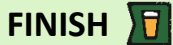


P2B CATSKILLS RELAY - SPRINT LEG CHART



START

PLATTEKILL MT



FINISH

BREWERY OMMEGANG

DISTANCE (mi)

64

TOTAL LEGS

12

TEAM TYPES

6-PACK

4-PACK

VANS/TEAM

1

1

RUNNERS

6

4

LEGS/RUNNER

2

3

6-PACK TEAM: LEG BREAKDOWN BY RUNNER

RUNNER #	LEG#: 1-6	LEG#: 7-12	TOTAL
1	3.0 <i>VERY HARD</i>	8.1 <i>HARD</i>	11.1
2	5.4 <i>MODERATE</i>	5.5 <i>MODERATE</i>	10.9
3	2.5 <i>EASY</i>	7.6 <i>VERY HARD</i>	10.1
4	6.4 <i>MODERATE</i>	6.8 <i>HARD</i>	13.2
5	7.2 <i>MODERATE</i>	4.1 <i>MODERATE</i>	11.3
6	3.6 <i>EASY</i>	3.4 <i>MODERATE</i>	7.0

4-PACK TEAM: LEG BREAKDOWN BY RUNNER

RUNNER #	LEG#: 1-4	LEG#: 5-8	LEG#: 9-12	TOTAL
1	3.0 <i>VERY HARD</i>	7.2 <i>MODERATE</i>	7.6 <i>VERY HARD</i>	17.8
2	5.4 <i>MODERATE</i>	3.6 <i>EASY</i>	6.8 <i>HARD</i>	15.8
3	2.5 <i>EASY</i>	8.1 <i>HARD</i>	4.1 <i>MODERATE</i>	14.7
4	6.4 <i>MODERATE</i>	5.5 <i>MODERATE</i>	3.4 <i>MODERATE</i>	15.3

P2B CATSKILLS RELAY - LEG MASTER



START

PLATTEKILL MT

FINISH



BREWERY OMMEGANG

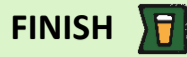
LEG #	DISTANCE <i>(miles)</i>	LEVEL OF DIFFICULTY	ELEVATION GAIN <i>(feet)</i>	ELEVATION LOSS <i>(feet)</i>	MAX ELEVATION <i>(feet)</i>	MIN ELEVATION <i>(feet)</i>	COURSE SECTION	SECTION TOTAL <i>(miles)</i>
1	3.0	VERY HARD	1140	-1128	3316	2350	1	28.1
2	5.4	MODERATE	270	-1160	2356	1463		
3	2.5	EASY	94	-50	1519	1466		
4	6.4	MODERATE	260	-252	1595	1493		
5	7.2	MODERATE	616	-338	1850	1513		
6	3.6	EASY	10	151	1785	1684		
7	8.1	HARD	740	-930	2135	1463	2	35.5
8	5.5	MODERATE	253	-411	1492	1281		
9	7.6	VERY HARD	1090	-1110	1964	1230		
10	6.8	HARD	955	-406	1849	1201		
11	4.1	MODERATE	199	-853	1958	1159		
12	3.4	MODERATE	254	-183	1253	1148		
TOTAL	63.6	ULTIMATE	5881	-6670	3316	1148	2	63.6

P2B CATSKILLS RELAY - LEG DETAILS (RUNNERS & VAN)



START

PLATTEKILL MT



FINISH

BREWERY OMMEGANG

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
1	3.0	VERY HARD	TRAILS	NONE	MOSTLY	POOR	NONE	—	NO	NO
2	5.4	MODERATE	PAVED ROAD	LOW	PARTIAL	POOR	FULL	RUNNER	NO	NO
3	2.5	EASY	PAVED ROAD	MODERATE	MINIMAL	POOR	FULL	RUNNER	YES	YES
4	6.4	MODERATE	TRAILS	NONE	MOSTLY	POOR	PARTIAL	VAN	YES	YES
5	7.2	MODERATE	TRAILS	NONE	MOSTLY	GOOD	PARTIAL	VAN	YES	YES
6	3.6	EASY	TRAILS	NONE	MOSTLY	GOOD	NONE	VAN	YES	YES
7	8.1	HARD	PAVED ROAD	MODERATE / LOW	PARTIAL	FAIR	FULL	RUNNER	YES	YES
8	5.5	MODERATE	PAVED ROAD	MODERATE	PARTIAL	GOOD	FULL	RUNNER	YES	YES
9	7.6	VERY HARD	PAVED ROAD / DIRT ROAD	LOW	PARTIAL	GOOD	FULL	RUNNER	YES	YES
10	6.8	HARD	PAVED ROAD / DIRT ROAD	MODERATE / LOW	PARTIAL	GOOD	FULL	RUNNER	YES	NO
11	4.1	MODERATE	PAVED ROAD / DIRT ROAD	LOW	PARTIAL	GOOD	FULL	RUNNER	NO	NO
12	3.4	MODERATE	PAVED ROAD	MODERATE	PARTIAL	GOOD	FULL	RUNNER	FINISH	NO
SUM	63.6	ULTIMATE	50% PAVED RD 30% TRAILS 20% DIRT RD	50% LOW 30% NONE 20% MODERATE	60% PARTIAL 30% MOSTLY 10% MINIMAL	70% GOOD 30% POOR	70% FULL 20% PARTIAL 10% NONE	75% RUNNER 25% VAN	80% YES 20% NO	65% YES 35% NO

LEG # 1**3 MI****1140 ↑****-1128 ↓****VERY HARD****START****Plattekill Mountain**

469 Plattekill Rd, Roxbury, NY 12474

GPS: 42.29026, -74.65322

EXCHANGE # 1**Plattekill Mountain**

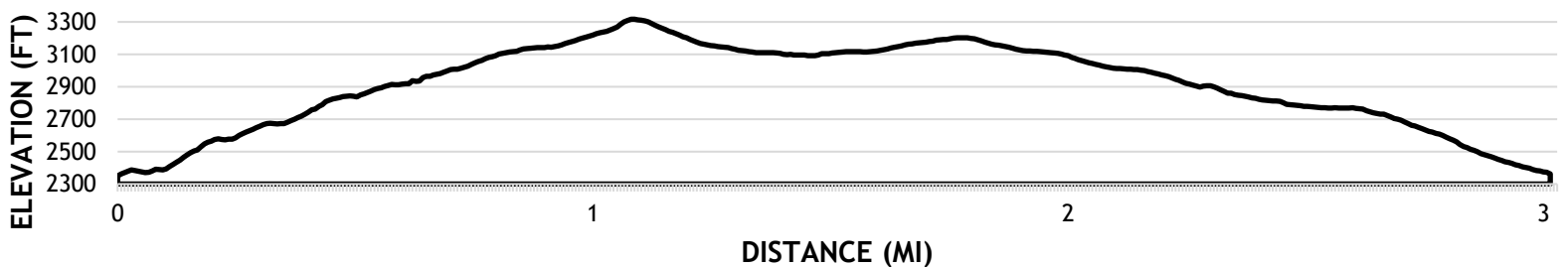
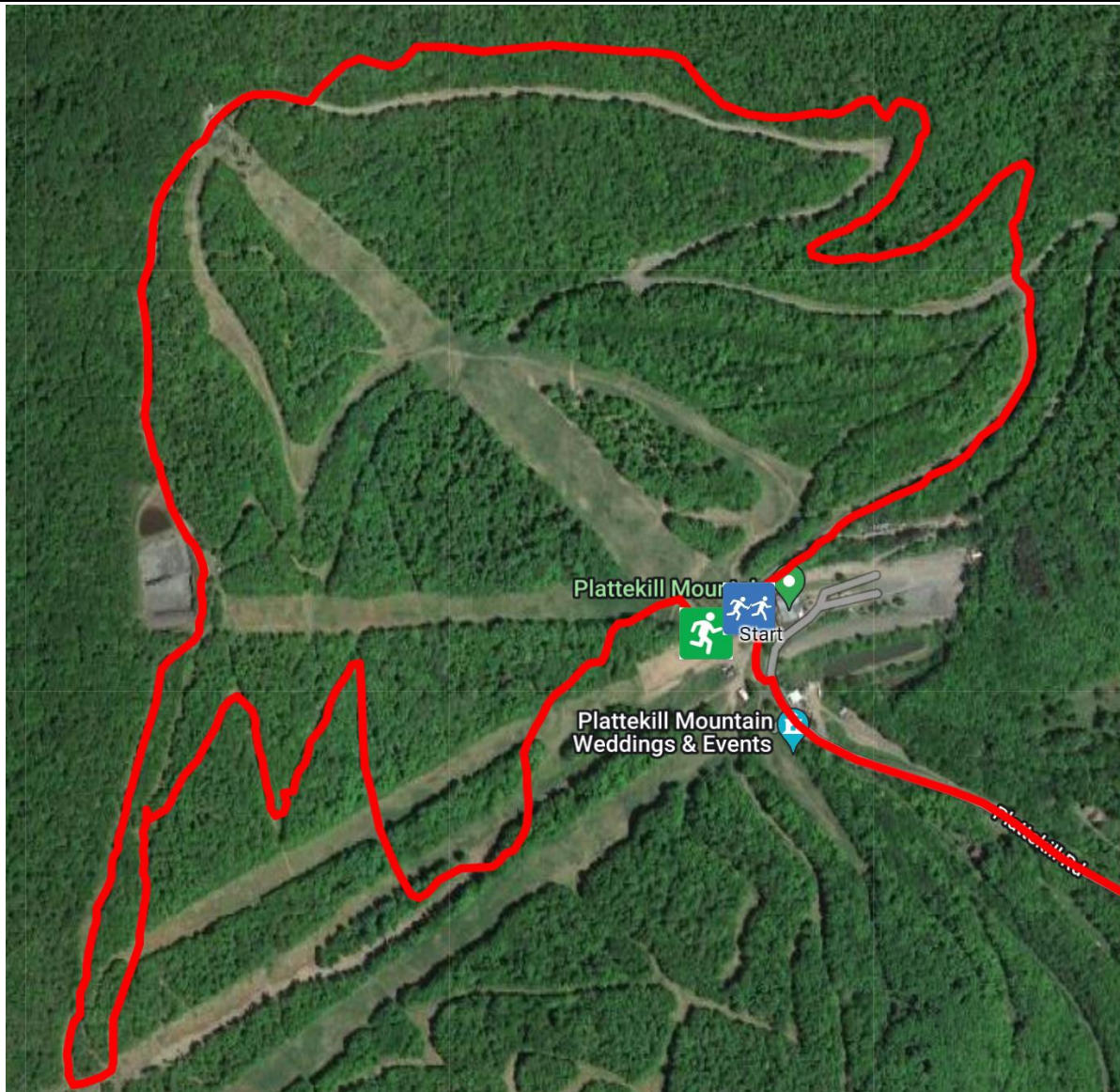
469 Plattekill Rd, Roxbury, NY 12474

