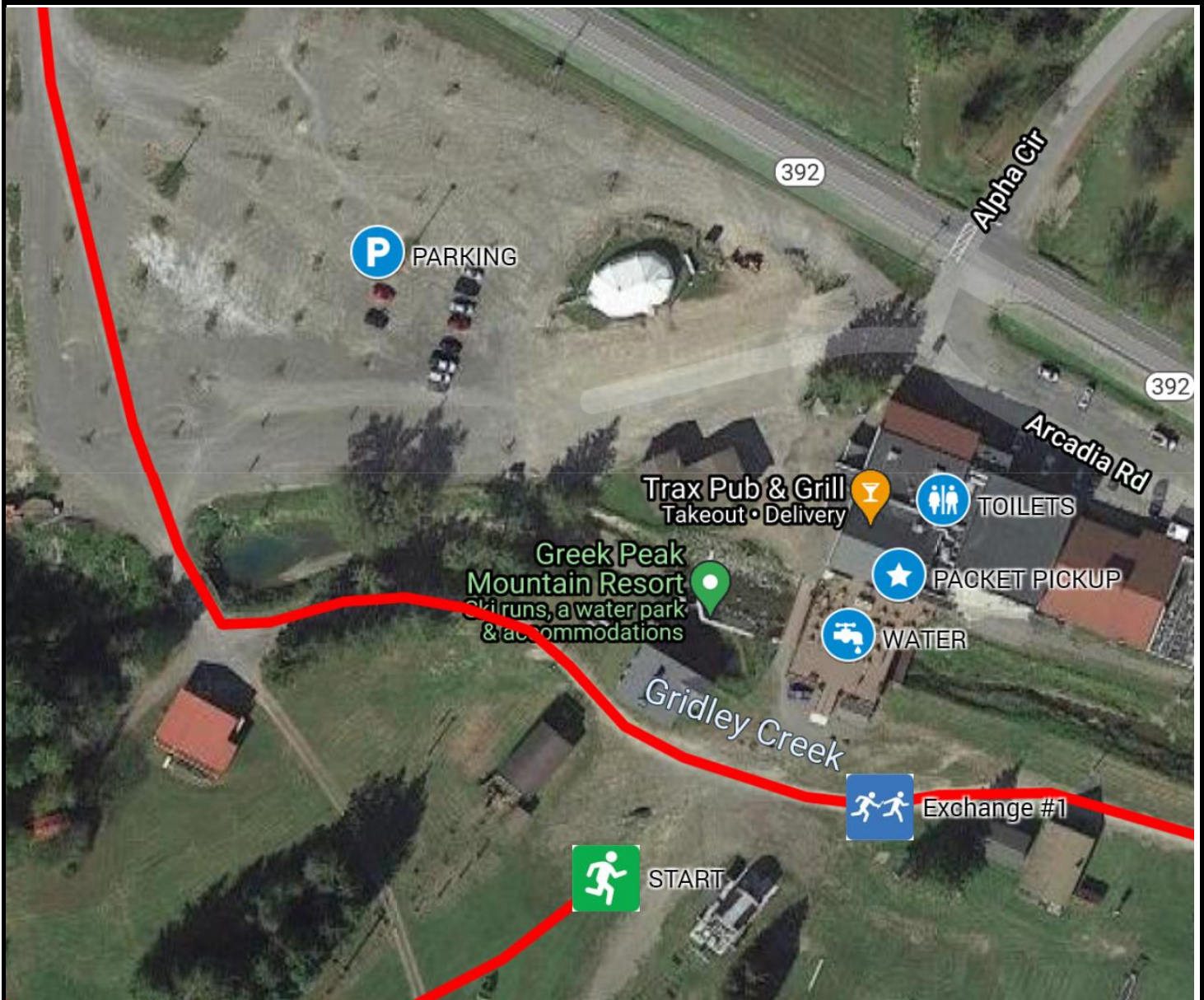


P2B FINGER LAKES (FLX) RELAY: RUNNER EXCHANGE TIMES

RACE DATE	DISTANCE (mi)	TEAM PACE (min/mi)	EXCHANGE TIME BUFFER (±hh:mm)	FINISH TIME BUFFER (±hh:mm)	DAYLIGHT (SUNRISE - SUNSET)
May 20, 2023	62	5:00-12:00	0:30	0:30	5:30AM - 8:30PM
Exchanges	Distance Between Exchanges	Exchange Time Windows (Estimated Runner Times)		Total Duration (All Teams) (hh:mm)	Notes
		Start Window	Finish Window		
Start (Greek Peak)	—	6:00 AM	8:30 AM	2:30	FIRST WAVE: 6:00AM LAST WAVE: 8:00AM
Exchange #1	3.3	6:00 AM	9:00 AM	3:00	
Exchange #2	5.1	7:00 AM	9:45 AM	2:45	
Exchange #3	4.2	7:30 AM	10:15 AM	2:45	
Exchange #4	3.5	8:15 AM	10:45 AM	2:30	
Exchange #5	3.1	8:45 AM	11:15 AM	2:30	
Exchange #6	7.4	10:00 AM	12:15 PM	2:15	
Exchange #7	5.9	11:00 AM	1:00 PM	2:00	
Exchange #8	5.2	11:30 AM	2:00 PM	2:30	
Exchange #9	4.3	12:00 PM	3:00 PM	3:00	
Exchange #10	6.5	12:45 PM	4:15 PM	3:30	
Exchange #11	8.2	1:45 PM	5:45 PM	4:00	
Finish (Heritage Hill Brewery)	5.2	2:30 PM	8:00 PM	5:30	COURSE CLOSES @ 8:00PM

