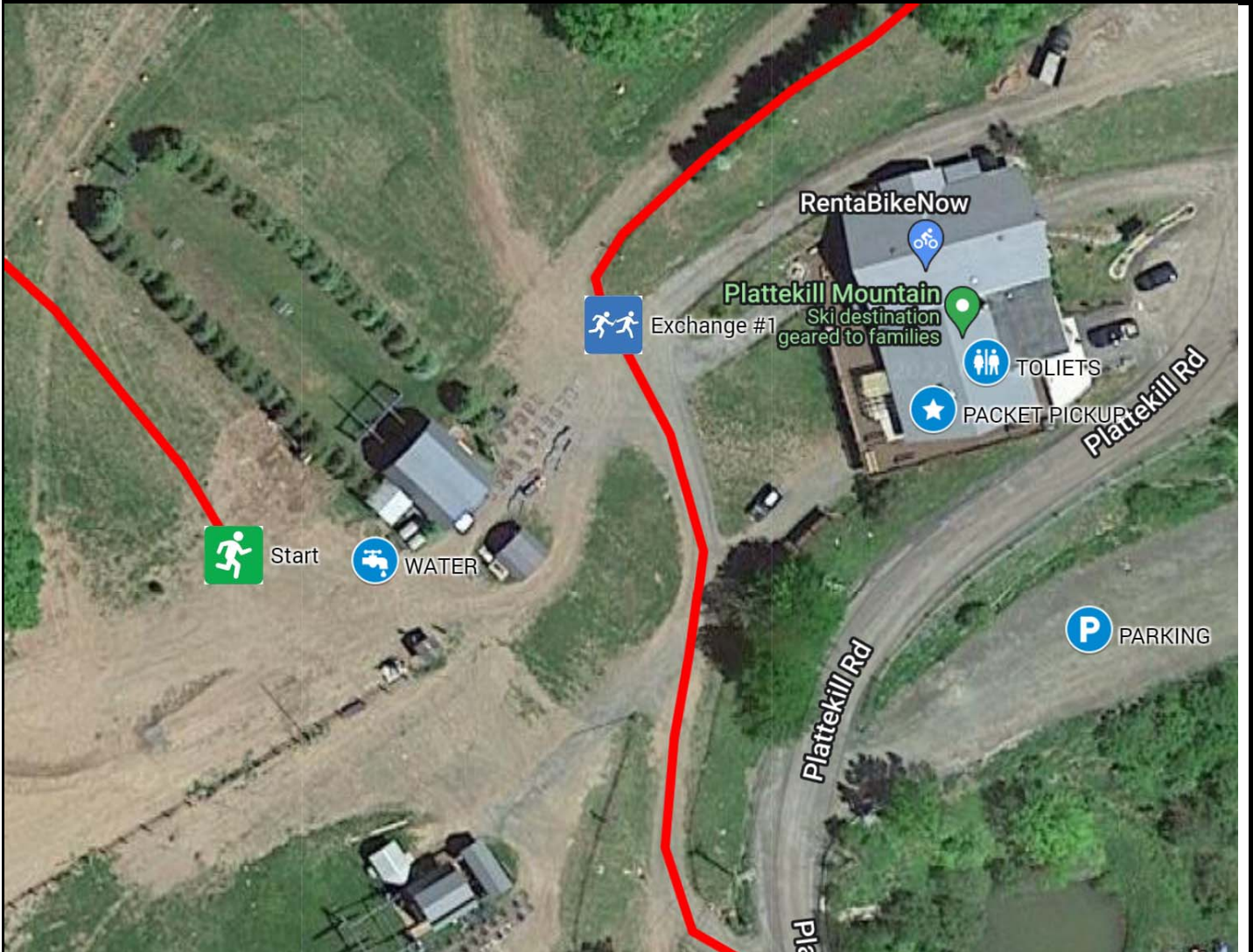


P2B CATSKILLS RELAY: RUNNER EXCHANGE TIMES

RACE DATE	DISTANCE (mi)	TEAM PACE (min/mi)	EXCHANGE TIME BUFFER (±hh:mm)	FINISH TIME BUFFER (±hh:mm)	DAYLIGHT (SUNRISE - SUNSET)
October 15, 2023	63.6	6:00-12:00	0:30	0:30	7:00AM - 6:00PM
Exchanges	Distance Between Exchanges	Exchange Time Windows (Estimated Runner Times)		Total Duration (All Teams) (hh:mm)	Notes
		Start Window	Finish Window		
Start (Plattekill Mt)	—	5:00 AM	8:00 AM	3:00	FIRST WAVE: 6:00AM LAST WAVE: 8:00AM
Exchange #1	3.0	6:00 AM	9:00 AM	3:00	
Exchange #2	5.4	7:00 AM	9:30 AM	2:30	
Exchange #3	2.5	7:30 AM	10:00 AM	2:30	
Exchange #4	6.4	8:30 AM	10:45 AM	2:15	
Exchange #5	7.2	9:30 AM	12:00 PM	2:29	
Exchange #6	3.6	10:15 AM	12:30 PM	2:15	
Exchange #7	8.1	11:30 AM	2:00 PM	2:30	
Exchange #8	5.5	12:00 PM	3:00 PM	3:00	
Exchange #9	7.6	12:45 PM	4:30 PM	3:45	
Exchange #10	6.8	1:30 PM	6:00 PM	4:30	
Exchange #11	4.1	2:00 PM	6:45 PM	4:45	
Finish (Brewery Ommegang)	3.4	2:30 PM	8:00 PM	5:30	COURSE CLOSES @ 8:00 PM

P2B CATSKILLS: EXCHANGE OVERVIEW

START	Plattekill Mountain
ADDRESS	469 Plattekill Rd, Roxbury, NY 12474
GPS COORDINATES	42.29026, -74.65322
PARKING	LOWER DIRT PARKING LOT
RESTROOMS	FACILITY RESTROOMS IN LODGE
START LINE	PACKET PICKUP IN LODGE; START LINE BY CHAIR LIFT
START OPEN	10/15/23 5:00 AM
START CLOSE	10/15/23 8:00 AM