GPS: 42.29026, -74.65322

LEG OVERVIEW**LEG OVERVIEW****EPIC ~1,000-FT CLIMB UP PLATTEKILL MT TO BOTH SIDES THEN DOWN SCENIC TRAILS THROUGH WOODS****VAN SUPPORT****NO VAN SUPPORT****RUNNER EX.****NEAR CHAIR LIFT****FOOD / FUEL****NO / NO****EX. PARKING****PLATTEKILL PARKING LOT****DIRECTIONS TO EXCHANGE****RUN ON SIDE****ROAD TYPE****ROAD CROSSING**

0.00 ↑ Head Straight up Slope toward Trails
 0.90 ← Left to top of Northface Double Chair
 1.00 → Right towards top of Sunshine Triple Chair
 1.70 ← Left onto Mt Bike downhill Trail
 2.60 ↑ Cross Access Rd to Lower-Powder Puff

DIRT / GRASS TRAIL
 DIRT / GRASS TRAIL
 DIRT / GRASS TRAIL
 DIRT TRAIL
 GRASS TRAIL



LEG # 2**5.4 MI****270 ↑****-1160 ↓****MODERATE****EXCHANGE # 1****Plattekill Mountain**
469 Plattekill Rd, Roxbury, NY 12474

GPS: 42.29026, -74.65322

EXCHANGE # 2**Roxbury Highway Garage**
52508 NY-30, Roxbury, NY 12474

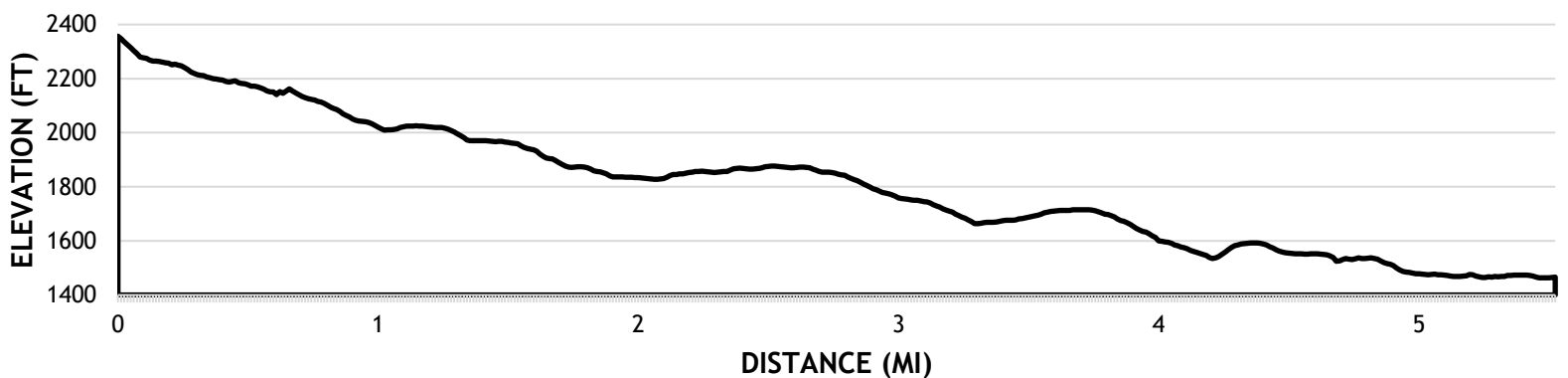
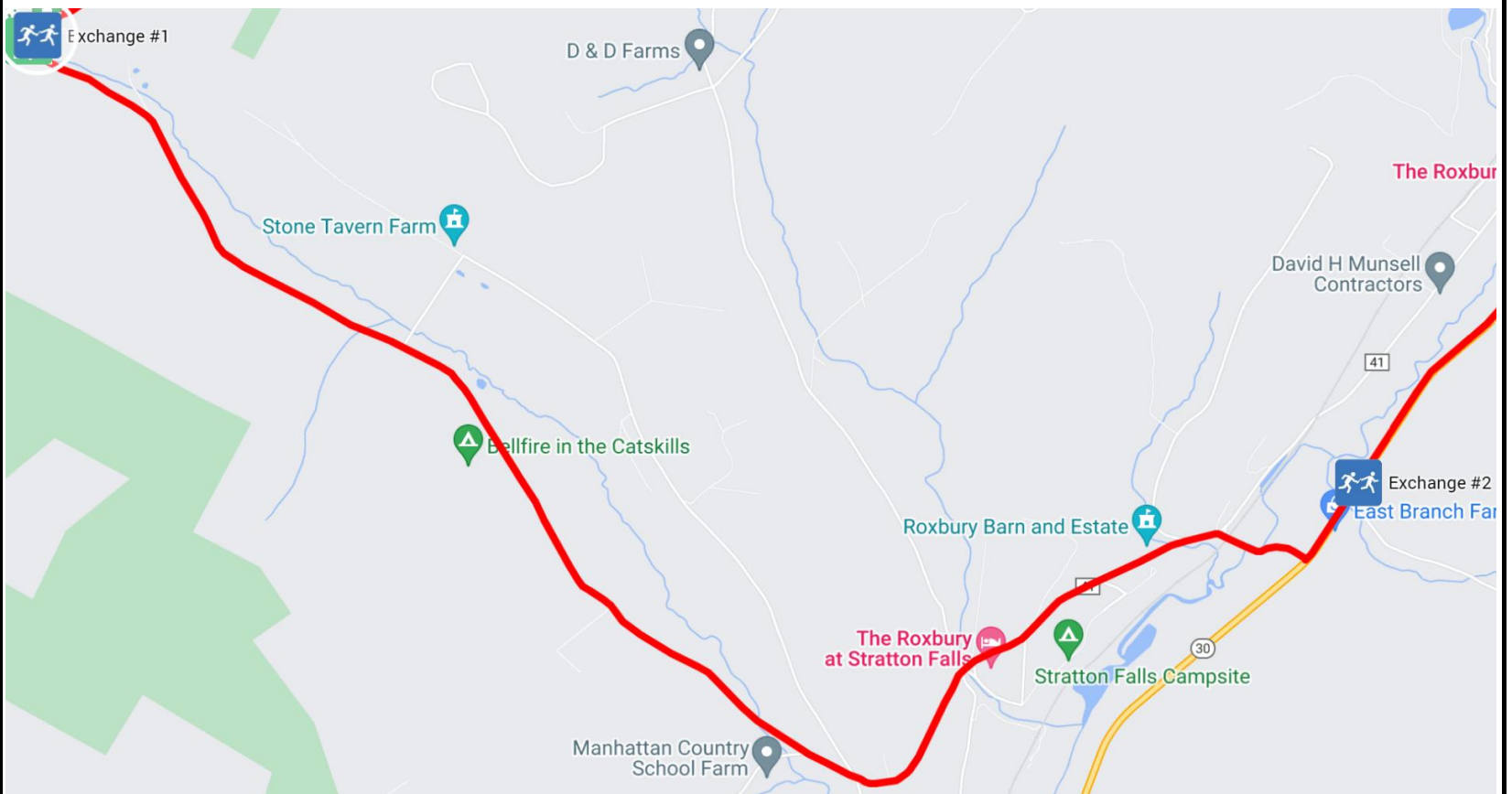
GPS: 42.27061, -74.57650

LEG OVERVIEW

LEG OVERVIEW	BEAUTIFUL DOWNHILL RUN EXITTING PLATTEKILL MT THROUGH STRATTON FALLS INTO ROXBURY		
VAN SUPPORT	VAN SUPPORTED	RUNNER EX.	← SHOULDER OF ROAD
FOOD / FUEL	NO / NO	EX. PARKING	→ INTO HWY DEPT PARKING

DIRECTIONS TO EXCHANGE**RUN ON SIDE****ROAD TYPE****ROAD CROSSING**

0.00	↑	Stay straight on gravel path to road		GRAVEL PATH	
0.10	→	Turn right onto Plattekill Rd	AGAINST TRAFFIC	PAVED ROAD	Cross Plattekill Rd
4.00	↑	Continue onto Roxbury-Stratton Falls Rd	AGAINST TRAFFIC	PAVED ROAD	
4.90	→	Turn right onto Briggs Rd	AGAINST TRAFFIC	PAVED ROAD	
5.10	←	Turn left onto NY-30 N	AGAINST TRAFFIC	PAVED ROAD	



LEG # 3**2.5 MI****94 ↑****-50 ↓****EASY****EXCHANGE # 2****Roxbury Highway Garage**
52508 NY-30, Roxbury, NY 12474

GPS: 42.27061, -74.57650

EXCHANGE # 3**CST Trailhead Parking - Roxbury**
54900 NY-30, Roxbury, NY 12474

GPS: 42.30278, -74.55449

LEG OVERVIEW**LEG OVERVIEW****EASY ROUTE THROUGH OLD TOWN ROXBURY TOWARDS THE CATSKILL SCENIC TRAIL****VAN SUPPORT**

VAN SUPPORTED

RUNNER EX.

