2026 Barbecue Bash Quarters

Welcome to our Sixth Year of Barbecue Bash Quarters! Thanks to our racers, sponsors, and especially our volunteers who toil behind the scenes and spend hours on the course on race day to bring you 6.55 miles of racing joy!

⚠ CRITICAL WARNING: Daylight Saving Time Ends Race Morning!
Please pay close attention to your clocks on Saturday night! Daylight Saving Time officially ends at 2:00 AM on race morning, Sunday, November 1.

While this means you get a welcome extra hour of sleep before hitting the starting line, it also creates a major trap for early risers. If your phone, watch, or bedside clock fails to update automatically, you will end up arriving at the venue an hour too early in the dark before our volunteers or packet pick-up crews have even set up. Please double-check your devices before going to sleep so you roll out of bed on the correct, updated schedule!

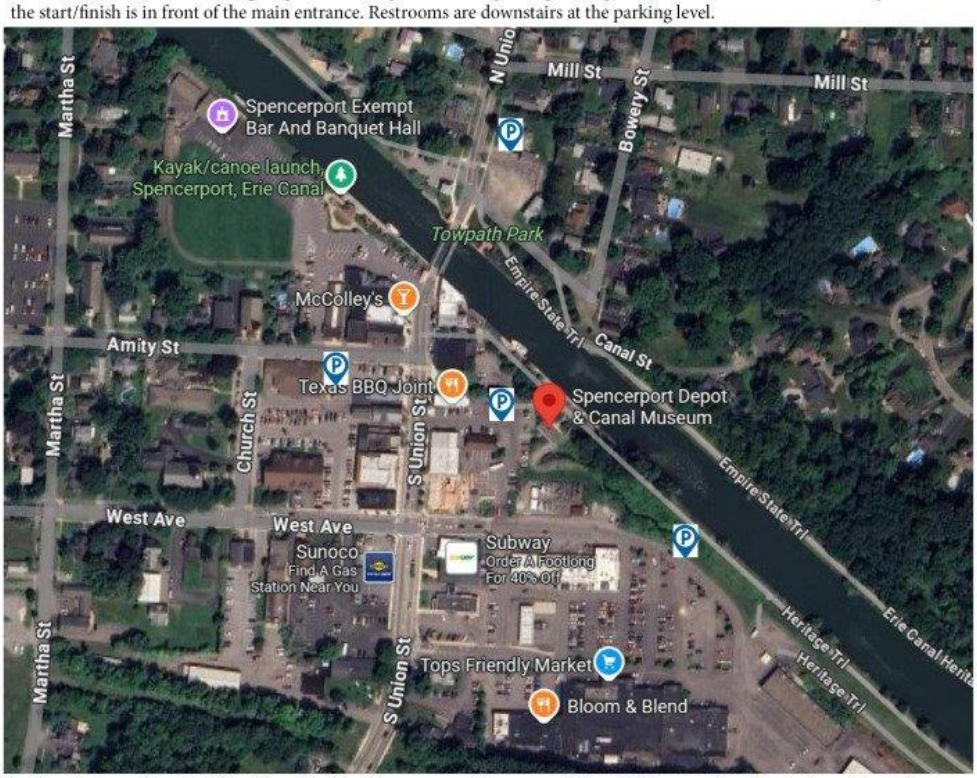
Race Weekend Timeline & Packet Pick-up:

- Saturday Early Packet Pick-up (October 31): 2:00 PM – 4:30 PM at the Spencerport Depot & Canal Museum (SD&CM), located on the top floor. The address is 16 East Ave, Spencerport, NY 14559. We highly encourage grabbing your bib on Saturday to beat the Sunday morning rush—plus, doing so earns you automatic bonus raffle tickets! And you might have a chance to talk to Dunamis Strength and Conditioning about their free offer to our racers and volunteers.
- Sunday Race Day Packet Pick-up (November 1): 6:45 AM – 7:20 AM (Museum HQ, Top Floor). Packet pick-up closes at 7:20 AM to ensure an on-time start.
- Sunday Race Start: 7:30 AM simultaneously for all distance events.