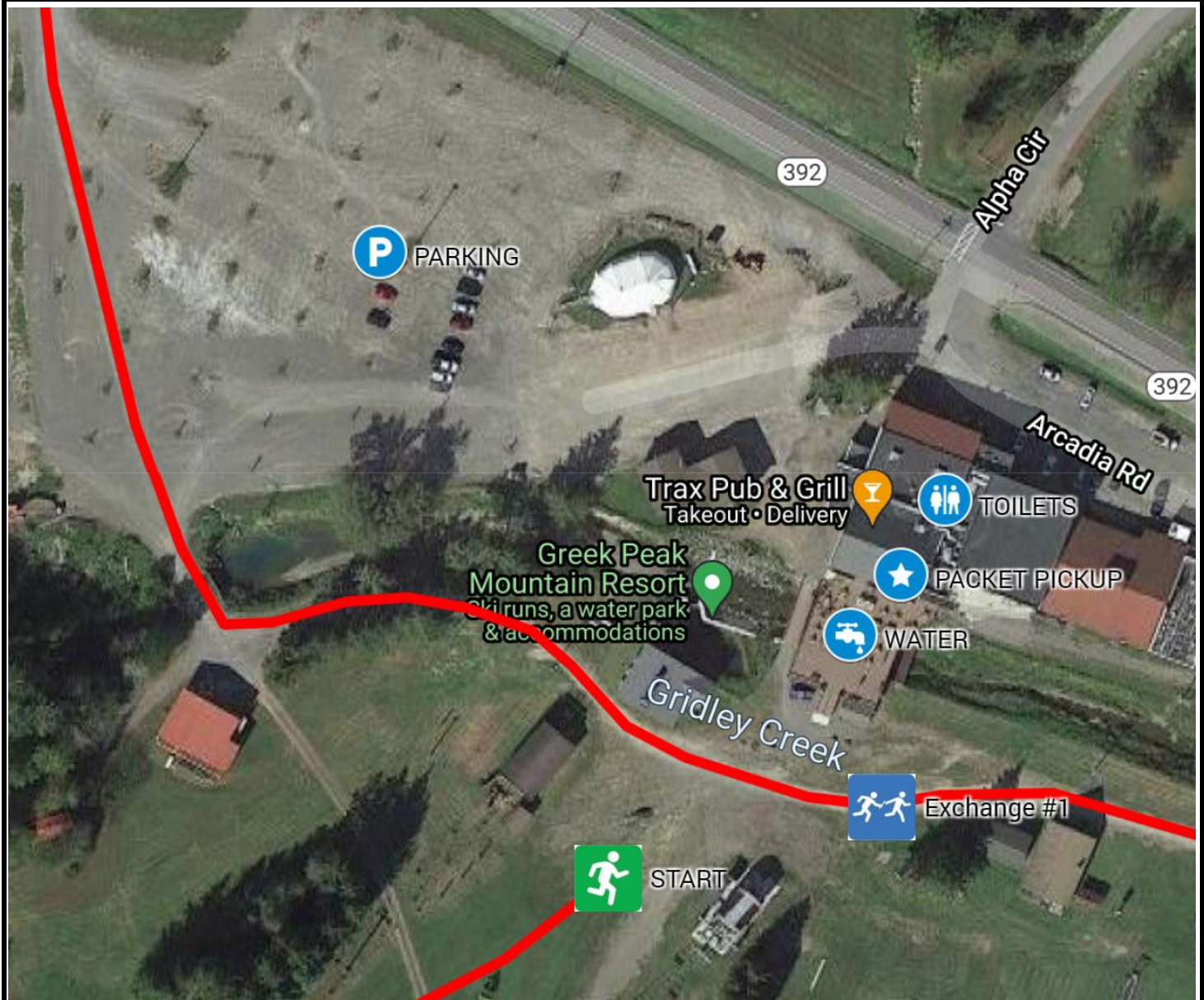
P2B FLX: EXCHANGE OVERVIEW

START	Greek Peak Mt Ski Resort
ADDRESS	2000 NY-392, Cortland, NY 13045
GPS COORDINATES	42.50794, -76.14559
PARKING	MAIN DIRT PARKING LOT
RESTROOMS	FACILITY RESTROOMS
EX TRANSITION	PACKET PICKUP IN TRAX; START LINE BY CHAIR LIFT
START OPEN	5/20/23 6:00 AM
START CLOSE	5/20/23 8:30 AM