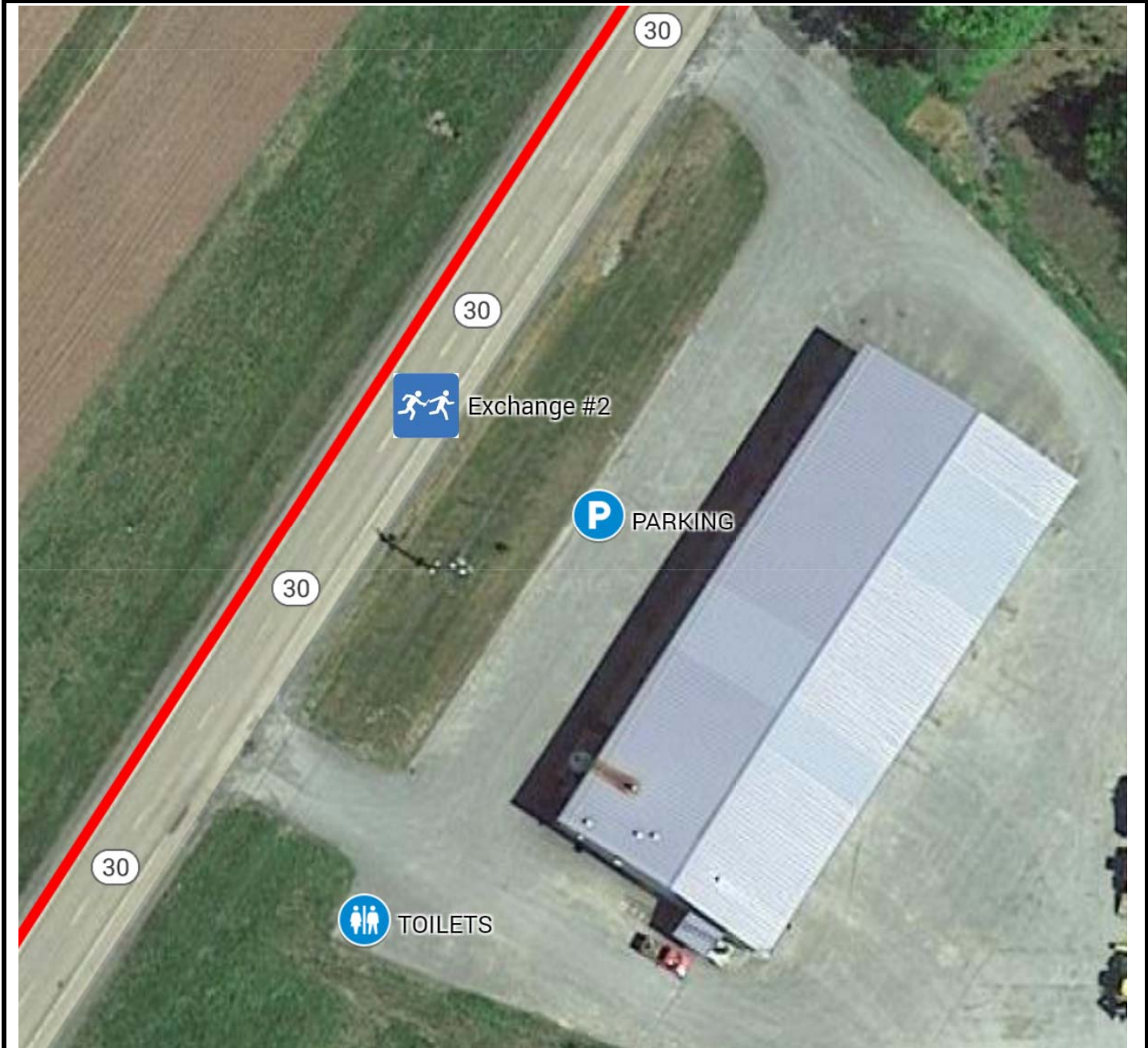
P2B CATSKILLS: EXCHANGE OVERVIEW

EX #	1	Plattekill Mountain
ADDRESS	469 Plattekill Rd, Roxbury, NY 12474	
GPS COORDINATES	42.29026, -74.65322	
PARKING	LOWER DIRT PARKING LOT	
RESTROOMS	FACILITY RESTROOMS IN LODGE	
EX TRANSITION	SIDEWALK PATH BETWEEN LODGE & START LINE	
EXCHANGE OPEN	10/15/23 6:00 AM	
EXCHANGE CLOSE	10/15/23 9:00 AM	



P2B CATSKILLS: EXCHANGE OVERVIEW

EX #	2	Roxbury Highway Garage
ADDRESS	52508 NY-30, Roxbury, NY 12474	
GPS COORDINATES	42.27061, -74.57650	
PARKING	FRONT PARKING AREA	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	ON SHOULDER OF ROAD INFRONT OF HWY GARAGE	
EXCHANGE OPEN	10/15/23 7:00 AM	
EXCHANGE CLOSE	10/15/23 9:30 AM	



