



RUN
777

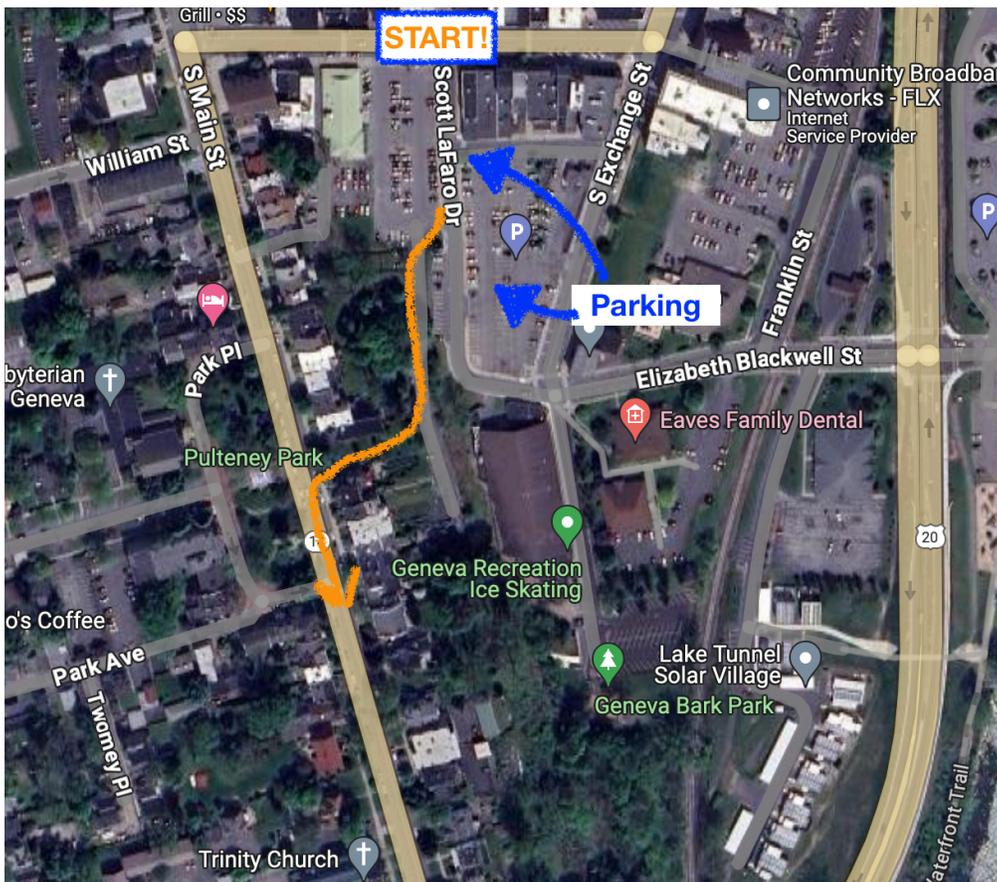
The image features the text "RUN 777" in a bold, white, distressed font. The letters are set against a red background that has a grainy, distressed texture. This central graphic is positioned on a solid blue background. The word "RUN" is on the top line, and "777" is on the bottom line. The numbers "777" are slanted to the right. The overall style is reminiscent of a vintage poster or a graphic design for a running event.



Seneca7 Course Guide

Welcome to the Seneca7 2024! We want you to have a wonderful day as you traverse the 77.7 miles around beautiful Seneca Lake. This course guide provides turn by turn written instructions for runners and team vehicles as well as marked-up map images for exchange points and other key locations where the vehicle route deviates from the runner's route. All vehicles must abide by these instructions.

Please remember, this is an open course. When on roadways, stay in the shoulder and follow the rules of the road. A safety vest is recommended for the entire course, but **required** on certain legs marked below. Be safe, have fun, and enjoy your day!