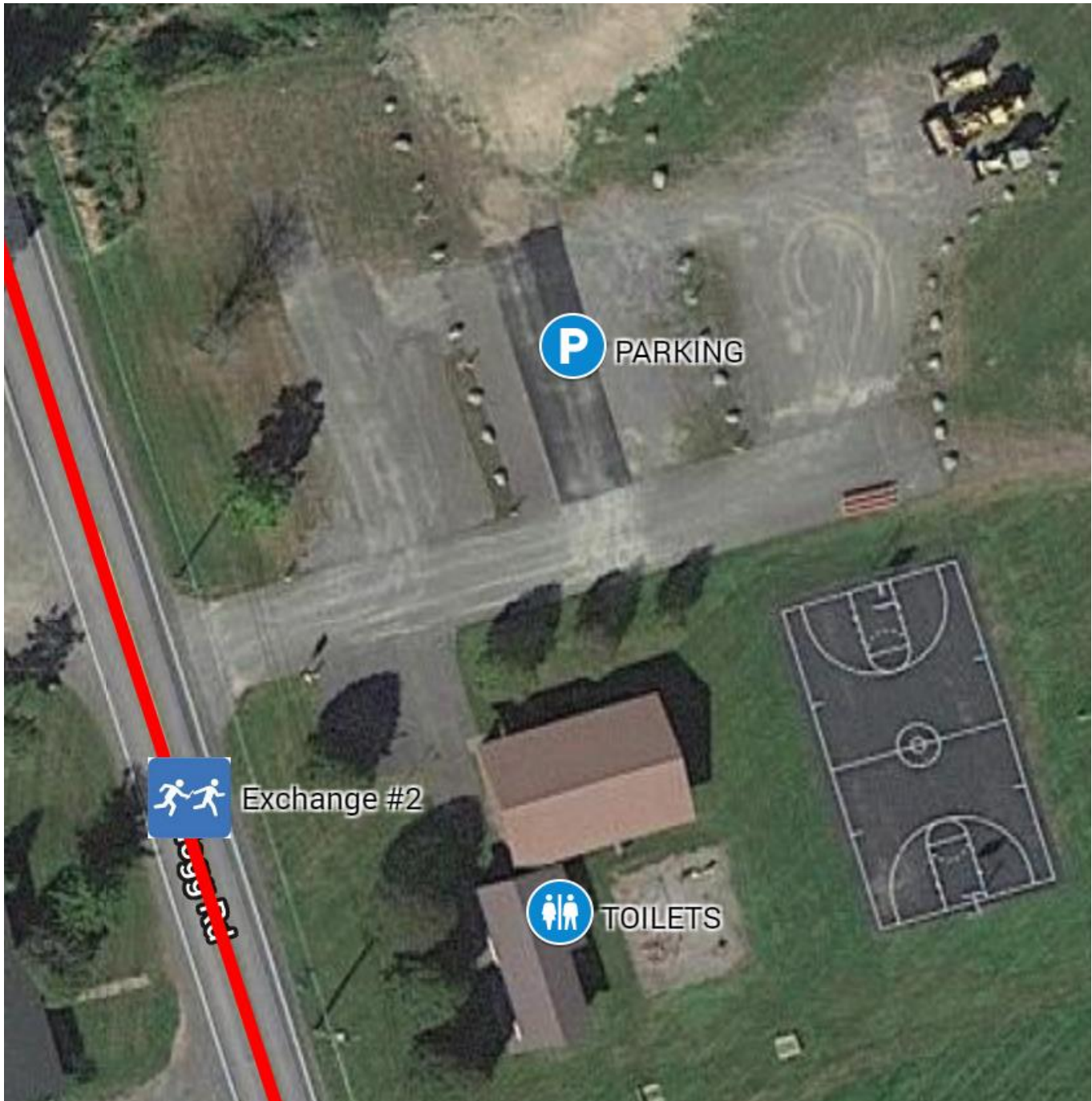
P2B FLX: EXCHANGE OVERVIEW

EX #	1	Greek Peak Mt Ski Resort
ADDRESS	2000 NY-392, Cortland, NY 13045	
GPS COORDINATES	42.50804, -76.14560	
PARKING	MAIN DIRT PARKING LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	IN FRONT OF LODGE PATIO	
EXCHANGE OPEN	5/20/23 6:00 AM	
EXCHANGE CLOSE	5/20/23 9:00 AM	



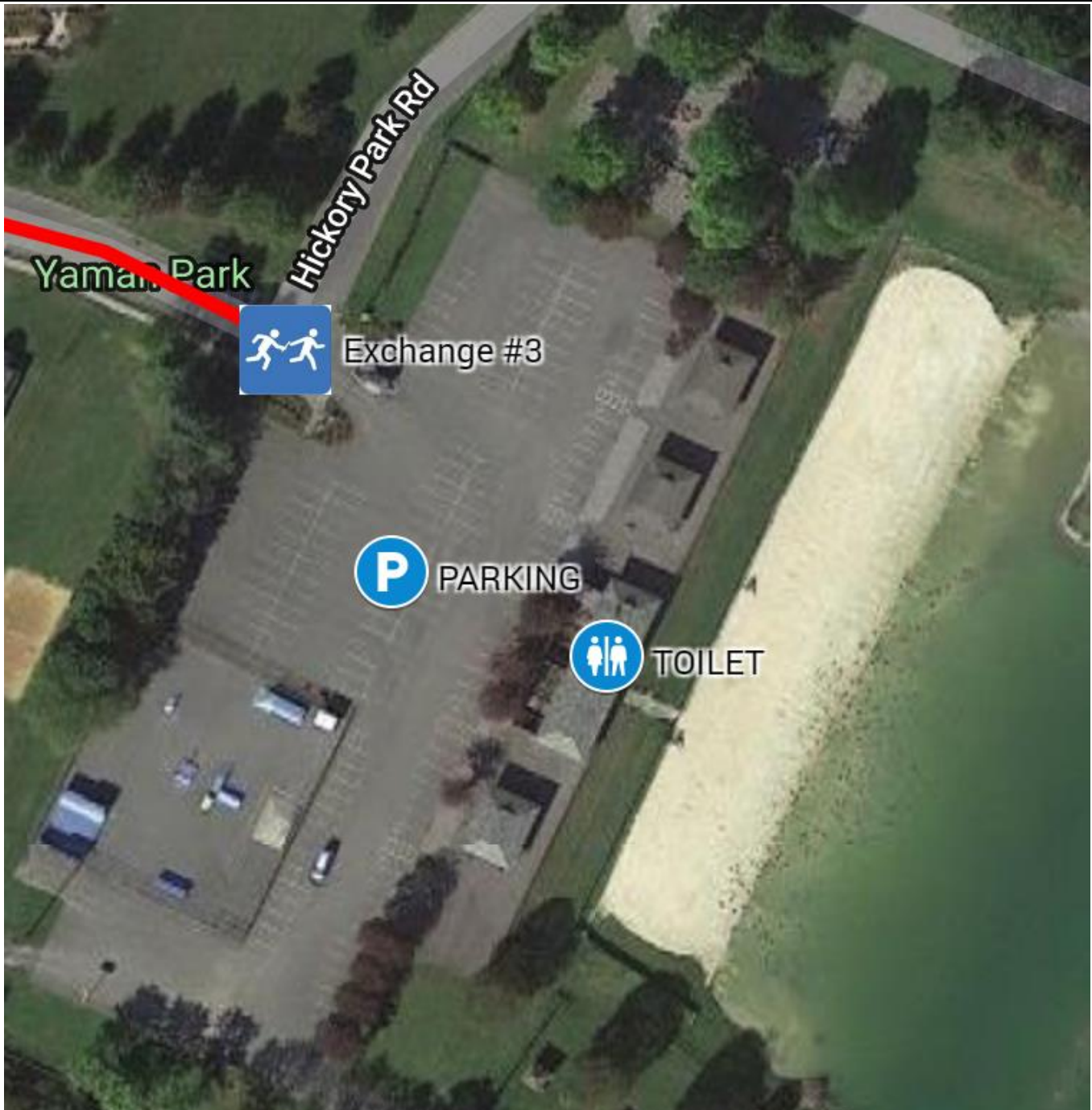
P2B FLX: EXCHANGE OVERVIEW

EX #	2	Blodgett Mills Park
ADDRESS	3416 Kellogg Rd, Cortland, NY 13045	
GPS COORDINATES	42.57165, -76.12692	
PARKING	PARK PARKING LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	ON SHOULDER OF ROAD ACROSS PARK	
EXCHANGE OPEN	5/20/23 7:00 AM	
EXCHANGE CLOSE	5/20/23 9:45 AM	