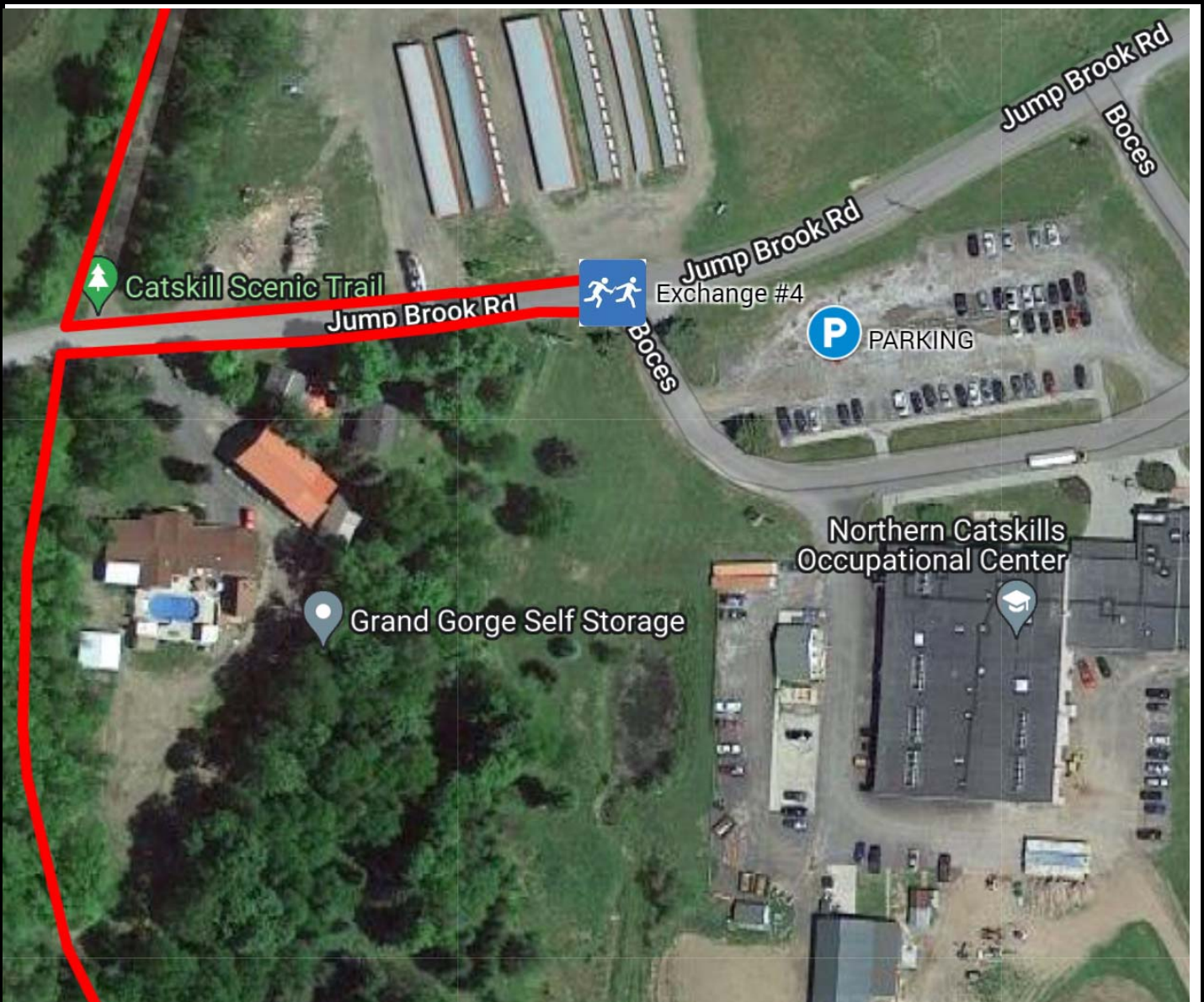
P2B CATSKILLS: EXCHANGE OVERVIEW

EX #	3	CST Trailhead Parking - Roxbury
ADDRESS	54900 NY-30, Roxbury, NY 12474	
GPS COORDINATES	42.30278, -74.55449	
PARKING	TRAIL PARKING IN GRASS AREA OF ROAD	
RESTROOMS	NONE (PLAN ACCORDINGLY)	
EX TRANSITION	AT TRAILHEAD ENTRANCE	
EXCHANGE OPEN	10/15/23 7:30 AM	
EXCHANGE CLOSE	10/15/23 10:00 AM	



