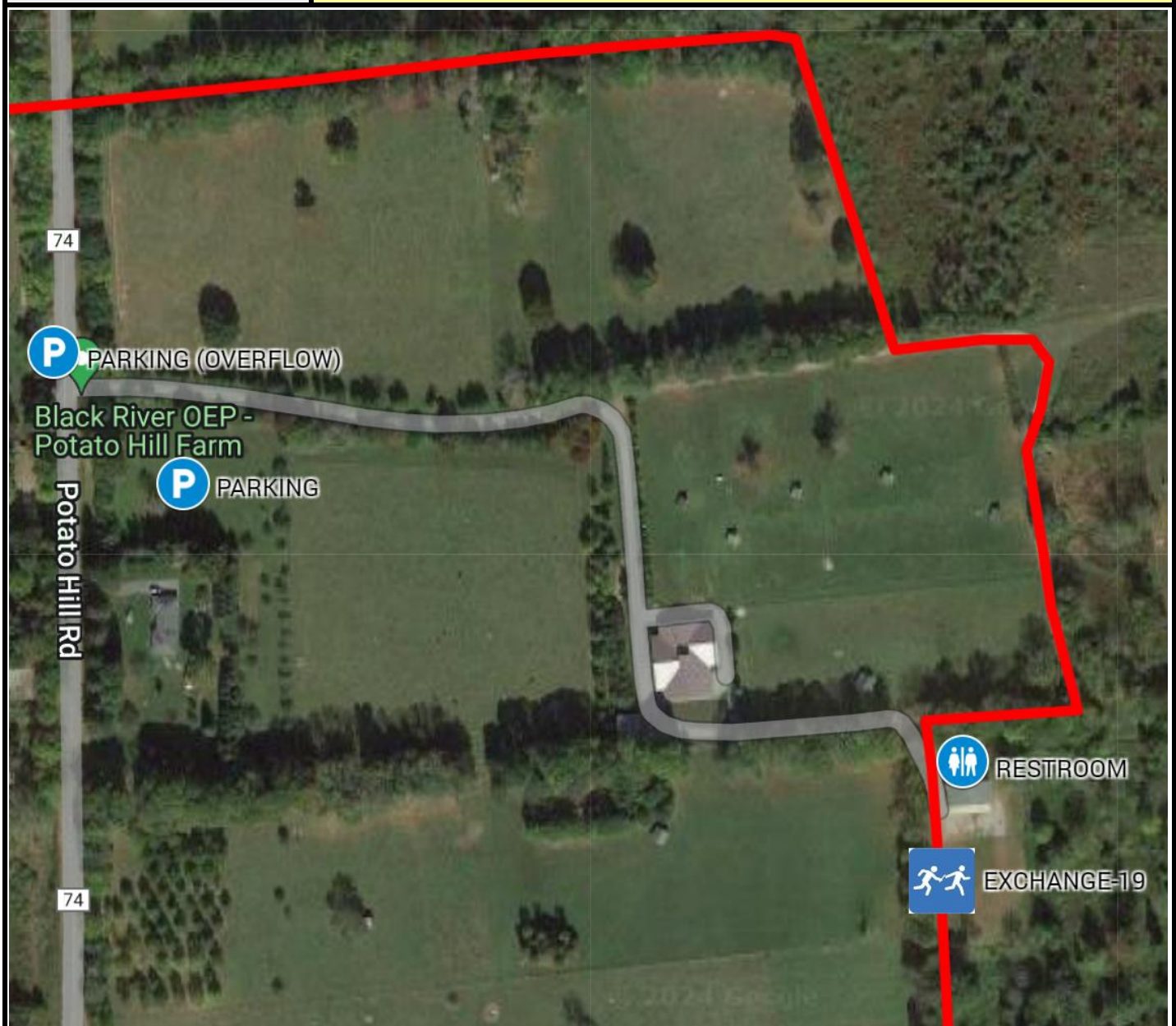
P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	18	Erwin Park Lower Pavilion
ADDRESS	13354 NY-12, Boonville, NY 13309	
GPS COORDINATES	43.483756, -75.326092	
PARKING	UPPER PAVILLION DIRT PARKING LOT	
RESTROOMS	FACILITY RESTROOMS (PARK RESTROOMS)	
EX TRANSITION	INFRONT OF UPPER PAVILLION ON TRAIL	
EXCHANGE OPEN	8/8/26 10:45 AM	
EXCHANGE CLOSE	8/8/26 1:00 PM	