Picking Up Packets for Others:
Yes, you are permitted to pick up packets and bibs for your friends or family members! To do so, please ensure you have the correct spelling of their first and last names. Making a list we can read works, too.

Locations & Parking Logistics:
The race headquarters and start/finish line are located at the Spencerport Depot & Canal Museum. Free parking is available in the designated municipal lots throughout the village of Spencerport, all within a short walking distance of the museum grounds. Please utilize the public lot on Union Street just south of the canal, the village lot behind the shops on the north side, or street parking where legally permitted.

Barbecue Bash Quarters Parking Map. Race Headquarters is at Spencerport Depot & Canal Museum. Check-in is upstairs and the start/finish is in front of the main entrance. Restrooms are downstairs at the parking level.



Parking is free. Be mindful of traffic. The Spencerport Depot and Canal Museum has limited parking. Get there early enough to park, walk over for restrooms, check in and drop off goody bag (if you didn't do packet pick-up before race day), warm-up and hear race announcements.

Drop Bags & Shedding Layers

We know November mornings in Upstate New York can start chilly and warm up fast as you stack up your laps!

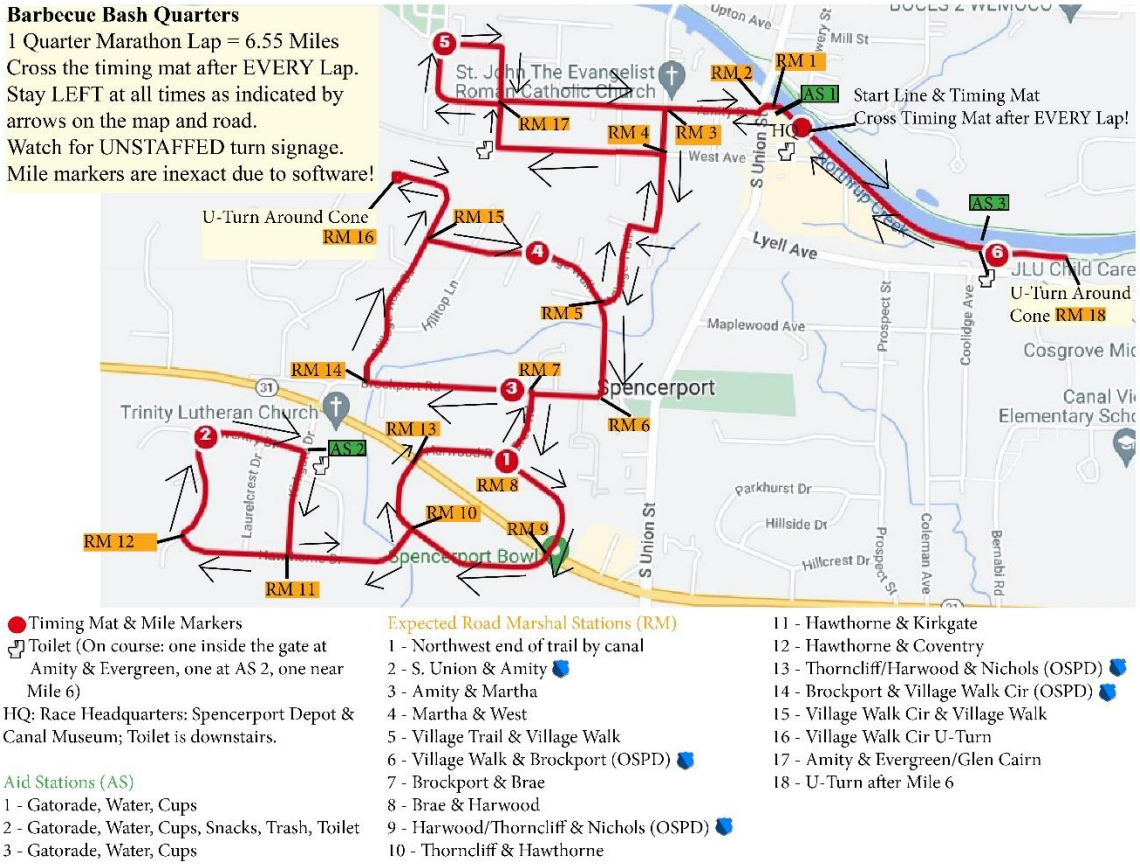
We do NOT have drop bags. However, we will put a bin along the course near the start/lap timing for folks to shed layers. You are welcome to bring your own drop bag to have on the grass in the same area. Please note that we are not policing belongings and leaving anything is at your own risk. Same if you leave anything at an Aid Station. Unclaimed items will be donated or discarded. If you need to shed jackets, gloves, or extra layers during the race, please do not discard them along the route.