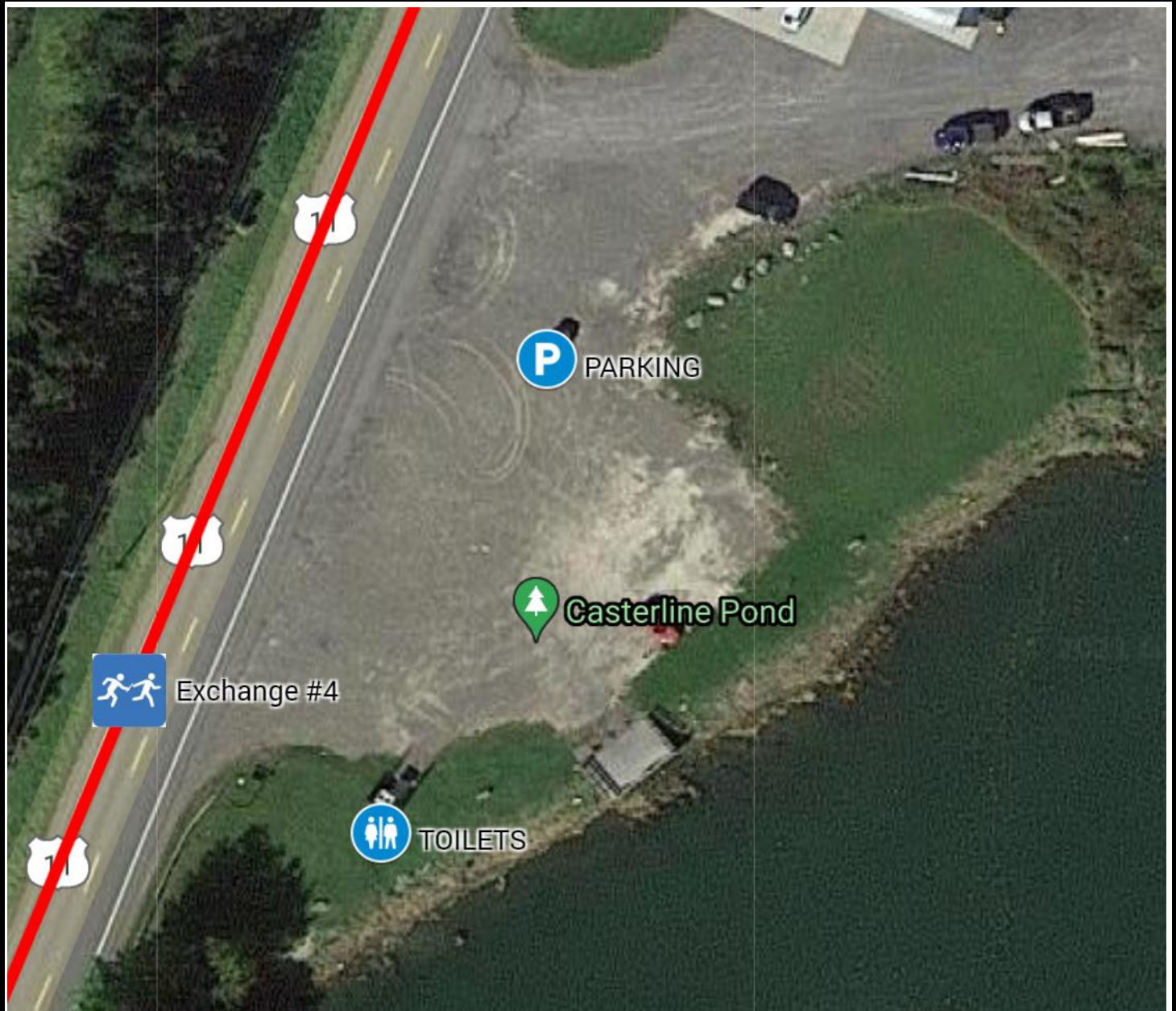
P2B FLX: EXCHANGE OVERVIEW

EX #	3	Yaman Park
ADDRESS	Kennedy Pkwy, Cortland, NY 13045	
GPS COORDINATES	42.61048, -76.16077	
PARKING	PARK PARKING LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	ON SIDEWALK AT PARK ENTRANCE	
EXCHANGE OPEN	5/20/23 7:30 AM	
EXCHANGE CLOSE	5/20/23 10:15 AM	