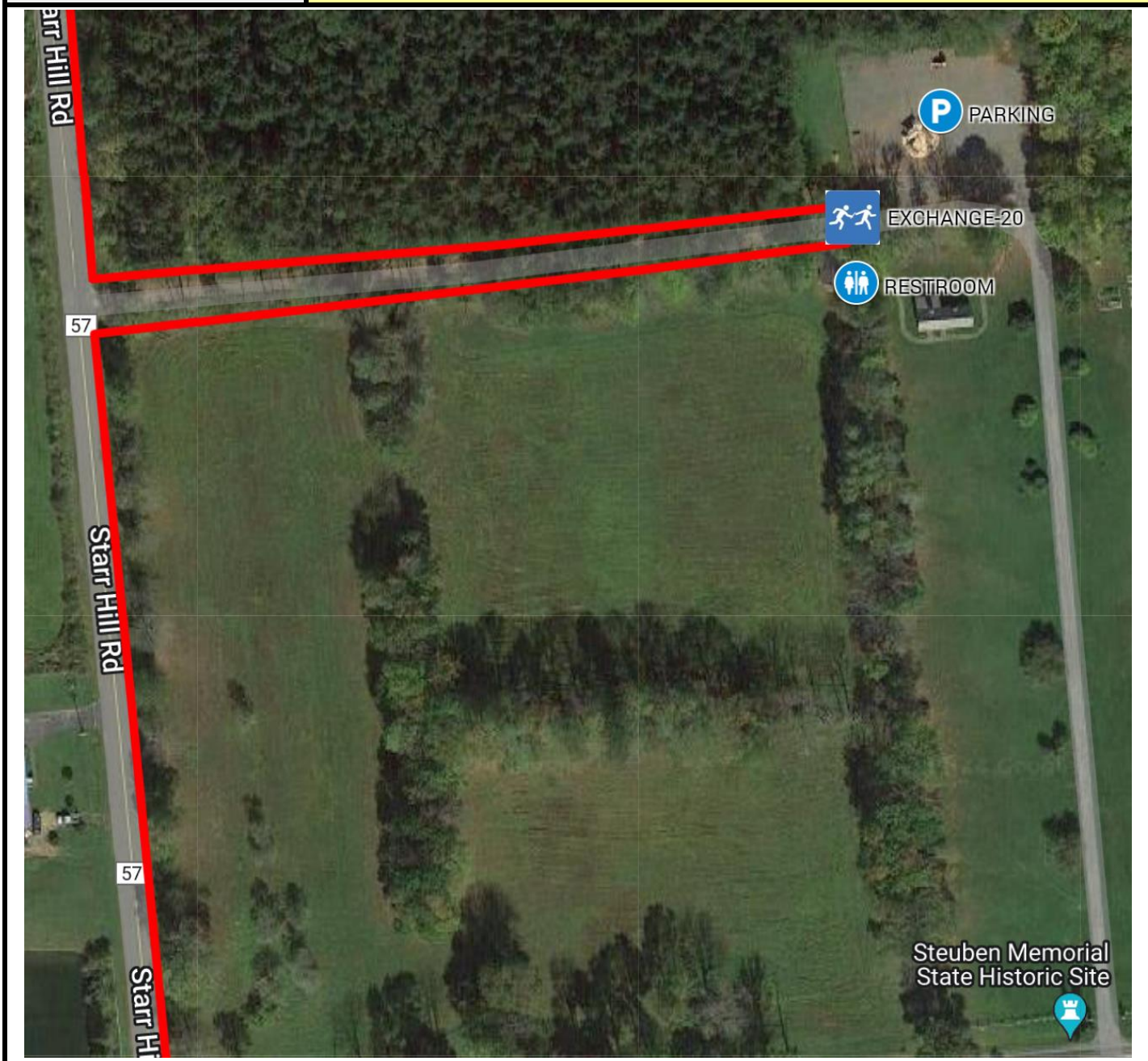
P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	19	Potato Hill Farm
ADDRESS	11904 Potato Hill Rd, Boonville, NY 13309	
GPS COORDINATES	43.437666, -75.298463	
PARKING	DIRT PARKING LOT & ALONG SIDE OF ROAD (OVERFLOW)	
RESTROOMS	FACILITY RESTROOMS (BY EXCHANGE AREA)	
EX TRANSITION	ON TRAIL BY RESTROOMS	
EXCHANGE OPEN	8/8/26 11:00 AM	
EXCHANGE CLOSE	8/8/26 1:45 PM	