Course Layout & Map

The course is laid out as a 6.55-mile quarter-marathon lap that you will repeat based on your chosen distance. You will start directly in front of the Spencerport Depot & Canal Museum, heading west along the Erie Canal Heritage Trail. The route then transitions into quiet, historic village neighborhood streets. Make no mistake: this layout features a true mix of fast sections balanced out by plenty of strategic "opportunities"—otherwise known as hills! All the same, this USATF-certified course is highly rewarding, and we have proudly seen multiple athletes achieve

Boston Marathon Qualifying times right here on these village roads. Officers from the Ogden Special Police Department (OSPD) will be stationed at South Union Street and other key vehicle junctions across the course to ensure a safe crossing environment before the lap brings you back toward the canal to finish right at the Museum HQ timing mats. **Note: On your return trip to complete your lap, you have not made it to 6.55 miles until you pass SD&CM, U-turn roughly half a mile away, and come back! To be clear: laps start at SD&CM on your left, go into the neighborhoods, pass SD&CM on your right (and the start/lap finish line), get close to the Ogden town border on pavement, U-turns, and then finish when you've gotten back to SD&CM, which will then be again on your left.**

You can find the public course link at https://www.mapmyrun.com/routes/view/5811055855.



Maximum Paces for the 7.5-Hour Course Cutoff

The race features a highly generous 7.5-hour total course cutoff (from 7:30 AM to 3:00 PM) for all categories. Because participants can drop down to a lower quarter-marathon distance mid-race without a DNF, the required pace to safely clear the cutoff varies significantly depending on your targeted final distance:

Distance Event | Cutoff Pace (Min:Sec per mile required to make the 7.5-hour cutoff broken down by distance/number of quarters; ex. You have to be able to finish a mile in 68 minutes and 42 seconds to complete one lap in 7.5 hours.)

1/4 Marathon (6.55 mi) | [redacted] 68:42 min/mile
2/4 Marathon (13.10 mi) | [redacted] 34:21 min/mile
3/4 Marathon (19.65 mi) | [redacted] 22:54 min/mile
4/4 Marathon (26.20 mi) | [redacted] 17:11 min/mile

Aid Stations & Toilets

To keep comfortable across every single lap, our course features multiple support stations:

- Aid Station 1 (Race HQ / Start & Finish Area): Stocked with water and Gatorade. Full indoor facilities are available inside the museum building, downstairs.
- Aid Station 2 (Neighborhood Location About Mile 2): Stocked with water, Gatorade, and some cookies. NEW FOR THIS YEAR: We have added a dedicated portable toilet directly at Aid Station 2!
- DPW Toilet: Located just steps off course on the other side of the gate at the end of Amity as you make your right turn onto Evergreen a little more than 4 miles of each lap.
- Aid Station 3 (Heritage Trail Location): **SELF-SERVE!** Located right near Mile 6 on the Erie Canal Heritage Trail. Stocked with water and Gatorade. This station is also placed directly adjacent to an on-course portable toilet.

Note: We are not offering gels as they are rarely used and often go to waste. Please bring your own gels, if that is an important fuel source for you.

Course Etiquette

Please note that this is not a trail race and except for a segment on the Erie Canal Heritage Trail, the entire loop is on paved surfaces. Even the path is crushed stone and pavement, not dirt and roots.