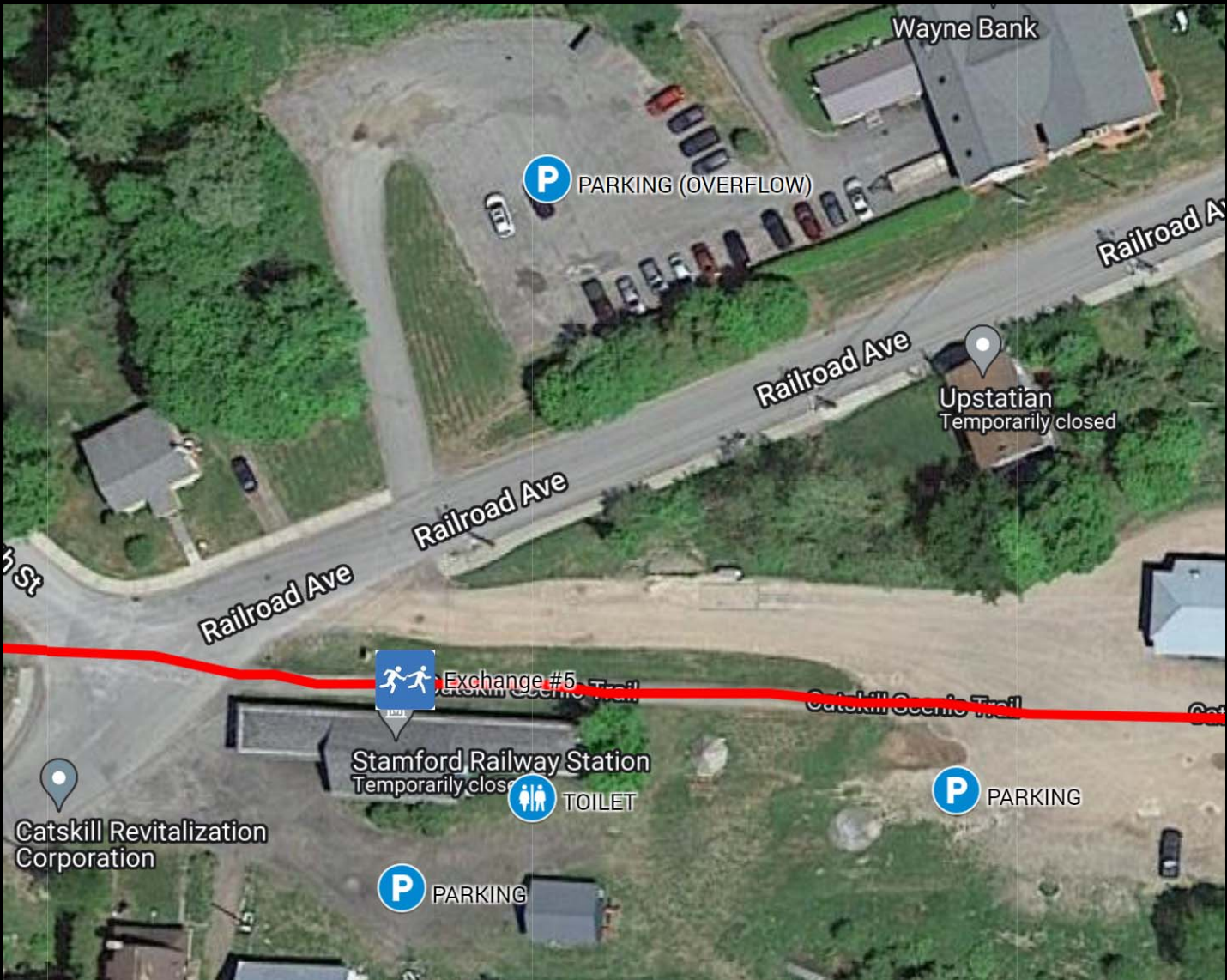
P2B CATSKILLS: EXCHANGE OVERVIEW

EX #	4	Otsego Northern Catskills BOCES
ADDRESS	2020 Jump Brook Rd, Roxbury, NY 12474	
GPS COORDINATES	42.36994, -74.51022	
PARKING	FRONT PARKING LOT	
RESTROOMS	NONE (PLAN ACCORDINGLY)	
EX TRANSITION	PARKING LOT ENTRANCE	
EXCHANGE OPEN	10/15/23 8:30 AM	
EXCHANGE CLOSE	10/15/23 10:45 AM	



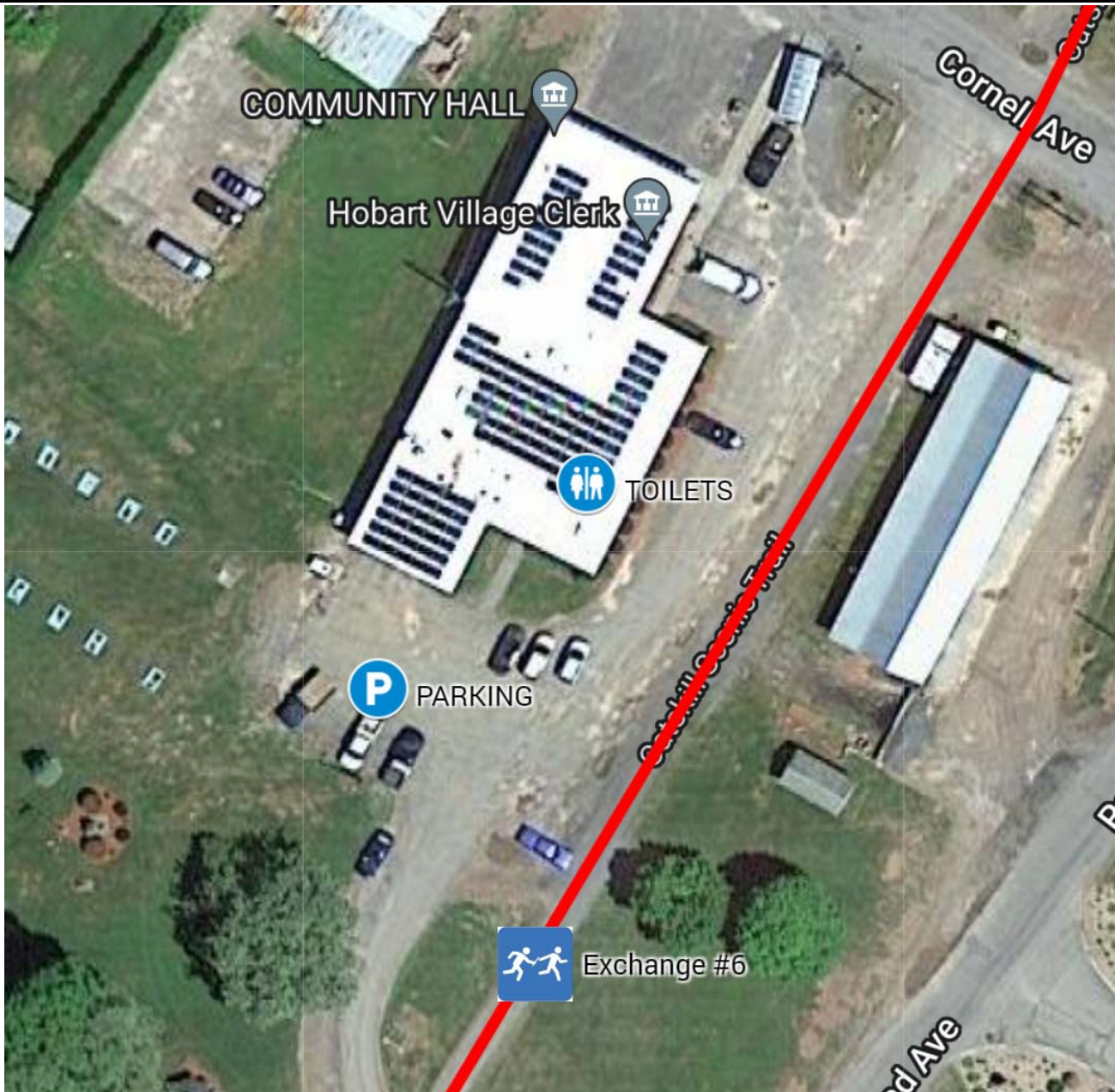
P2B CATSKILLS: EXCHANGE OVERVIEW

EX #	5	Stamford Railway Station CST Parking
ADDRESS	21 Railroad Ave, Stamford, NY 12167	
GPS COORDINATES	42.40698, -74.61870	
PARKING	PARKING LOTS NEAR TRAIN STATION	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	ON CST INFRONT OF TRAIN STATION	
EXCHANGE OPEN	10/15/23 9:30 AM	
EXCHANGE CLOSE	10/15/23 12:00 PM	