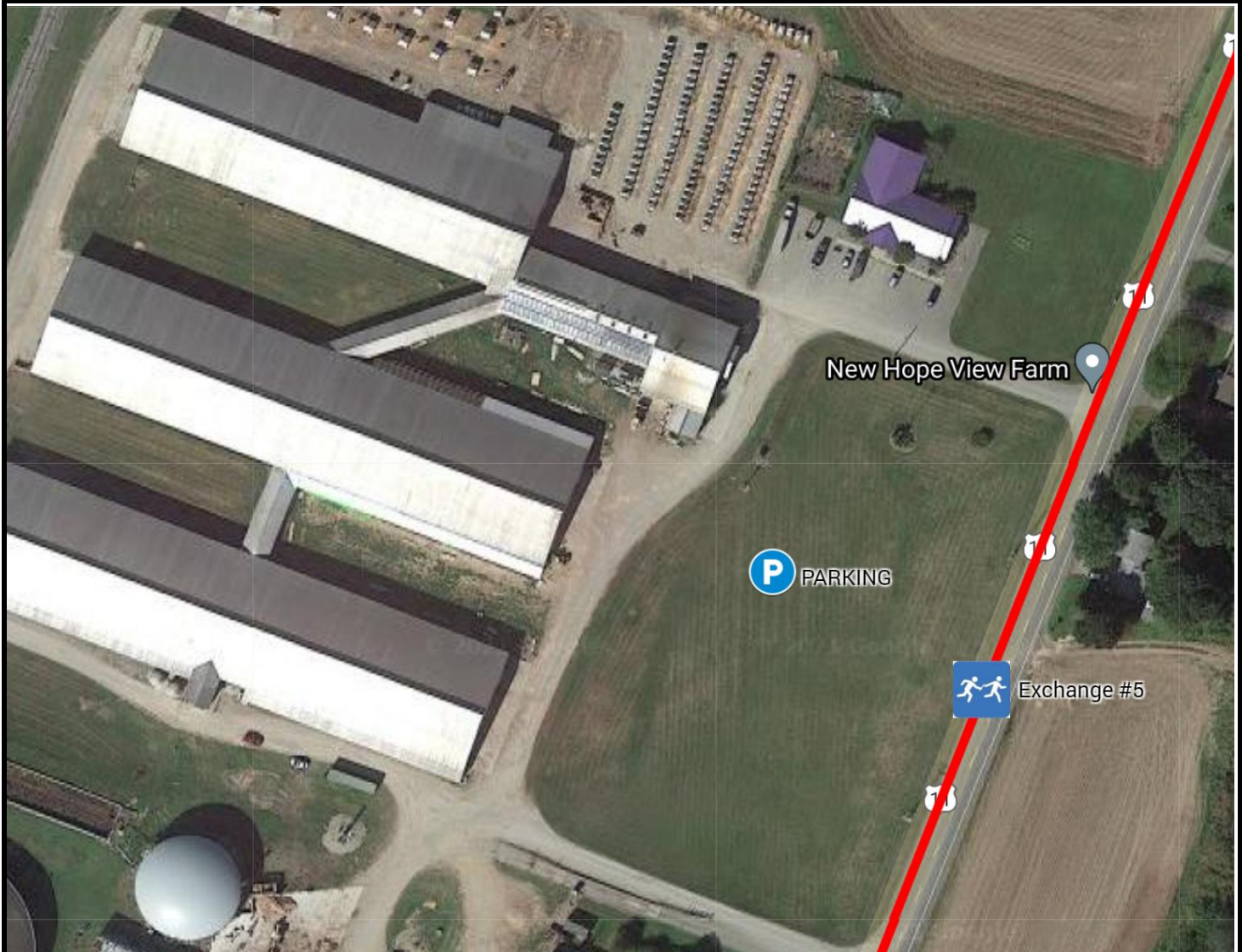
P2B FLX: EXCHANGE OVERVIEW

EX #	4	Casterline Pond
ADDRESS	5082 US-11, Homer, NY 13077	
GPS COORDINATES	42.65300, -76.17436	
PARKING	FISHING AREA PAFRKING LOT	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	ON SHOULDER OF ROAD ACROSS PARKING LOT	
EXCHANGE OPEN	5/20/23 8:15 AM	
EXCHANGE CLOSE	5/20/23 10:45 AM	



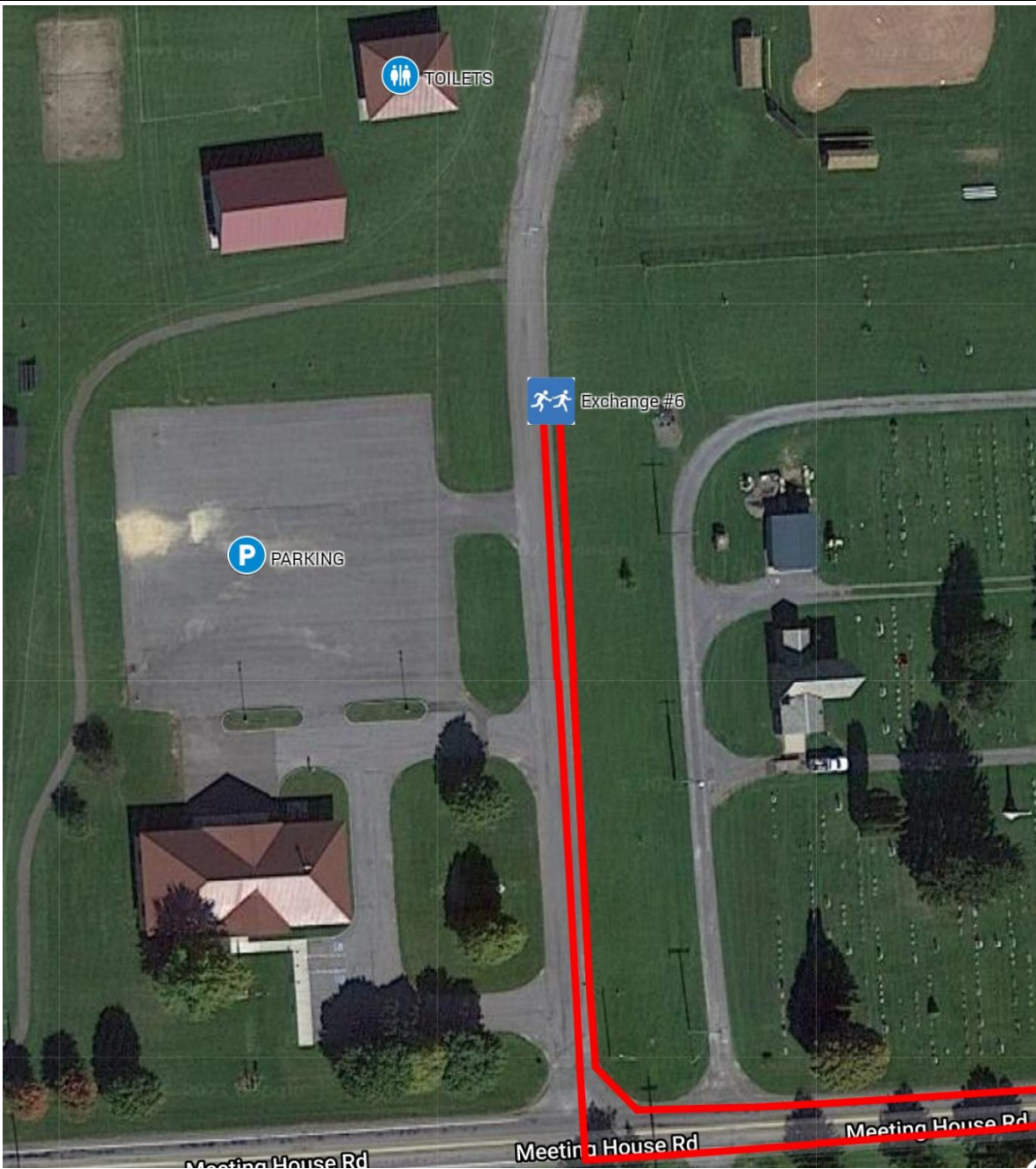
P2B FLX: EXCHANGE OVERVIEW

EX #	5	New Hope View Farm
ADDRESS	5937 US-11, Homer, NY 13077	
GPS COORDINATES	42.65300, -76.17436	
PARKING	DIRT LOT AT FARM ENTRANCE	
RESTROOMS	NONE (PLAN ACCORDINGLY)	
EX TRANSITION	ON SHOULDER OF ROAD BY FARM GRASS AREA	
EXCHANGE OPEN	5/20/23 8:45 AM	
EXCHANGE CLOSE	5/20/23 11:15 AM	