→ AT CST TRAIL ENTRANCE

FOOD / FUEL

YES / YES

EX. PARKING

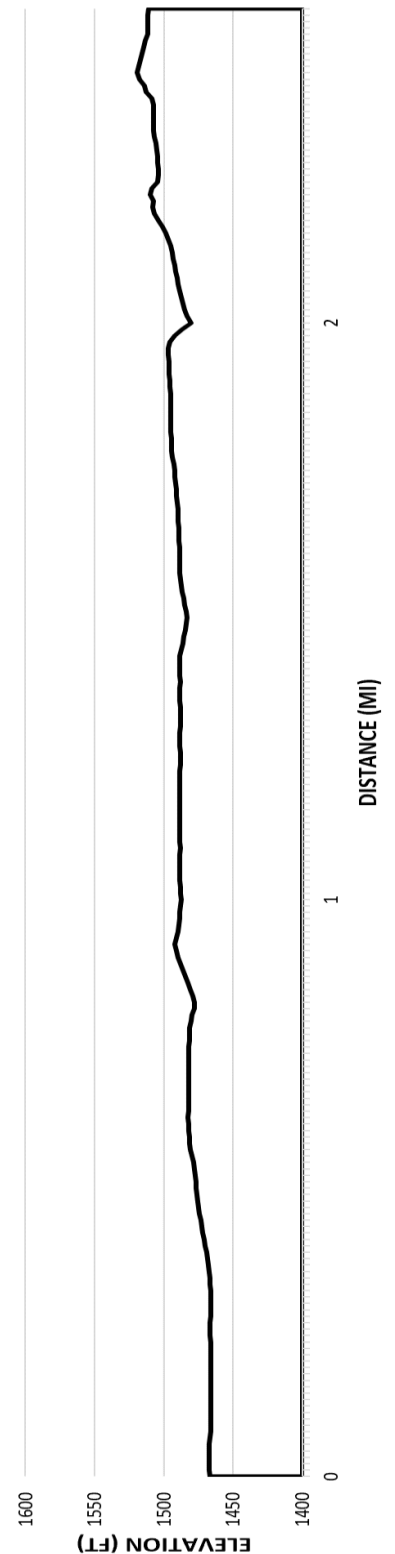
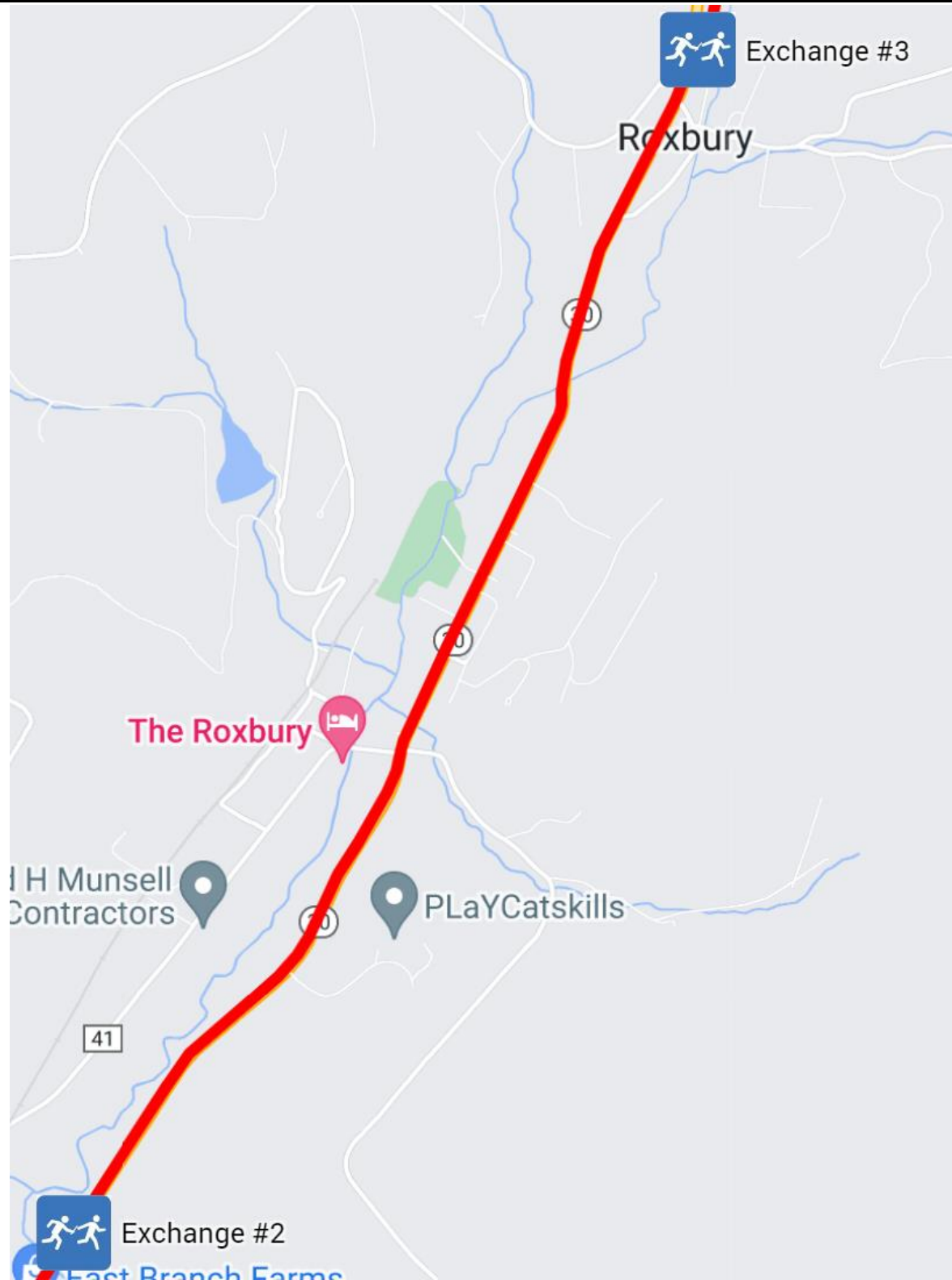
→ INTO CST TRAIL PARKING

DIRECTIONS TO EXCHANGE**RUN ON SIDE****TYPE****ROAD CROSSING**0.00 ↑ Head north on NY-30 N
2.50 → Turn right into Trail Parking Lot

AGAINST TRAFFIC

PAVED ROAD
GRASS TRAIL

Cross NY-30



LEG # 4**6.4 MI****260 ↑****-252 ↓****MODERATE****EXCHANGE # 3****CST Trailhead Parking - Roxbury**

54900 NY-30, Roxbury, NY 12474

GPS: 42.30278, -74.55449

EXCHANGE # 4**Otsego Northern Catskills BOCES**

2020 Jump Brook Rd, Roxbury, NY 12474

GPS: 42.36994, -74.51022

LEG OVERVIEW**LEG OVERVIEW****PEACEFUL SCENIC RUN ON THE CATSKILL SCENIC TRAIL (CST) FROM ROXBURY TO GRAND GORGE****VAN SUPPORT**

PARTIAL VAN SUPPORT

RUNNER EX.