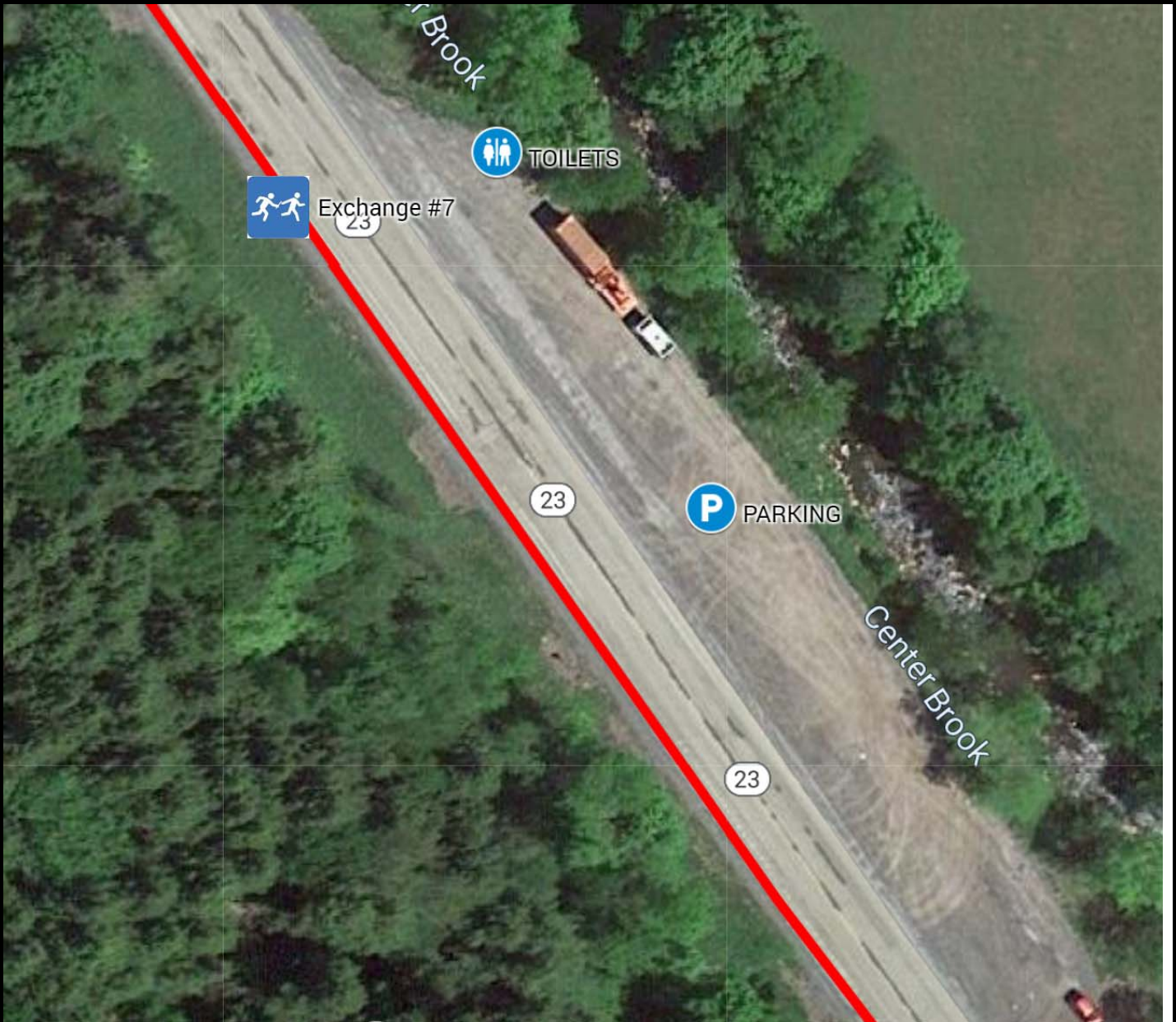
P2B CATSKILLS: EXCHANGE OVERVIEW

EX #	6	Village of Hobart Community Hall
ADDRESS	80 Cornell Ave, Hobart, NY 13788	
GPS COORDINATES	42.37191, -74.66696	
PARKING	COMMUNITY HALL PARKING LOT	
RESTROOMS	FACILITY RESTROOMS	
EX TRANSITION	ON CST BY COMMUNITY HALL	
EXCHANGE OPEN	10/15/23 10:15 AM	
EXCHANGE CLOSE	10/15/23 12:30 PM	