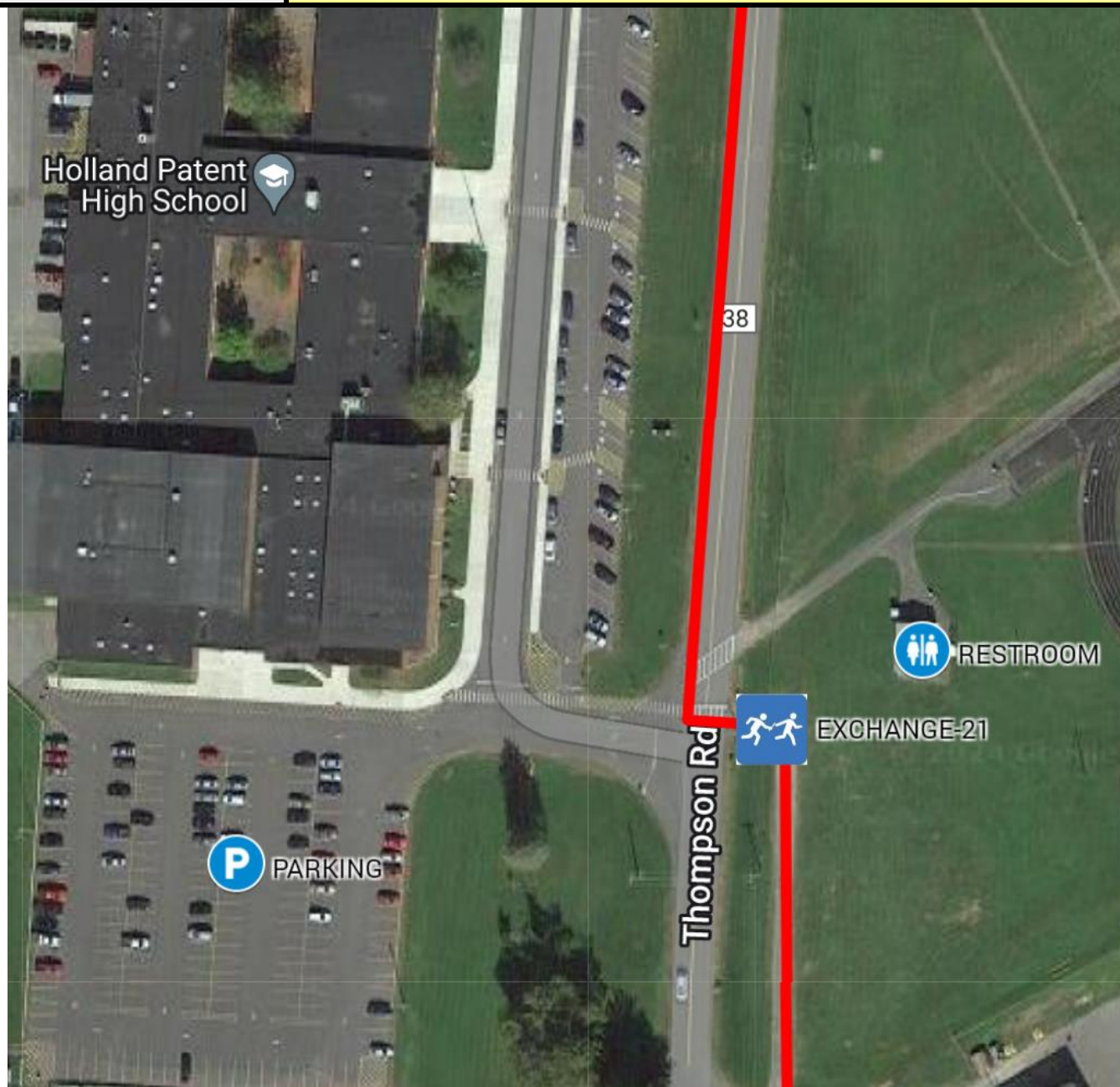
P2B ADK RELAY — EXCHANGE OVERVIEW

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 (BY EXCHANGE AREA)	
EX TRANSITION	ON TRAIL BY PARKING LOT	
EXCHANGE OPEN	8/8/26 12:00 PM	
EXCHANGE CLOSE	8/8/26 3:45 PM	