→ ON SIDE OF ROAD

FOOD / FUEL

YES / YES

EX. PARKING

← INTO BOCES PARKING LOT

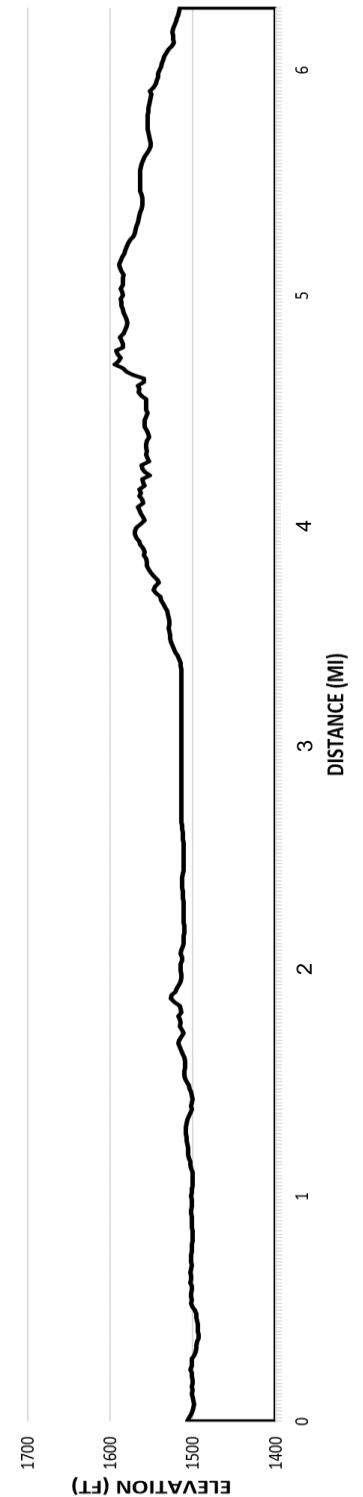
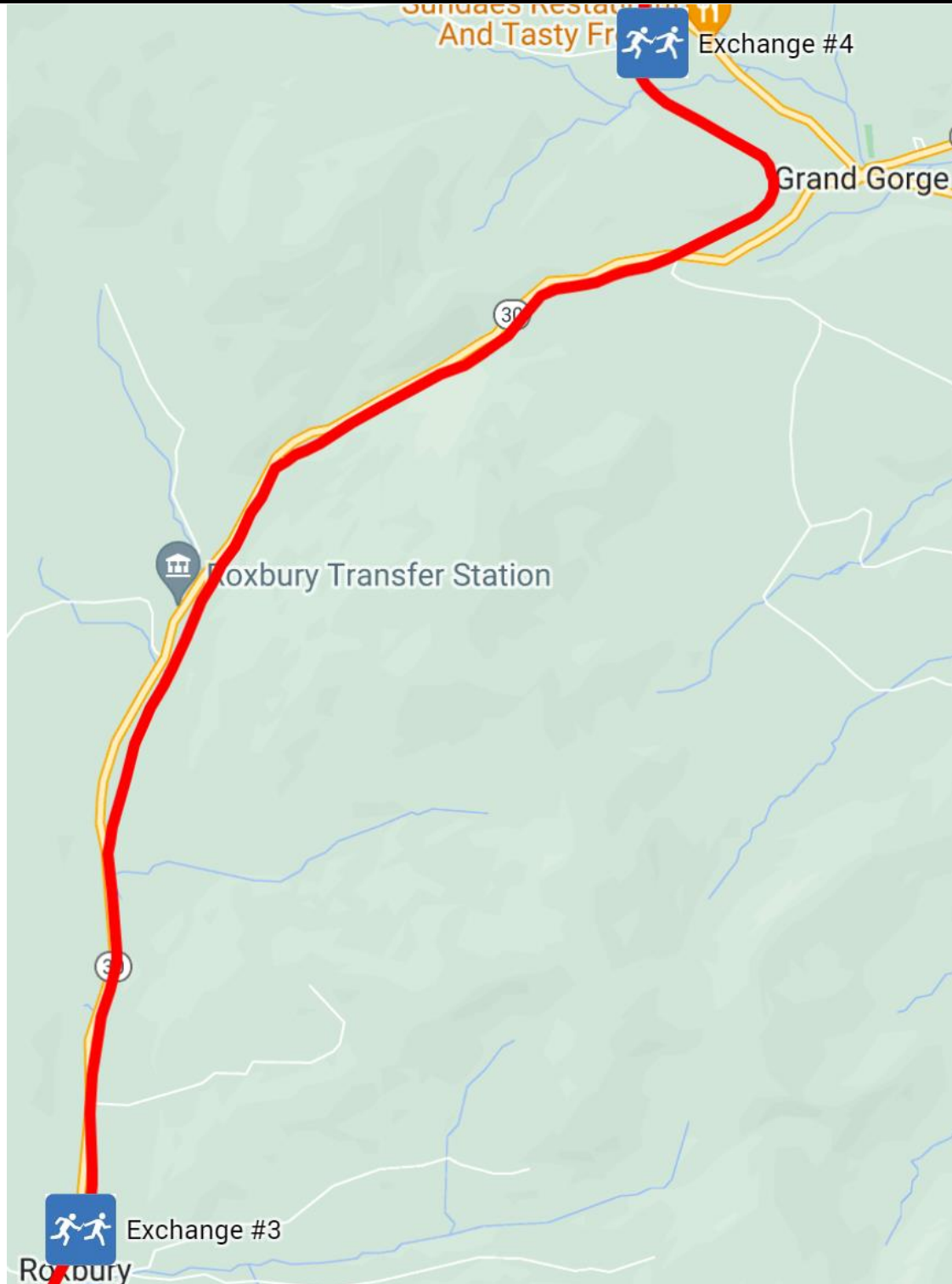
DIRECTIONS TO EXCHANGE**SIDE of ROAD****ROAD TYPE****ROAD CROSSING**

- 0.00 ↑ Enter the Catskill Scenic Trail (CST)
- 0.60 ↑ Continue on CST through Parking Lot
- 5.10 ↑ Continue on CST through Parking Lot
- 6.30 → Turn right onto Jump Brook Rd

WITH TRAFFIC

- GRASS / DIRT TRAIL
- GRASS / DIRT TRAIL
- DIRT / GRAVEL TRAIL
- PAVED ROAD

Cross NY-30



LEG # 5**7.2 MI****616 ↑****-338 ↓****MODERATE****EXCHANGE # 4****Otsego Northern Catskills BOCES**

2020 Jump Brook Rd, Roxbury, NY 12474

GPS: 42.36994, -74.51022

EXCHANGE # 5**Stamford Railway Station CST Parking**

21 Railroad Ave, Stamford, NY 12167

GPS: 42.40698, -74.61870

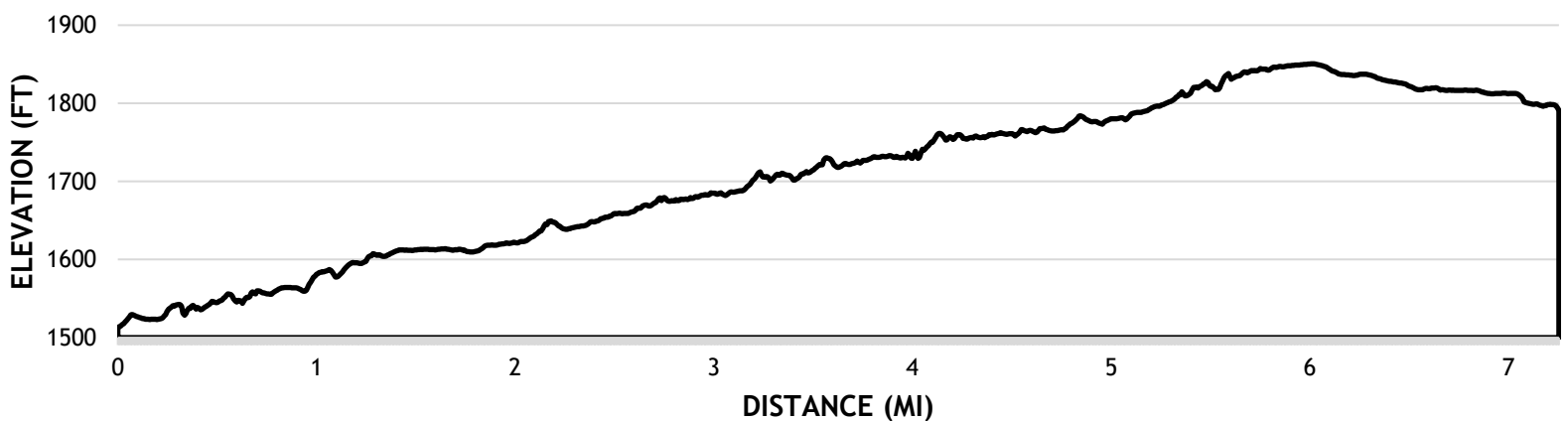
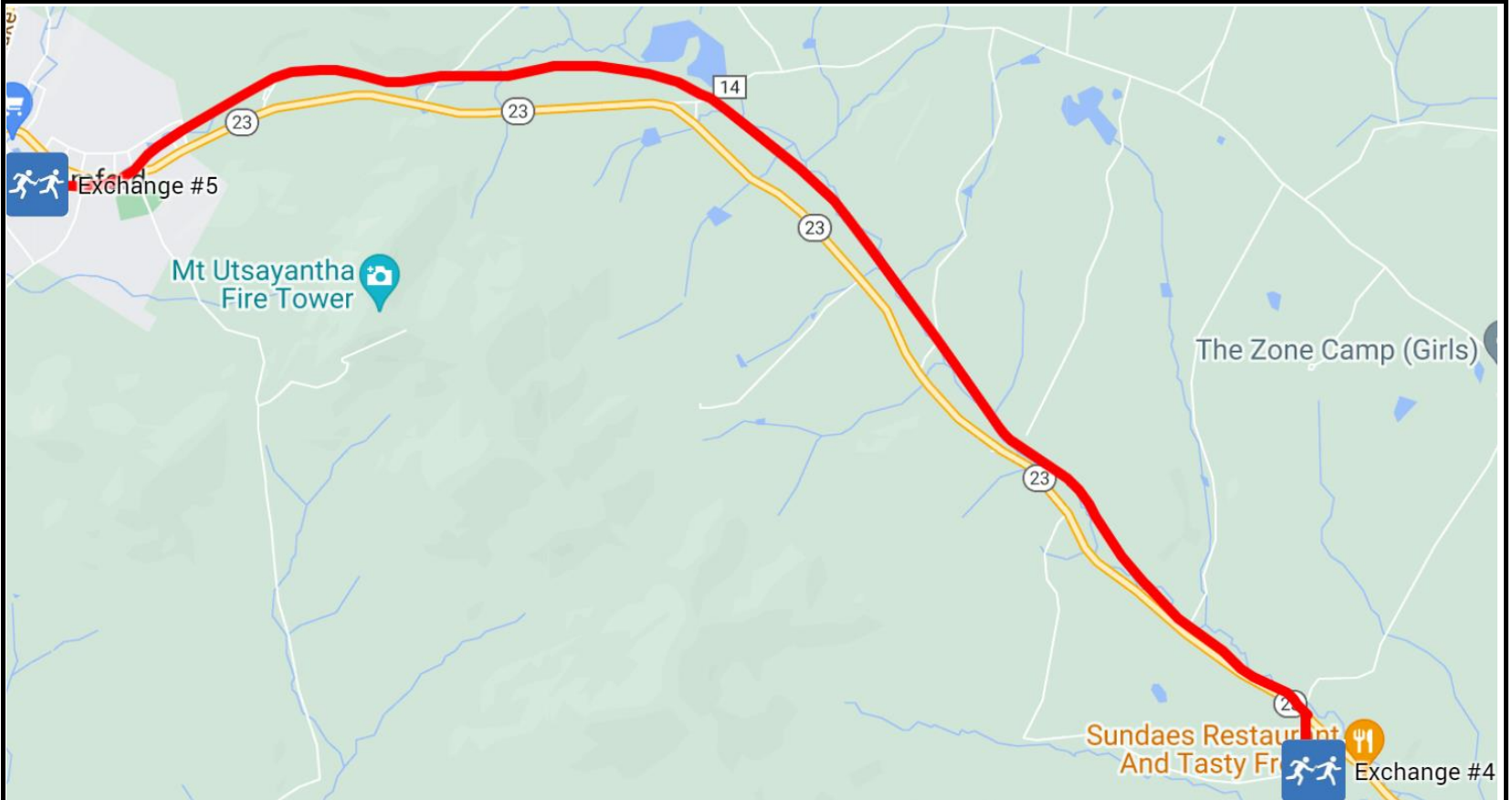
LEG OVERVIEW**LEG OVERVIEW****BEAUTIFUL SCENIC RUN ON THE CATSKILL SCENIC TRAIL (CST) FROM GRAND GORGE TO STAMFORD****VAN SUPPORT****PARTIAL VAN SUPPORT****RUNNER EX.****ON CST BY RAIL STATION****FOOD / FUEL****YES / YES****EX. PARKING****← INTO CST PARKING LOT****DIRECTIONS TO EXCHANGE****RUN ON SIDE****ROAD TYPE****ROAD CROSSING**