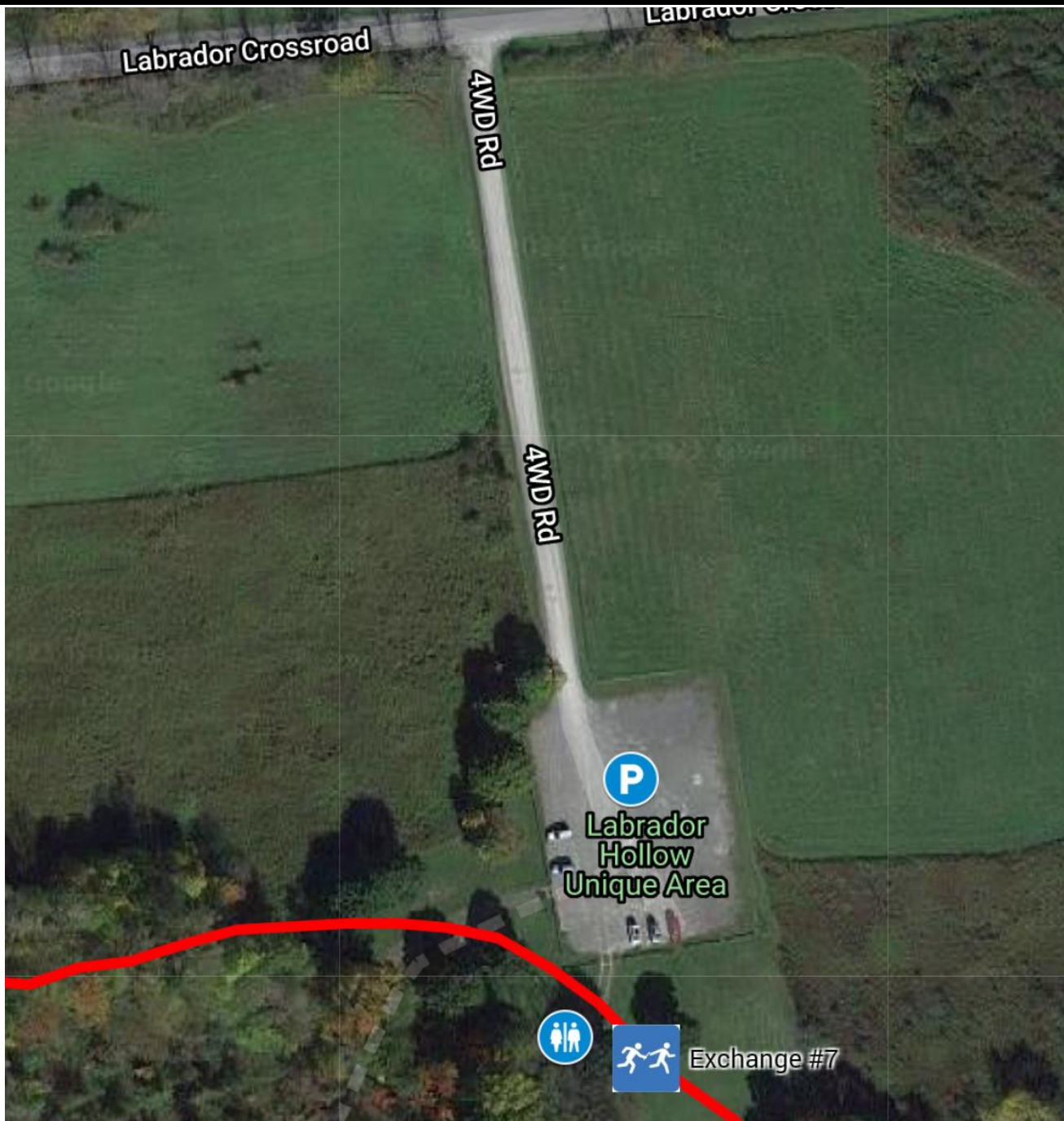
P2B FLX: EXCHANGE OVERVIEW

EX #	6	Tully Park
ADDRESS	5833 Meeting House Road, Tully NY 13159	
GPS COORDINATES	42.79153, -76.11508	
PARKING	PARK PARKING LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	PARK PARKING LOT ENTRANCE	
EXCHANGE OPEN	5/20/23 10:00 AM	
EXCHANGE CLOSE	5/20/23 12:15 PM	