To ensure a safe, fun, and inclusive day for everyone, please practice standard racing courtesy across the course:

- Starting Positions: Please line up at the starting area according to your anticipated pacing goal. Speedier runners should position themselves near the front. Everyone else should line up toward the middle and rear of the pack to keep the initial section safe and flowing. There will be a few pacers with signs, detailed shortly. Place yourselves accordingly.
- Markings & Directions: The course is marked with arrows and signs. There are a ton of turns, so we do not have a marshal at every turn for 7.5 hours. Please keep an eye on the course. Stay to the left facing traffic at all times. Continue staying left when you are

traveling on the Heritage Trail after the initial start as it is bi-directional and open to the public!

- Tangents: The course is measured on the tangents, but since it is not closed to traffic, it is imperative that you cut the tangents only when absolutely safe to do so.
- Passing: When overtaking another participant, please give a clear verbal warning by announcing "on your left" or "on your right" before passing so they have ample time to stay steady.
- Stopping & Walking: If you need to stop, transition to a walk, or adjust your footwear, please look over your shoulder first to check for clearing, step entirely to the side of the course, and signal your movement to runners behind you. Never stop abruptly in the middle of the path or roadway.
- Spitting & Fluids: If you need to clear your throat, spit, or discard fluids, look carefully to your side and rear first. Always move completely to the shoulder away from the traveled course before doing so.
- Trash & Littering: We are guests of the historic Erie Canal Heritage Trail and the Spencerport neighborhoods. Littering is strictly forbidden. Discard all empty gel packets, cups, and trash exclusively into the designated waste bins positioned near the aid stations. Carrying trash between stations keeps our course clean and beautiful for everyone!

Post-Race Barbecue Bar Guidelines

We are thrilled to feature a fantastic post-race spread from the Texas Bar-B-Q Joint! To keep the celebration rolling smoothly, please keep in mind this is a shared community celebration, **not** an "all-you-can-eat" buffet challenge. Do not take extra portions for later or for your spectating friends and family.

Please be mindful of portion sizes on your trip through the line. We have determined athletes tracking for the full 7.5-hour course cutoff, along with two complete, hard-working shifts of volunteers who need to refuel after managing the venue. Let's make sure the last person across the timing mats gets the same legendary meal as the first!

Spectator Dining Information

While our barbecue buffet is strictly reserved for registered participants and event volunteers (we do not have separate spectator meal tickets available), your cheer squads have fantastic local neighborhood options right at their fingertips! We highly encourage spectators to grab a warm beverage, treat, or sandwich at the Union Street Coffee House just steps away while they wait. Additionally, Texas Bar-B-Q Joint in the same parking lot as the race opens its doors at 1:00 PM on Sunday if your supporters want to sit down for a full barbecue feast of their own!

Capture & Share the Memories!

We want to see the race through your eyes! Whether you are a participant flying down the village streets or a spectator cheering at the museum grounds, please take plenty of photos and videos throughout the weekend. Share your favorite moments on social media and us after the race!

Our Hosts & Community Partners

Putting on a certified event takes an entire community effort, and we are incredibly grateful to our local hosts who make this race possible:

- Spencerport Depot & Canal Museum: A massive thank you to our race headquarters host and museum director, Patty Uttaro, for opening up this beautiful space to our runners, volunteers, and timing teams all weekend.
- The Village of Spencerport: We owe a major debt of gratitude to the Village Clerk and the entire Department of Public Works (DPW) team. Their logistical coordination, event permitting assistance, and hard work behind the scenes make it possible to bring this event to the village streets.

Our Volunteer Family

When you see a friendly face cheering you on, directing traffic, or handing you a cup of water, please take a second to say thank you! This race runs on the energy of our outstanding volunteer team:

- The Spencerport High School Cross Country Team: Out on the course early to manage our aid stations, trace the route, and bring the energy.
- The Ogden Special Police Department: Keeping our neighborhood crossings and pedestrian junctions secure and managed for vehicle traffic.
- Can Ale Riders & Community Cyclists: Providing vital, mobile bike support along the course loops to monitor runner safety and keep communication flowing.
- Our Individual Volunteers: The dedicated neighbors, friends, family members, and local running advocates who step up to handle raffles, registration, gear logistics, and finish-line distributions.