0.00 ↑ Head west on Jump Brook Rd toward CST
 0.10 → Turn right onto Catskill Scenic Trail (CST)
 0.30 ↑ Continue on Catskill Scenic Trail (CST)
 6.90 ↑ Continue on Catskill Scenic Trail (CST)

WITH TRAFFIC

PAVED ROAD
DIRT / GRAVEL TRAIL
DIRT / GRASS TRAIL
DIRT / GRAVEL TRAIL

Cross Jump Brook Rd
 Cross NY-23
 Cross NY-23



LEG # 6**3.6 MI****10 ↑****151 ↓****EASY****EXCHANGE # 5****Stamford Railway Station CST Parking**

21 Railroad Ave, Stamford, NY 12167

GPS: 42.40698, -74.61870

EXCHANGE # 6**Village of Hobart Community Hall**

80 Cornell Ave, Hobart, NY 13788

GPS: 42.37191, -74.66696

LEG OVERVIEW**LEG OVERVIEW****BEAUTIFUL SCENIC LEG ON THE CATSKILL SCENIC TRAIL (CST) FROM STAMFORD TO HOBART****VAN SUPPORT****NO VAN SUPPORT****RUNNER EX.****ON CST BY COMMUNITY HALL****FOOD / FUEL****YES / YES****EX. PARKING****→ INTO PARKING LOT****DIRECTIONS TO EXCHANGE****RUN ON SIDE****ROAD TYPE****ROAD CROSSING**

0.00 ↑ Continue on Catskill Scenic Trail (CST)

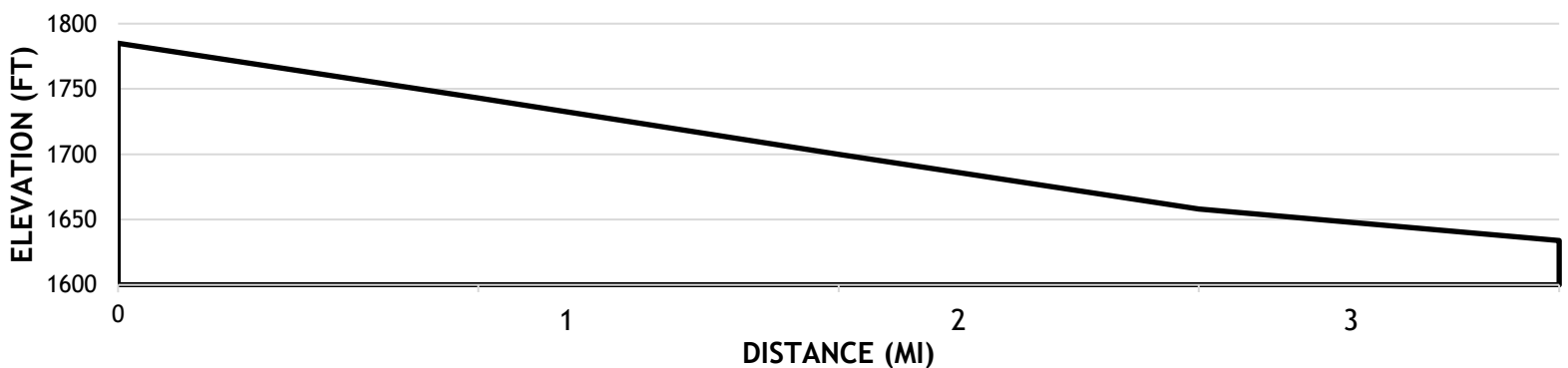
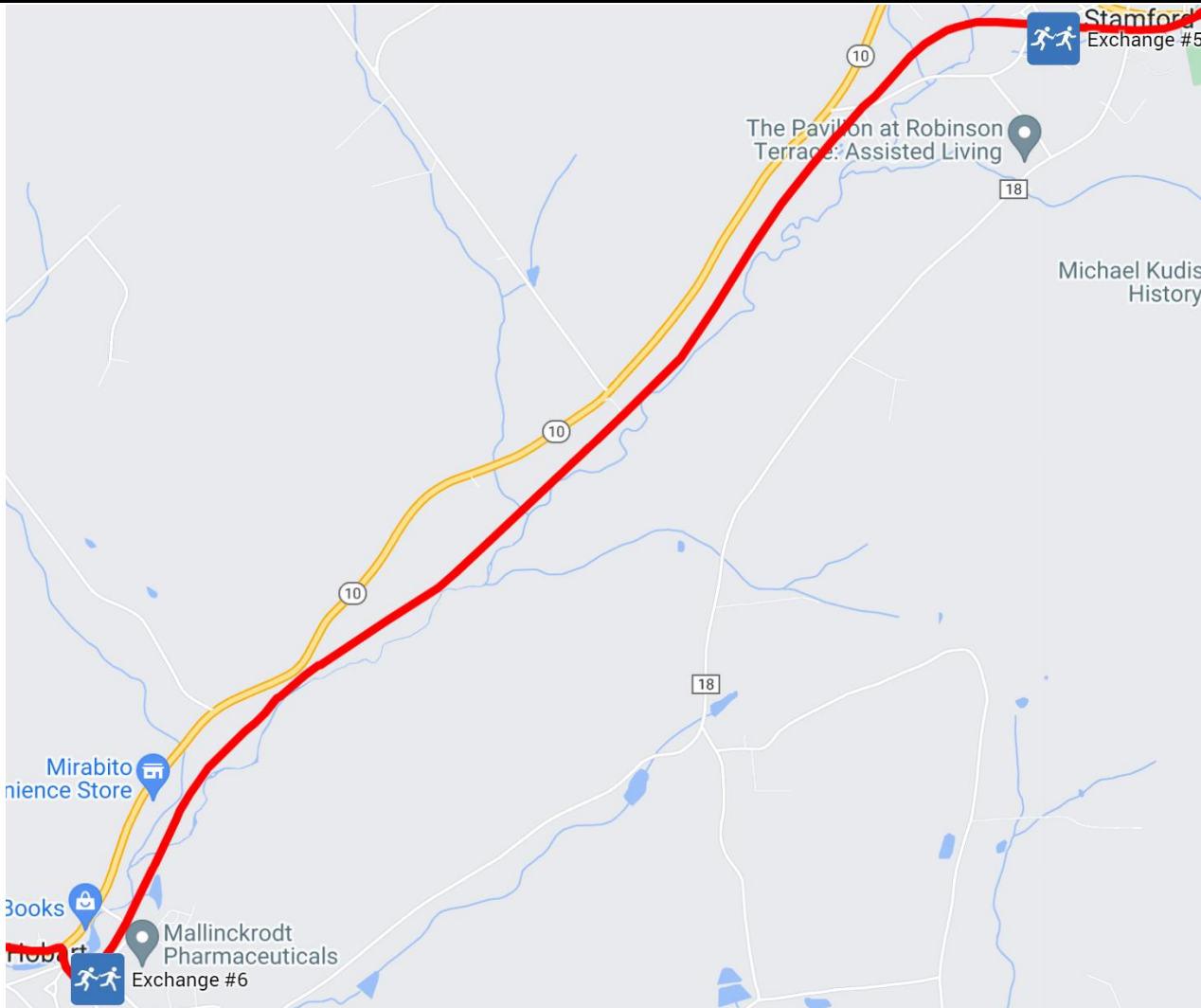
3.50 ↑ Continue on Catskill Scenic Trail (CST)