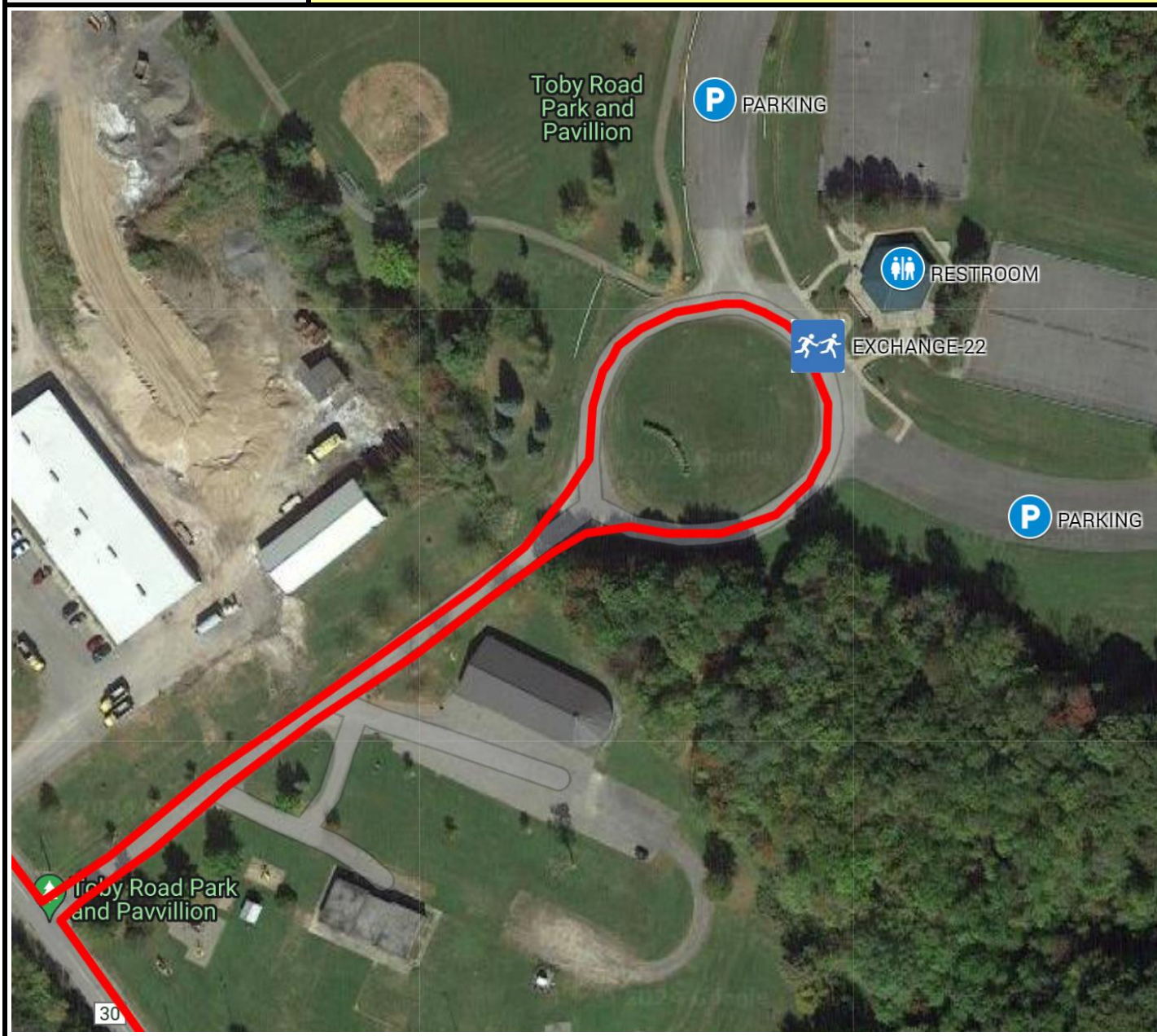
P2B ADK RELAY — EXCHANGE OVERVIEW

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 (BY TRACK)	
EX TRANSITION	ON SIDEWALK BY TRACK	
EXCHANGE OPEN	8/8/26 12:45 PM	
EXCHANGE CLOSE	8/8/26 5:00 PM	