Overall & Age Group Awards

We look forward to celebrating your achievements at the rolling award table! (No ceremony due to the distance finish differences.) Awards are presented across all distances in Male, Female, and Non-Binary categories. There is also a Final Finisher Award in each distance. We strive for fun, functional, and fun and functional awards.

- Overall Awards: Custom recognitions will be presented to the top finishers in Male, Female, and Non-Binary divisions for each distance event.

- Age Group Awards: Overall winners are excluded from age group awards. Age Group division recognitions will follow the same Male, Female, and Non-Binary formatting for the following brackets: Under 15, five-year increments from 15-19 up to 65-69, and 70+.
- CRITICAL RULE: All awards must be claimed on race day. No awards will be held at headquarters, saved for later pick-up, or shipped under any circumstances. If you believe you placed in your division, please stay for the check with us to claim your award before leaving the venue!

Meet Your Pace Team

Looking to hit a specific milestone or keep a perfectly steady effort? Our fantastic pacer team is here to guide you! All pacers are locked into even execution for the first two quarters (the half marathon distance). Anything can happen to a pacer. They are volunteers, too! They'll do their best, but remember, they are human just like you.

Here is the pace matrix showing the target mile pace and equivalent finish times across all four distance options:

Pacer	Target Pace	Quarter Marathon	Half Marathon	Three-Quarter Marathon	Full Marathon
Liam Ross	8:01 / mile	52:30	1:45:00	2:37:30	3:30:00
Joey Newell	9:09 / mile	1:00:00	2:00:00	3:00:00	4:00:00
Alex Tosto	10:18 / mile	1:07:30	2:15:00	3:22:30	4:30:00
Viki Hogden	11:27 / mile	1:15:00	2:30:00	3:45:00	5:00:00
Hillary Bobys	12:35 / mile	1:22:30	2:45:00	4:07:30	5:30:00

Featured Sponsor Perks & Recovery Partners

Our race experience is elevated by incredible community partners focused on keeping your body strong and moving beautifully:

- Dunamis Strength & Conditioning: Ready to kickstart your next training block after race weekend? The experts at Dunamis are offering all Barbecue Bash Quarters participants a **free personal training session**! Check the QR code at packet pick-up to claim yours.
- Onsite Recovery Partner: HealthSource Chiropractic: We are thrilled to have Dr. Matt Phillips from HealthSource Chiropractic onsite at the race headquarters tent! Whether you need some quick tissue release before you start, assistance with a nagging ache, or

post-race recovery advice, stop by and see him. Dr. Phillips and his team specialize in Active Release Techniques (ART), manual therapy, and high-performance sports rehabilitation—the same care trusted by local pros like the Rochester Americans and Knighthawks. (Office: 1851 Stone Road, Suite 100, Rochester, NY 14615 | Phone: 585-225-6430)

Season of Giving: Supporting Our Host Community

We invite you join us in stepping up for our neighbors. We are again collecting non-perishable items for the Spencerport Ecumenical Food Shelf and monetary donations for Cartons for Christmas. These programs help struggling people by making everyday food available and helping with the holiday table in the Spencerport and Ogden area.

- Highest Needs: Non-perishable canned or boxed items (vegetables, fruit, hearty soups, canned meats/fish, stuffing, pasta, and cereal). Please ensure items are unexpired, are normal sizes, and avoid glass containers!
- Financial Contributions: Financial contributions can be made directly through the West of the River Series registration page (runsignup.com). We are also glad to accept checks made out directly to "Cartons for Christmas" at packet pick-up.

Community Impact

Your participation does more than log miles—it supports our community! Monetary **donations** go directly toward supporting our local community initiatives. After we tally our expenses, we round out the financial donations before sending a check. We also add to the physical goods. Additionally, we donate to the Special Police that serve our races as they are volunteers.

Since 2020, when we had fewer than 80 unique racers at our original three forced-to-be-virtual races, we have raised more than $2,400. As of this writing, we've raised $515 for 2026 food organizations alone!