GRASS / DIRT TRAIL

DIRT / GRAVEL TRAIL

Cross Railroad Ave

Cross Cornell Ave



LEG # 7**8.1 MI****740 ↑****-930 ↓****HARD****EXCHANGE # 6****Village of Hobart Community Hall**

80 Cornell Ave, Hobart, NY 13788

GPS: 42.37191, -74.66696

EXCHANGE # 7**NY-23 Pull Over**

21300 NY-23, Davenport, NY 13750

GPS: 42.44314, -74.75547

LEG OVERVIEW**LEG OVERVIEW****CHALLENGING SCENIC CLIMB THROUGH BACK COUNTRY ROADS THEN DOWNHILL TO RT-23****VAN SUPPORT****VAN SUPPORTED****RUNNER EX.****← ON SHOULDER OF ROAD****FOOD / FUEL****YES / YES****EX. PARKING****→ INTO PARKING LOT****DIRECTIONS TO EXCHANGE****RUN ON SIDE****ROAD TYPE****ROAD CROSSING**

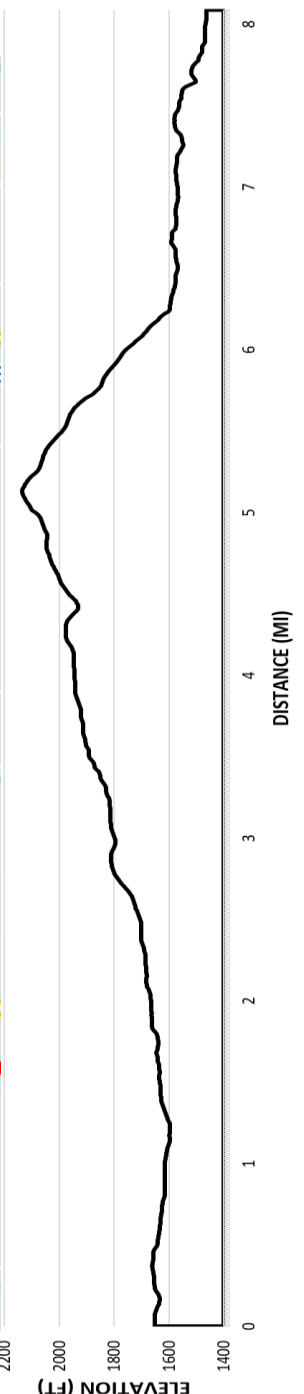
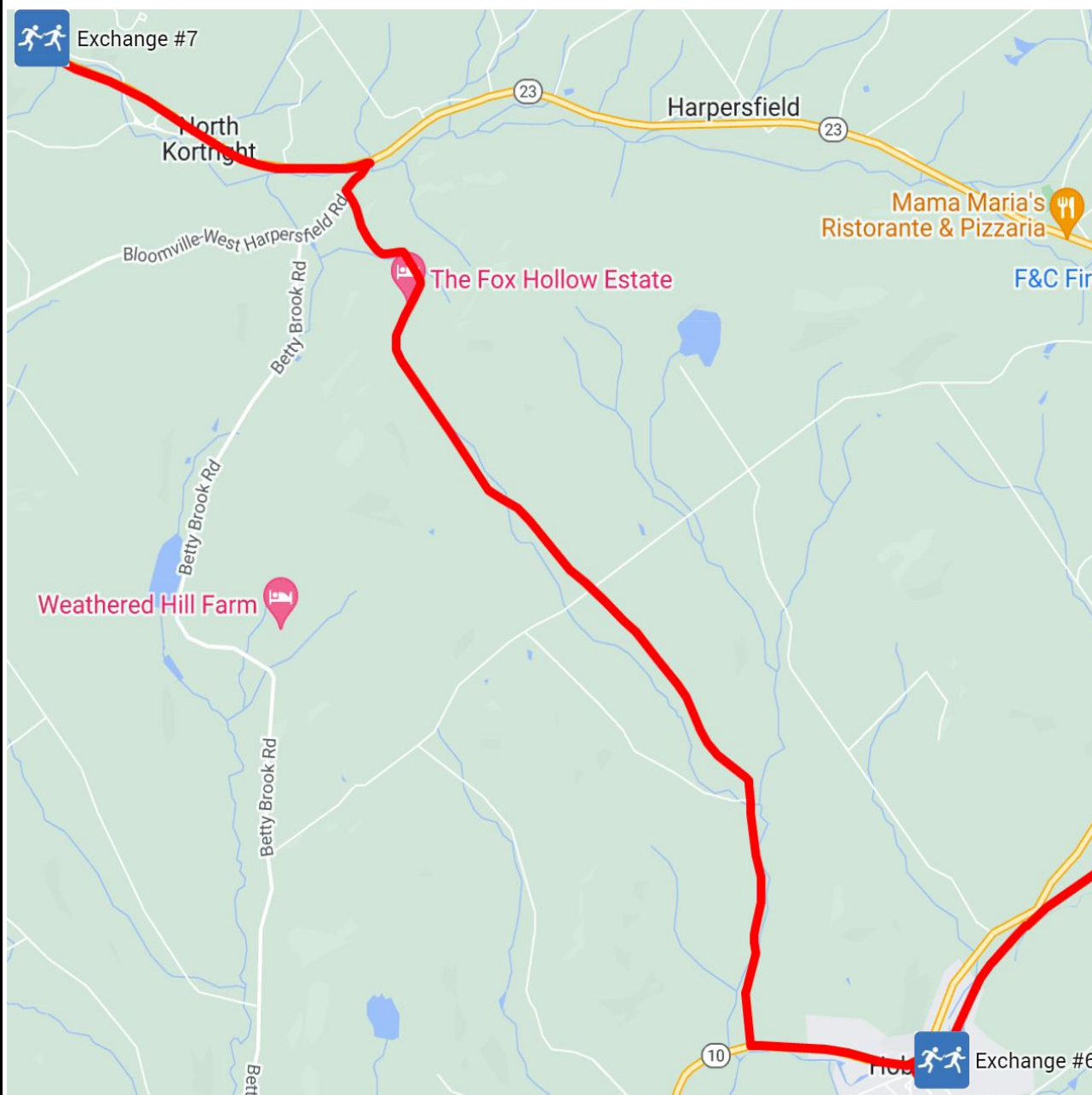
0.00 ↑ Continue on Catskill Scenic Trail (CST)
 0.10 ↗ Slight right onto Railroad Ave
 0.10 → Turn right onto Maple Ave
 0.20 ← Turn left onto NY-10 S/Main St
 1.00 → Turn right onto Gun House Hill Rd
 6.10 → Turn right onto Co Rd 33
 6.30 ← Turn left onto NY-23 E

WITH TRAFFIC
 WITH TRAFFIC
 AGAINST TRAFFIC
 AGAINST TRAFFIC
 AGAINST TRAFFIC

DIRT / GRAVEL TRAIL
 GRAVEL ROAD
 SIDEWALK
 PAVED ROAD
 PAVED ROAD
 PAVED ROAD
 PAVED ROAD

Cross NY-10/Main St

 Cross Co Rd 33



LEG # 8	5.5 MI	253 ↑	-411 ↓	MODERATE
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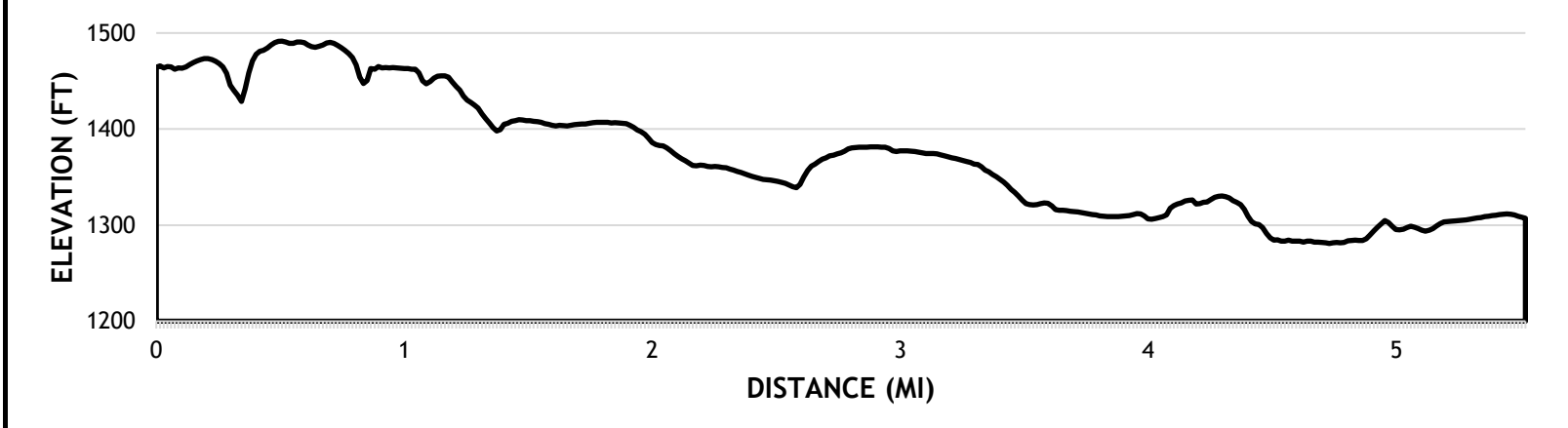
EXCHANGE # 7	NY-23 Pull Over 21300 NY-23, Davenport, NY 13750 GPS: 42.44314, -74.75547
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EXCHANGE # 8	Charlotte Valley Central School 15611 State Highway 23, Davenport, NY 13750 GPS: 42.47074, -74.84633
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LEG OVERVIEW