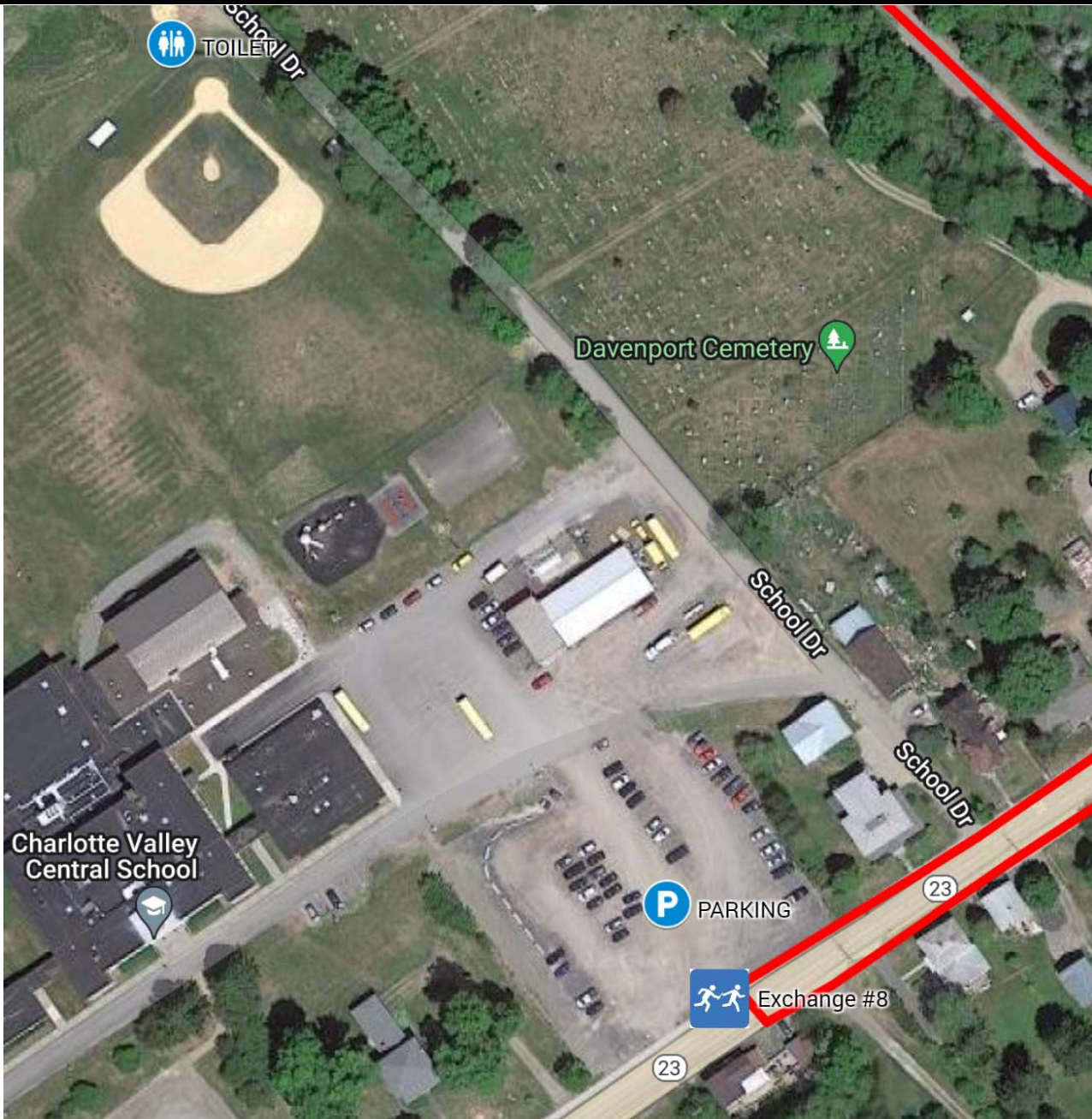
P2B CATSKILLS: EXCHANGE OVERVIEW

EX #	7	NY-23 Pull Over
ADDRESS	21300 NY-23, Davenport, NY 13750	
GPS COORDINATES	42.44314, -74.75547	
PARKING	GRAVEL PULLOVER AREA OFF NY-23	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	ON SHOULDER OF ROAD	
EXCHANGE OPEN	10/15/23 11:30 AM	
EXCHANGE CLOSE	10/15/23 2:00 PM	