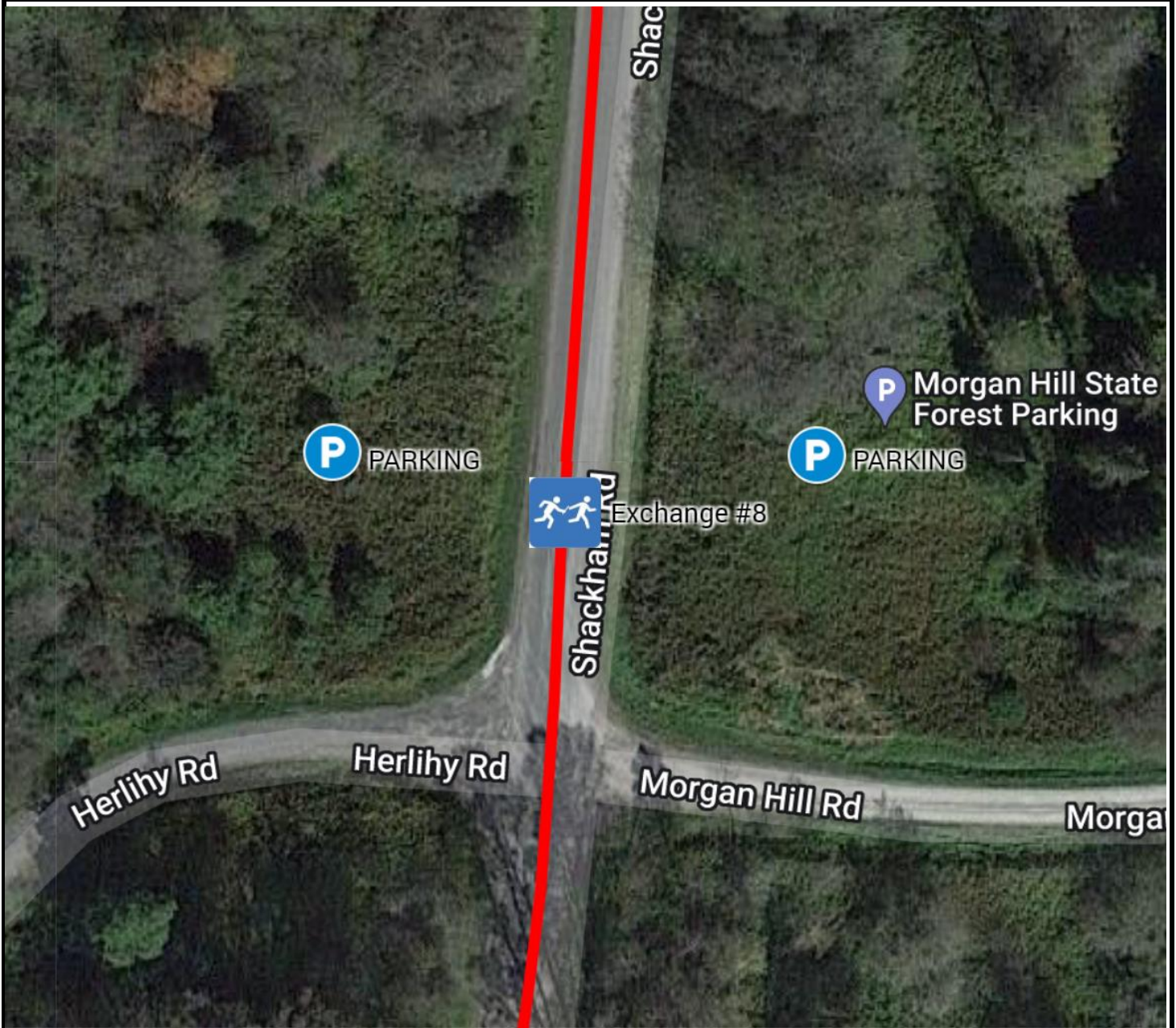
P2B FLX: EXCHANGE OVERVIEW

EX #	7	Labrador Hollow Unique Area
ADDRESS	4WD Rd, Tully, NY 13159	
GPS COORDINATES	42.79291, -76.05229	
PARKING	LARGE DIRT LOT	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	ON TRAIL SOUTH OF PARKING LOT	
EXCHANGE OPEN	5/20/23 11:00 AM	
EXCHANGE CLOSE	5/20/23 1:00 PM	



P2B FLX: EXCHANGE OVERVIEW

EX #	8	Morgan Hill State Forest Parking
ADDRESS	550 Shackham Rd, Fabius, NY 13063	
GPS COORDINATES	42.79498, -76.00992	
PARKING	GRAVEL TRAILHEAD PARKING LOT	
RESTROOMS	NONE (PLAN ACCORDINGLY)	
EX TRANSITION	ON SHOULDER OF ROAD AT PARKING ENTRANCE	
EXCHANGE OPEN	5/20/23 11:30 AM	
EXCHANGE CLOSE	5/20/23 2:00 PM	