LEG OVERVIEW	GRADUAL DOWNSHILL RUN ALONG NY-23 INTO DAVENPORT		
VAN SUPPORT	VAN SUPPORTED	RUNNER EX.	ON SIDEWALK BY PARKING
FOOD / FUEL	YES / YES	EX. PARKING	→ INTO PARKING LOT

DIRECTIONS TO EXCHANGE	RUN ON SIDE	ROAD TYPE	ROAD CROSSING
0.00 ↑ Continue on NY-23 W	AGAINST TRAFFIC	PAVED ROAD	
5.20 ↑ Continue on Sidewalk along NY-23 W	AGAINST TRAFFIC	SIDEWALK	
5.50 → Turn right to Exchange	AGAINST TRAFFIC	SIDEWALK	Cross NY-23



LEG # 9	7.6 MI	1090 ↑	-1110 ↓	VERY HARD
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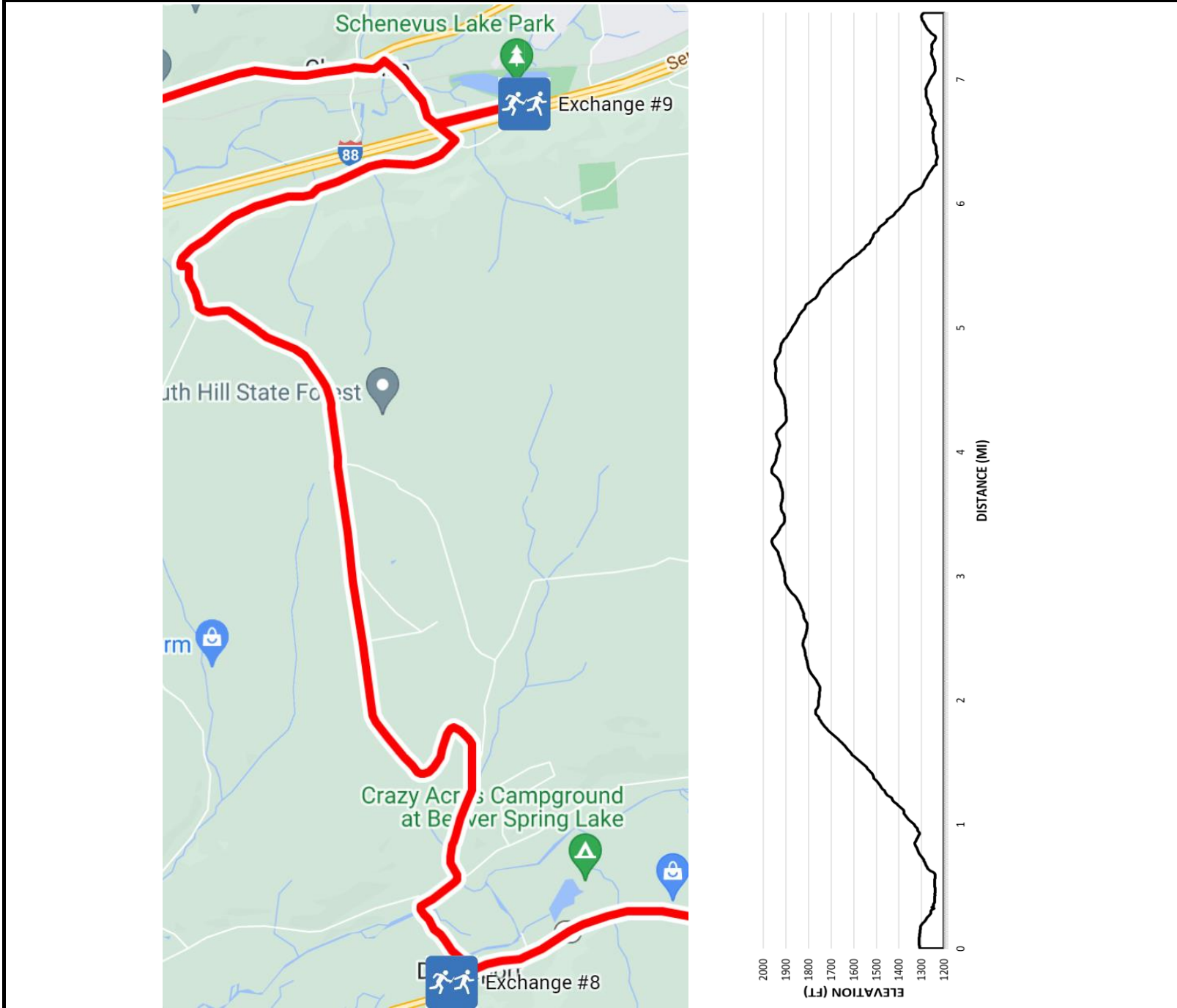
EXCHANGE # 8	Charlotte Valley Central School 15611 State Highway 23, Davenport, NY 13750	GPS: 42.47074, -74.84633
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EXCHANGE # 9	Schenevus Lake Park 200 Lake Rd, Schenevus, NY 12155	GPS: 42.53790, -74.83884
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LEG OVERVIEW			
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LEG OVERVIEW	CHALLENGING SCENIC RUN THROUGH SOUTH HILL STATE FOREST DOWN INTO SCHENEVUS		
VAN SUPPORT	VAN SUPPORTED	RUNNER EX.	← SIDE OF ROAD
FOOD / FUEL	YES / YES	EX. PARKING	← ON GRASS PARKING LOT

DIRECTIONS TO EXCHANGE	RUN ON SIDE	ROAD TYPE	ROAD CROSSING
0.00 ↑ Straight on NY-23 E	AGAINST TRAFFIC	SIDEWALK	
0.10 ← Turn left onto Mill Rd	AGAINST TRAFFIC	PAVED ROAD	
0.60 ↗ Slight right onto Charlotte Creek Rd	AGAINST TRAFFIC	PAVED ROAD	
0.80 ← Turn left onto Turner Hill Rd	AGAINST TRAFFIC	PAVED ROAD	
1.30 ↖ Slight left to stay on Turner Hill Rd	AGAINST TRAFFIC	PAVED / DIRT ROAD	
5.00 ↑ Continue on Davenport / Iron Kettle Rd	AGAINST TRAFFIC	DIRT ROAD	
6.90 ← Turn left onto Co Rd 56	AGAINST TRAFFIC	PAVED ROAD	
7.00 → Turn right onto Lake Rd	WITH TRAFFIC	PAVED ROAD	Cross Co Rt 56