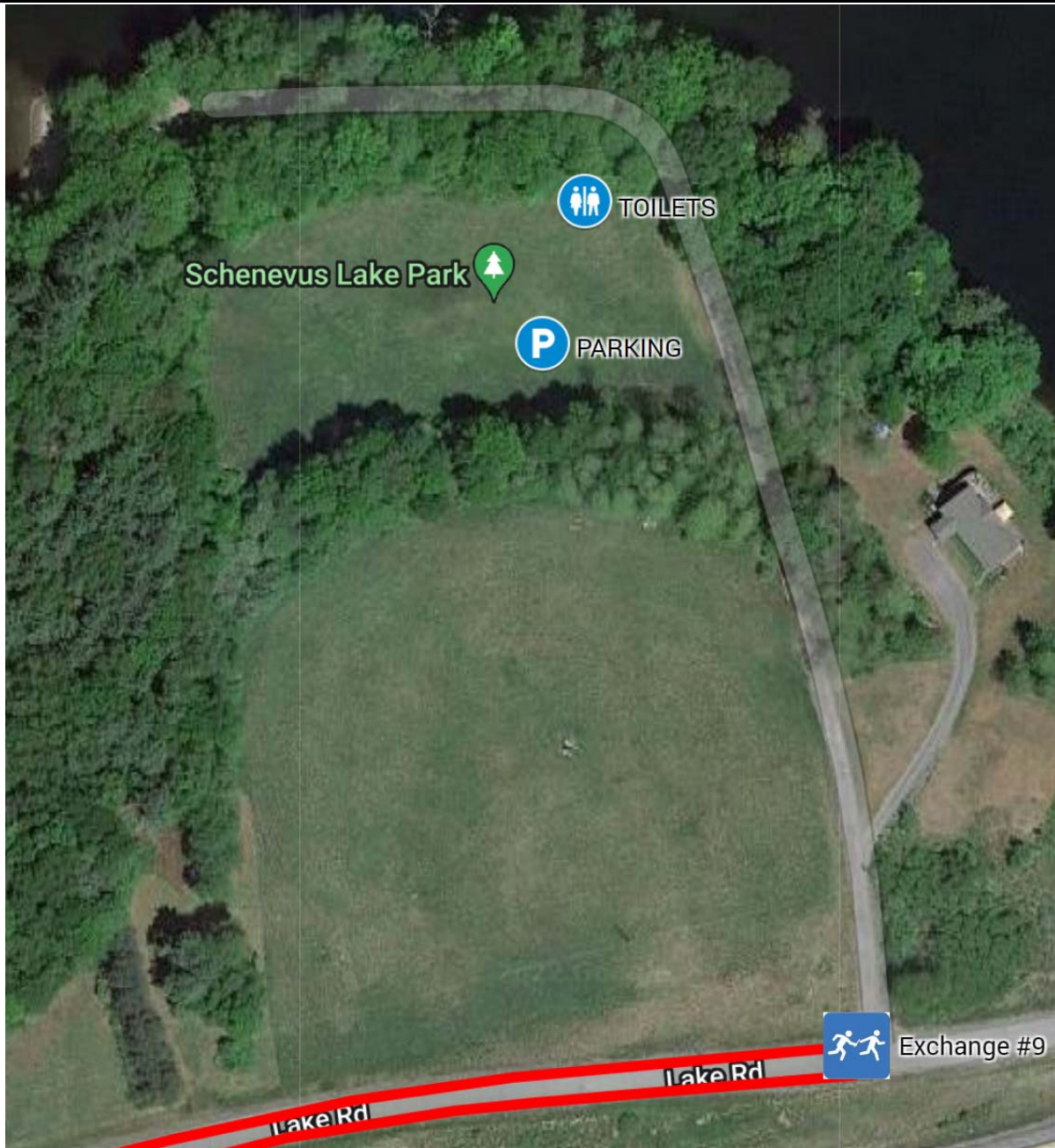
P2B CATSKILLS: EXCHANGE OVERVIEW

EX #	8	Charlotte Valley Central School
ADDRESS	15611 State Highway 23, Davenport, NY 13750	
GPS COORDINATES	42.47074, -74.84633	
PARKING	FRONT PARKING LOT	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	ON SIDEWALK BY PARKING LOT	
EXCHANGE OPEN	10/15/23 12:00 PM	
EXCHANGE CLOSE	10/15/23 3:00 PM	



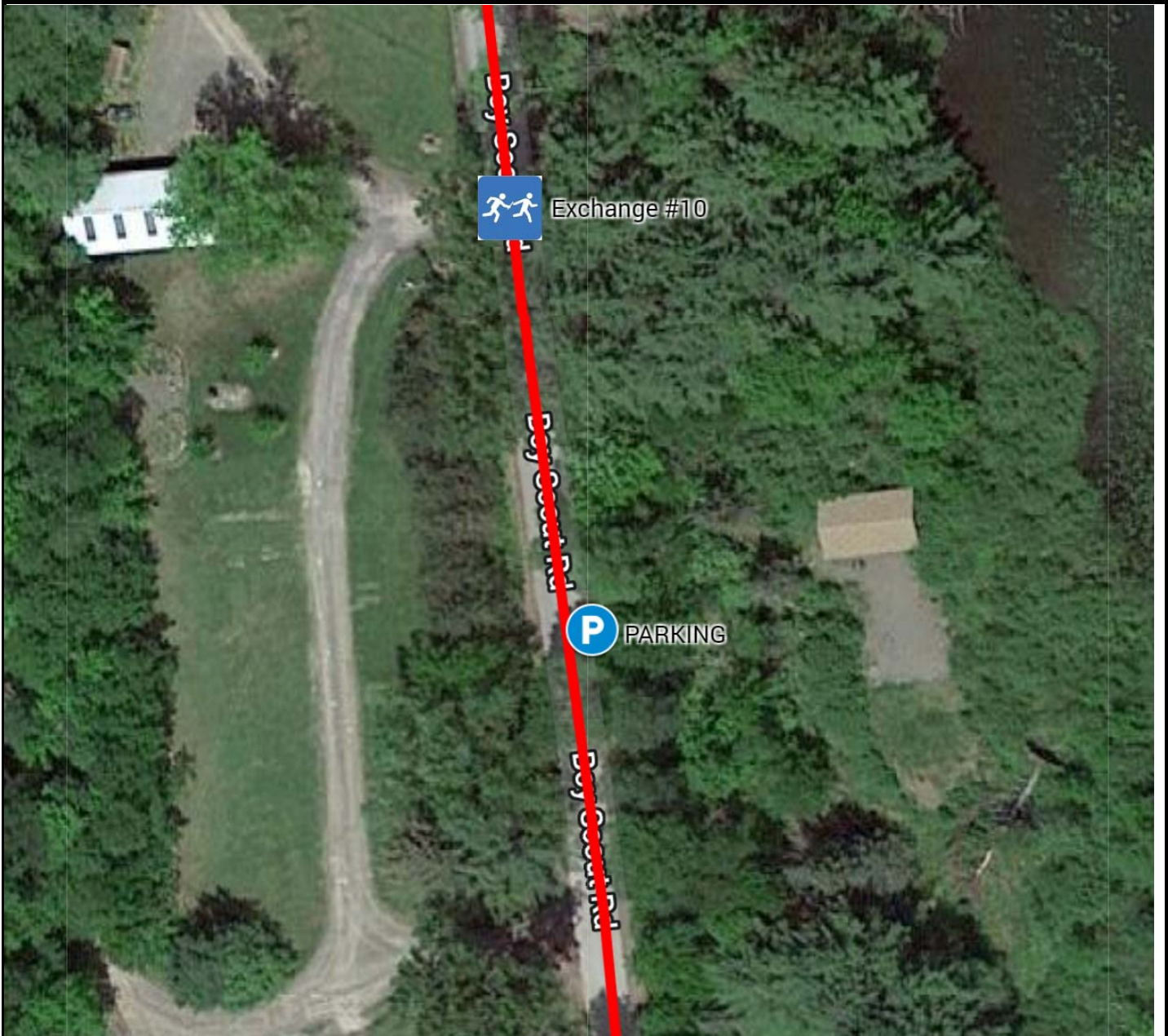
P2B CATSKILLS: EXCHANGE OVERVIEW

EX #	9	Schenevus Lake Park
ADDRESS	200 Lake Rd, Schenevus, NY 12155	
GPS COORDINATES	42.53790, -74.83884	
PARKING	GRASS PARKING AREA	
RESTROOMS	PORTABLE TOILET	
EX TRANSITION	AT PARK DIRT ROAD ENTRANCE	
EXCHANGE OPEN	10/15/23 12:45 PM	
EXCHANGE CLOSE	10/15/23 4:30 PM	