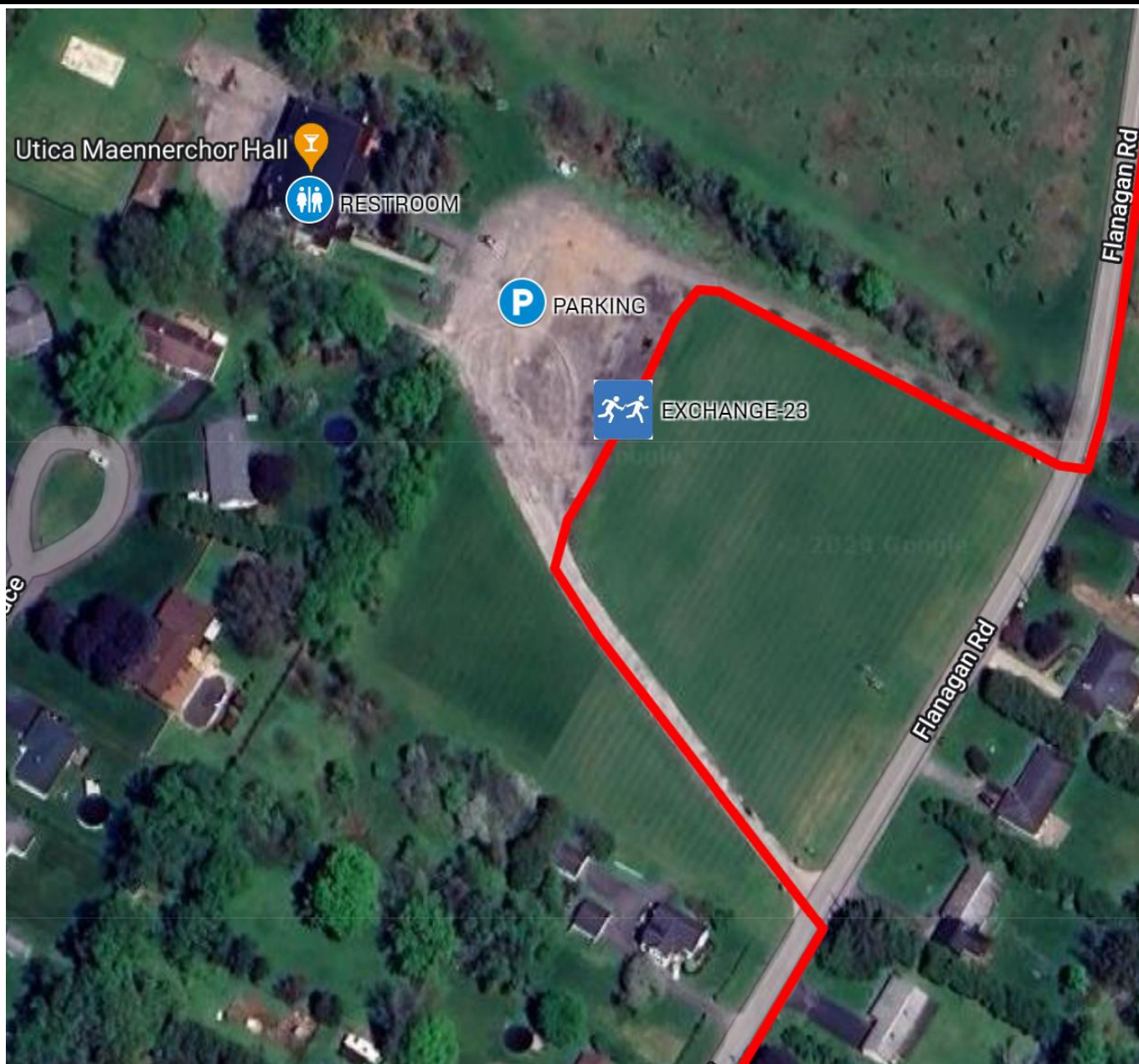
P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	22	Toby Park & Pavilion
ADDRESS	9499 Toby Rd, Marcy, NY 13403	
GPS COORDINATES	43.188103, -75.259232	
PARKING	NORTH PAVED PARKING LOTS	
RESTROOMS	FACILITY RESTROOMS (IN MAIN BUILDING)	
EX TRANSITION	ON ROUNDABOUT IN PARK	
EXCHANGE OPEN	8/8/26 1:15 PM	
EXCHANGE CLOSE	8/8/26 5:45 PM	



P2B ADK RELAY — EXCHANGE OVERVIEW

EX #	23	Utica Maennerchor Hall
ADDRESS	5535 Flanagan Rd, Marcy, NY 13403	
GPS COORDINATES	43.129619, -75.235052	
PARKING	MAIN PARKING LOT	
RESTROOMS	FACILITY RESTROOMS (OUTSIDE RESTROOMS)	
EX TRANSITION	PARKING LOT LOOP AROUND	
EXCHANGE OPEN	8/8/26 2:00 PM	
EXCHANGE CLOSE	8/8/26 6:45 PM	



P2B ADK RELAY — EXCHANGE OVERVIEW

FINISH	Saranac Brewery
ADDRESS	830 Varick St, Utica, NY 13502
GPS COORDINATES	43.103271, -75.244257
PARKING	MAIN BREWERY PARKING LOT (NORTH END)
RESTROOMS	FACILITY RESTROOMS (INSIDE BREWERY CENTER)
FINISH LINE	FINISH ON BEIRGARTEN LAWN
FINISH OPEN	8/8/26 2:30 PM
FINISH CLOSE	8/8/26 8:00 PM