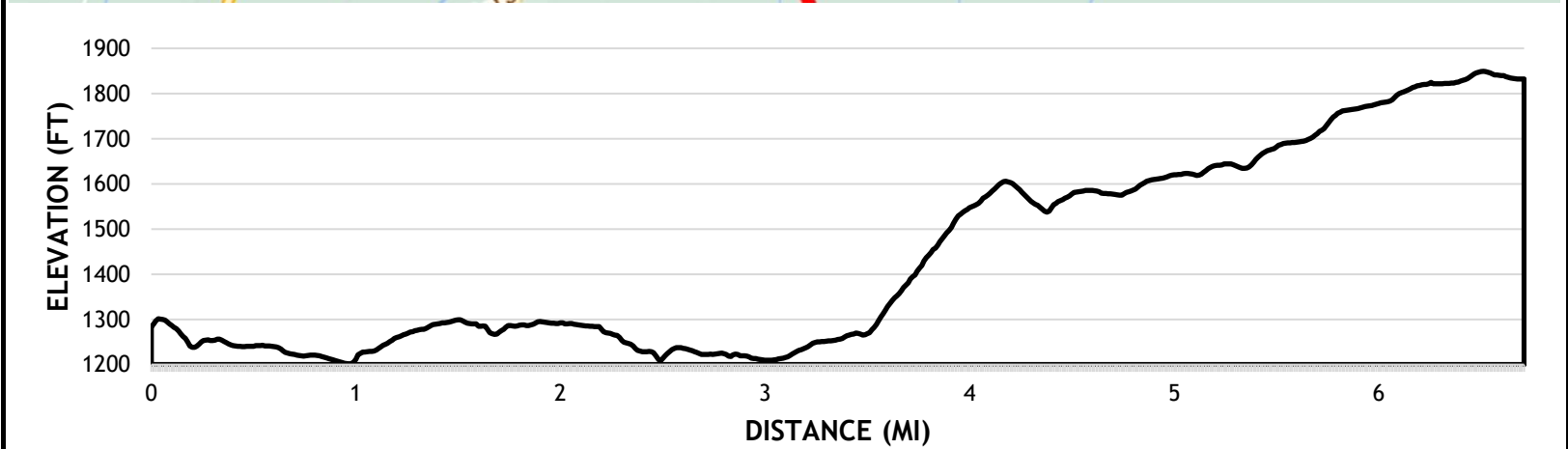
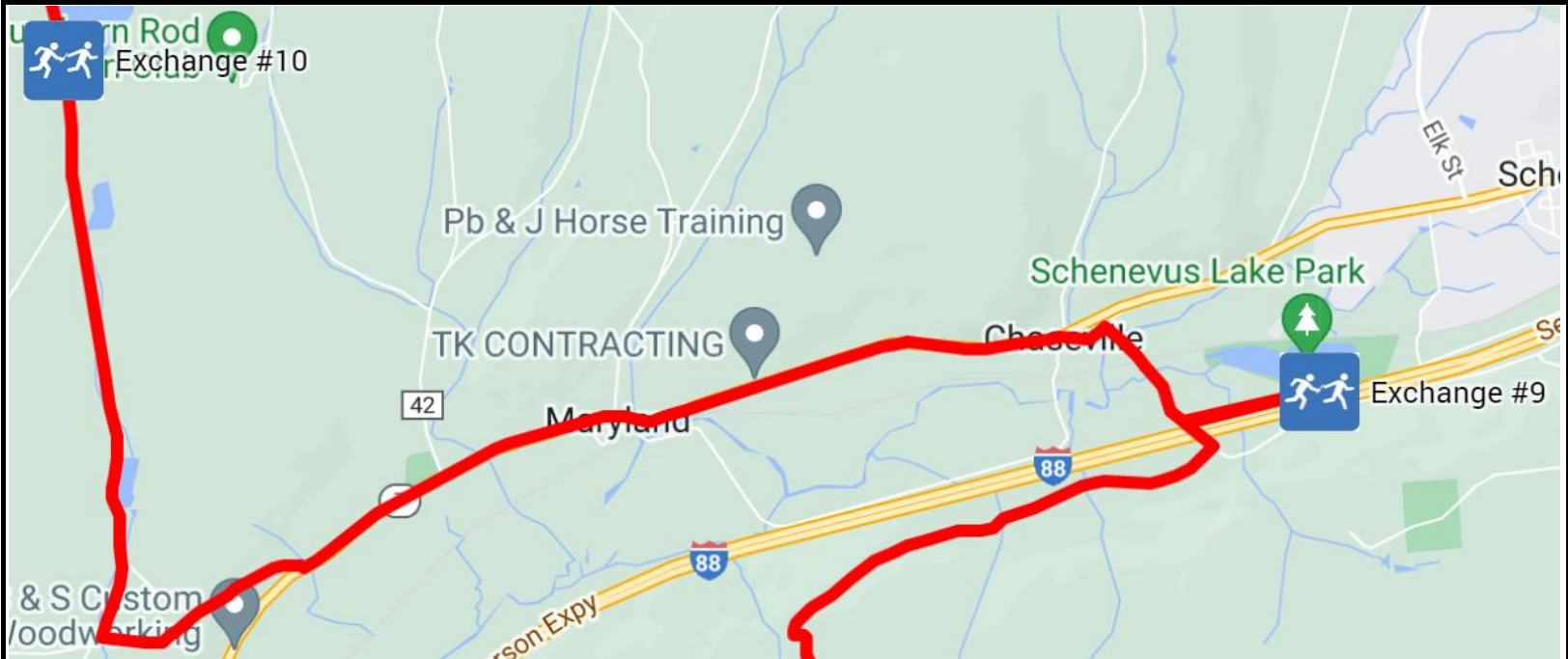
LEG # 10	6.8 MI	955 ↑	-406 ↓	HARD
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EXCHANGE # 9	Schenevus Lake Park 200 Lake Rd, Schenevus, NY 12155 GPS: 42.53790, -74.83884	
EXCHANGE # 10	Henderson Scout Reservation 509 Boy Scout Rd, Maryland, NY 12116 GPS: 42.55473, -74.92411	

LEG OVERVIEW

LEG OVERVIEW	SCENIC COUNTRY SIDE RUN ONTO DIRT ROAD THROUGH HENDERSON SCOUT RESERVATION		
VAN SUPPORT	VAN SUPPORTED	RUNNER EX.	→ SIDE OF ROAD
FOOD / FUEL	YES / NO	EX. PARKING	← SIDE OF ROAD

DIRECTIONS TO EXCHANGE	RUN ON SIDE	ROAD TYPE	ROAD CROSSING
0.00 ↑ Head west on Lake Rd	WITH TRAFFIC	PAVED ROAD	
0.50 → Turn right onto Co Rd 56	AGAINST TRAFFIC	PAVED ROAD	Cross Co Rd 56
0.90 ← Turn left onto Stevens Rd	AGAINST TRAFFIC	PAVED ROAD	
1.10 ← Turn left onto NY-7 W	AGAINST TRAFFIC	PAVED ROAD	
3.90 → Turn right onto Hubbard Hill Rd	AGAINST TRAFFIC	PAVED ROAD	Cross NY-7
4.70 → Turn right onto Shutter Rd	AGAINST TRAFFIC	PAVED / DIRT ROAD	
6.30 ↑ Continue onto Boy Scout Rd	AGAINST TRAFFIC	DIRT ROAD	



LEG # 11**4.1 MI****199 ↑****-853 ↓****MODERATE****EXCHANGE # 10****Henderson Scout Reservation**

509 Boy Scout Rd, Maryland, NY 12116

GPS: 42.55473, -74.92411

EXCHANGE # 11**Otsego Area Occupational Center**

1914 County Route 35, Milford, NY 13807

GPS: 42.58987, -74.92151

LEG OVERVIEW

LEG OVERVIEW

BEAUTIFUL RUN AROUND CRUMHORN LAKE THROUGH HENDERSON SCOUT RESERVATION

VAN SUPPORT

VAN SUPPORTED

RUNNER EX.

→ SIDE OF ROAD

FOOD / FUEL

NO / NO

EX. PARKING

→ INTO PARKING LOT

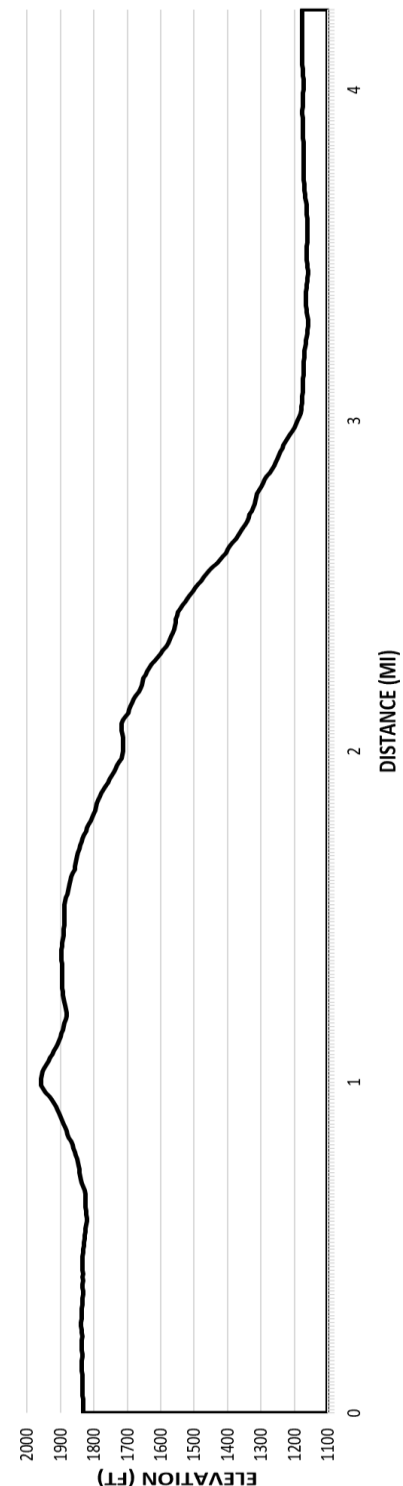
DIRECTIONS TO EXCHANGE**RUN ON SIDE****ROAD TYPE****ROAD CROSSING**

0.00 ↑ Head north on Boy Scout Rd
 1.10 ← Turn left onto Crumhorn Lake Rd
 3.00 → Turn right onto County Hwy 35
 4.00 → Turn right to stay on County Hwy 35
 4.10 → Turn right into Exchange

AGAINST TRAFFIC
 AGAINST TRAFFIC
 AGAINST TRAFFIC
 AGAINST TRAFFIC
 AGAINST TRAFFIC

DIRT ROAD
 PAVED ROAD
 PAVED ROAD
 PAVED ROAD
 PAVED ROAD

Cross County Hwy 35
 Cross County Hwy 35
 Cross County Hwy 35



LEG # 12**3.4 MI****254 ↑****-183 ↓****MODERATE****EXCHANGE # 11****Otsego Area Occupational Center**

1914 County Route 35, Milford, NY 13807

GPS: 42.58987, -74.92151

FINISH**Brewery Ommegang**

656 Co Hwy 33, Cooperstown, NY 13326

GPS: 42.62680, -74.94492

LEG OVERVIEW**LEG OVERVIEW****SCENIC FINAL LEG TO THE BREWERY...STAY FOCUSED ON THE RUN & NOT THE BREW :)****VAN SUPPORT****VAN SUPPORTED****FINISH****THROUGH BLDG TUNNEL****FOOD / FUEL****FINISH / NO****EX. PARKING****BREWERY PARKING LOT****DIRECTIONS TO EXCHANGE****RUN ON SIDE****ROAD TYPE****ROAD CROSSING**

0.00 ↑ Head northwest on County Hwy 35
 0.40 ← Turn left onto NY-166 S
 0.60 → Turn right onto Co Hwy 33
 3.30 → Turn right into Brewery Ommegang

AGAINST TRAFFIC
 AGAINST TRAFFIC
 AGAINST TRAFFIC
 AGAINST TRAFFIC

PAVED ROAD
 PAVED ROAD
 PAVED ROAD
 PAVED ROAD

Cross NY-166
 Cross Co Hwy 33