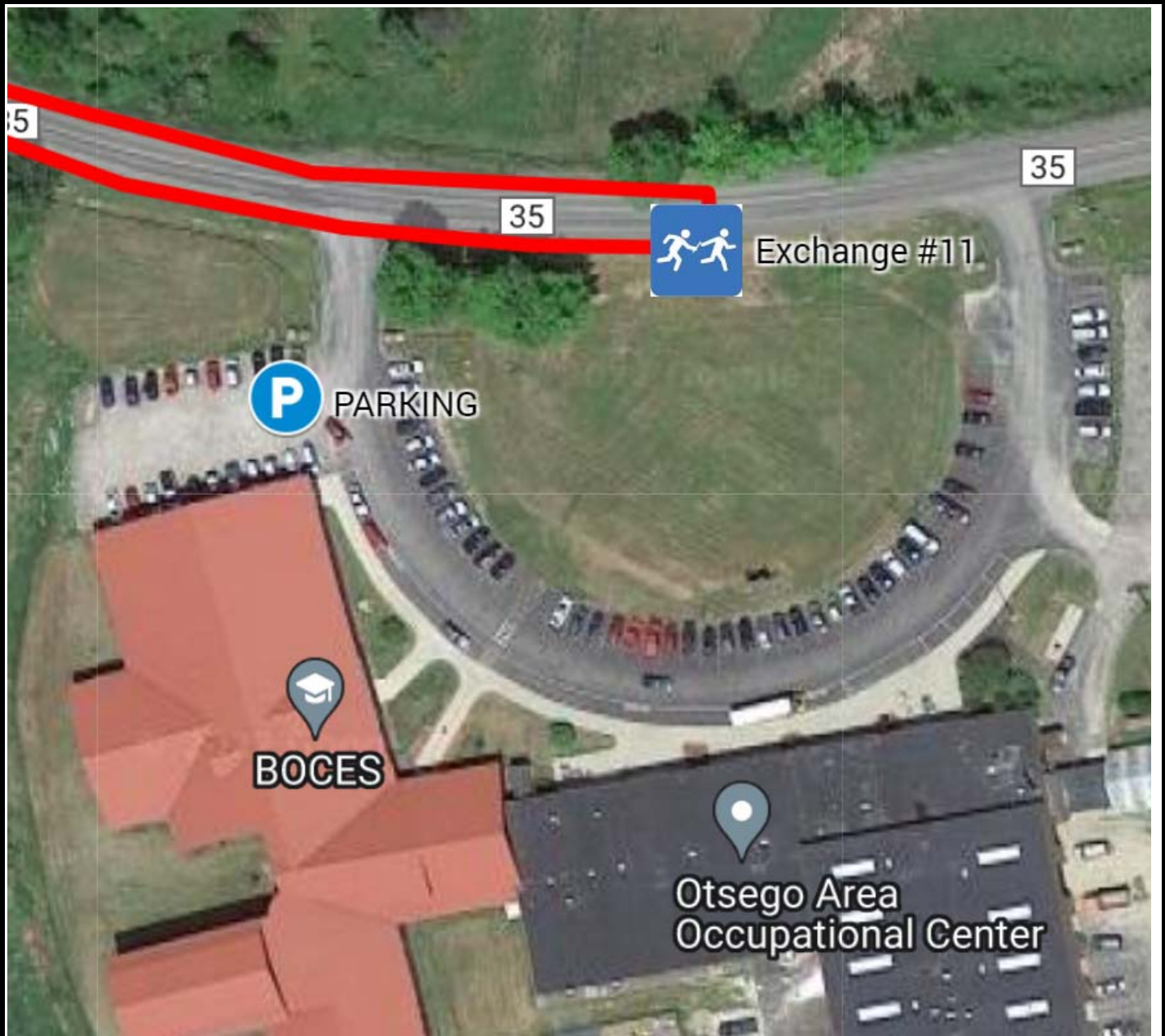
P2B CATSKILLS: EXCHANGE OVERVIEW

EX #	10	Henderson Scout Reservation
ADDRESS	509 Boy Scout Rd, Maryland, NY 12116	
GPS COORDINATES	42.55473, -74.92411	
PARKING	SIDE OF DIRT ROAD	
RESTROOMS	NONE (PLAN ACCORDINGLY)	
EX TRANSITION	ON SHOULDER OF DIRT ROAD	
EXCHANGE OPEN	10/15/23 1:30 PM	
EXCHANGE CLOSE	10/15/23 6:00 PM	



P2B CATSKILLS: EXCHANGE OVERVIEW

EX #	11	Otsego Area Occupational Center
ADDRESS	1914 County Route 35, Milford, NY 13807	
GPS COORDINATES	42.58987, -74.92151	
PARKING	FRONT PARKING LOT	
RESTROOMS	NONE (PLAN ACCORDINGLY)	
EX TRANSITION	AT PARKING LOT ENTRANCE	
EXCHANGE OPEN	10/15/23 2:00 PM	
EXCHANGE CLOSE	10/15/23 6:45 PM	



P2B CATSKILLS: EXCHANGE OVERVIEW

FINISH	Brewery Ommegang
ADDRESS	656 Co Hwy 33, Cooperstown, NY 13326
GPS COORDINATES	42.62680, -74.94492
PARKING	MAIN PARKING LOT & OVERFLOW PARKING
RESTROOMS	FACILITY RESTROOMS
FINISH LINE	FINISH THROUGH BLDG ARCHWAY THEN PARTY TIME
FINISH OPEN	10/15/23 2:30 PM
FINISH CLOSE	10/15/23 8:00 PM