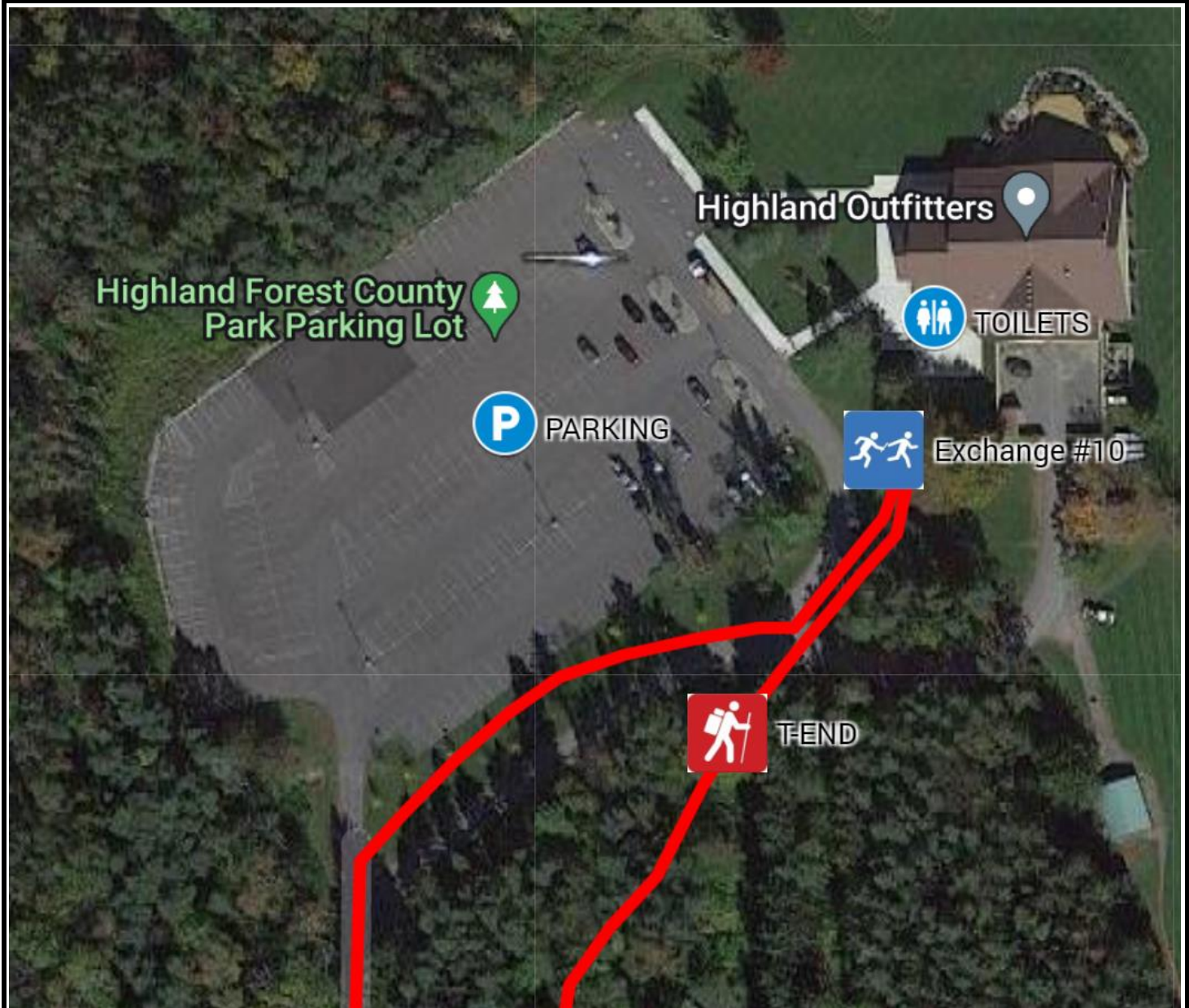
P2B FLX: EXCHANGE OVERVIEW

EX #	9	Fabius-Pompey High School
ADDRESS	1211 Mill St, Fabius, NY 13063	
GPS COORDINATES	42.82988, -75.98672	
PARKING	SCHOOL WEST SIDE PARKING LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	ON SIDEWALK AT SCHOOL LOOP AROUND	
EXCHANGE OPEN	5/20/23 12:00 PM	
EXCHANGE CLOSE	5/20/23 3:00 PM	



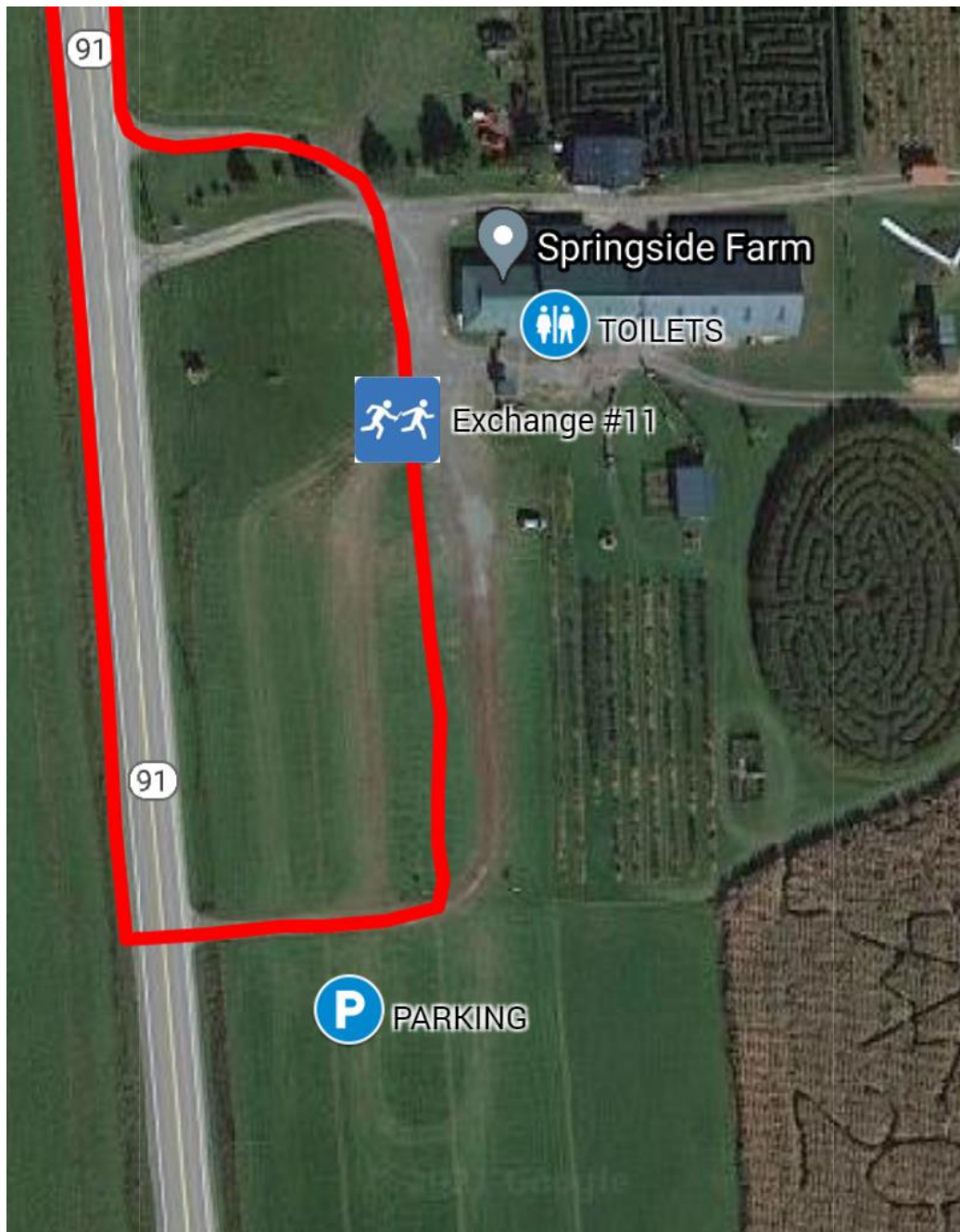
P2B FLX: EXCHANGE OVERVIEW

EX #	10	Highland Forest County Park
ADDRESS	1254 Highland Park Rd, Fabius, NY 13063	
GPS COORDINATES	42.83710, -75.92318	
PARKING	PARK PARKING LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	ON SIDEWALK BY SKYLINE LODGE ENTRANCE	
EXCHANGE OPEN	5/20/23 12:45 PM	
EXCHANGE CLOSE	5/20/23 4:15 PM	



P2B FLX: EXCHANGE OVERVIEW

EX #	11	Springside Farms
ADDRESS	1850 Route 91, Fabius, NY 13063	
GPS COORDINATES	42.86528 -75.99721	
PARKING	SOUTH PARKING AREA	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	AT FARM ENTRANCE LOOP AROUND	
EXCHANGE OPEN	5/20/23 1:45 PM	
EXCHANGE CLOSE	5/20/23 5:45 PM	



P2B FLX: EXCHANGE OVERVIEW

FINISH	Herritage Hill Brewery
ADDRESS	3149 Sweet Road, Pompey, NY 13138
GPS COORDINATES	42.923322, -76.018618
PARKING	EVENT PARKING (NORTH LOT)
RESTROOMS	FACILITY RESTROOMS
EX TRANSITION	FINISH THROUGH P2B ARCH BY STAGE THEN PARTY TIME
FINISH OPEN	5/20/23 2:30 PM
FINISH CLOSE	5/20/23 8:00 PM