Race Day Raffles

Get ready for some post-race excitement! We have a wide-ranging lineup of raffle prizes supplied in part by our local partners. Registered participants receive one strip of raffle tickets in their bags. Please note that raffle tickets cannot be purchased at the event. Instead, you can earn extra tickets through your participation:

- Donations: Earn extra tickets by bringing non-perishable food donations for our food shelf drive or making a financial contribution via check or our secure online portal.
- Earned Extras: Tell our HQ volunteers of your participation in the trivia and engagement posts on our social channels. This is the honor system; please be honest.
- Coloring Trackers: Bring your completed physical coloring mileage tracker sheet to the registration desk to pick up your earned entries.

- Early Bird Bonus: Want a head start? Pick up your bib early during our Saturday packet pick-up session to receive bonus raffle tickets!

Drawings will take place shortly after the race starts. You must claim prizes before leaving. They will not be held or shipped.

A Special Thank You to Our Sponsors

This event would not be possible without the incredible support of our community sponsors. Their commitment to health, fitness, and our local walking and running family is what allows us to put on a one-of-a-kind race experience. Please take a moment to visit their websites from the race sponsor page, support their businesses, and show them some love!

Why Your GPS Might Say 26.4 Miles

A common question after any major race is, "If the course is certified, why did my watch say I ran 26.4 miles (or more)?"

Rest assured, the course is accurately certified! When it comes to the discrepancy, it is a mix of human logistics and high-speed space physics:

1. The Shortest Possible Route (SPR): Course certifiers measure the absolute tightest line, cutting every tangent within 12 inches of the curb or path edge. On race day, between moving around other participants or staying to the right for safety on open sections, you will naturally travel a slightly wider line.
2. A Crowd of Signals: When you have dozens of GPS devices clustered together in the same area, signal interference and minor device variances can cause slight data drifts from watch to watch.
3. High-Speed Space Math: Your watch isn't tracing your feet; it is calculating your position by communicating with satellites orbiting roughly 12,000 miles above us. Those satellites are moving at thousands of miles per hour, while the Earth is spinning beneath them at roughly 1,000 miles per hour. Your watch is constantly doing rapid math to connect

those moving data points through tree canopy and weather, which inevitably adds a tiny bit of "noise" and extra distance to your final screen layout.

So, if your watch reads 26.4 at the finish line, congratulations—you ran a smart, safe race line, and your watch survived a multi-satellite orbital physics calculation to prove it!

Course Records

1 Quarter (Quarter Marathon)

Female - Samantha Newlin, 50:38.7 (2025); **Male -** Jared Muehlbauer, 54:18 (2022); **Non-Binary -** None entered

2 Quarters (Half Marathon)

Female - Ashley Letteney, 1:34:56 (2021); **Male -** Kevin Fischer, 1:26:27.5 (2024); **Non-Binary -** None entered

3 Quarters (3/4 Marathon)

Female - Sara Antonio, 2:42:43 (2022); **Male -** Nicholas Dalessandro, 2:46:38.4 (2025); **Non-Binary -** None entered

4 Quarters (Marathon)

Female - Katherine Somers, 3:25:27.1 (2025); **Male -** Abraham Blaesing, 2:44:49.6 (2024); **Non-Binary -** Thomas Butler, 7:17:58.3 (2025)

Complete records are shown at https://runsignup.com/Race/WestoftheRiverSeries/Page/CourseRecords.

Future Schedule

We hope you've enjoyed racing with us this year! Following are the tentative dates for 2027.

West of the River Series - https://runsignup.com/westoftheriverseries

June Jaunt (Hilton) - 6/20
The Potato Run (Greece) - 9/5
Barbecue Bash Quarters (Spencerport) - 11/7

Non-Series

Woodsy Wallow (Greece), Registration Site Pending – Non-technical trail race at Greece Canal Park; Distance TBD, but expected to be 2.5-4 miles – 8/6 (Friday evening!)

Nocturnal 12 (Greece), https://runsignup.com/Nocturnal12 – Paved trail, 12-hour overnight endurance challenge – 10/16 to 10/17