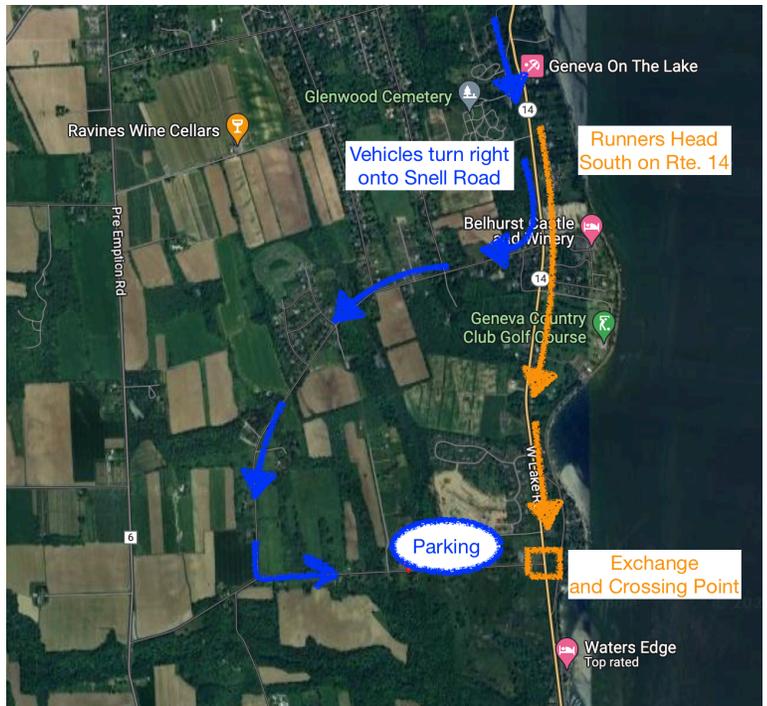


We will start, once again, on Scott LaFaro Drive in downtown Geneva. Parking is in the public lots off Seneca and Exchange Streets or in the on-street parking spaces. The lots will close 15 minutes prior to each start to ensure safe passage for the runners.

START TO EXCHANGE 1: MISSICK CELLARS (LEG 1, RUNNER 1)

Runners: Climb up from Scott Lafaro drive to South Main Street sidewalk, lakeside. Continue south, keeping left of cones as you exit the City of Geneva. The exchange point has a **dedicated crossing point** for the highway and you may only cross at the direction of a volunteer.

Vehicles: Team vehicles can take their time getting to South Main Street (Rte. 14) continuing south until Snell Road. Here you **turn right on Snell Road**, leaving your runners for the time being. It will be about two miles before you **turn left onto Turk Road**, which will have restricted traffic for the race (if it says the road is closed, that doesn't apply to you)! As you approach the exchange point, please follow volunteer instructions to park. **You may not proceed toward the intersection of Rte. 14, that part of the road is closed to you!**



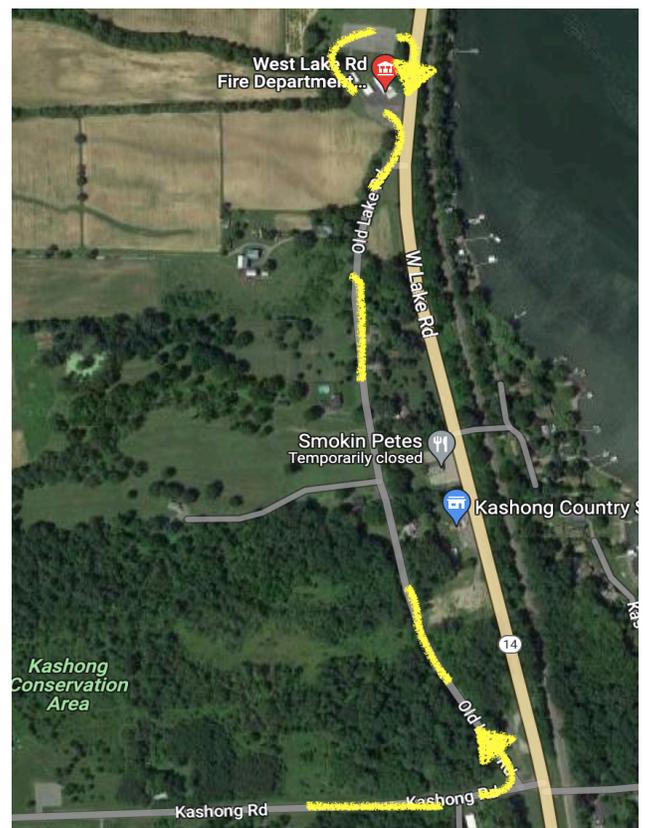
No motorized vehicles may approach the first exchange point from Rte. 14!!!

EXCHANGE 1 to EXCHANGE 2: WEST LAKE RD. FIRE (LEG 2, RUNNER 2)

Runners: Continue South on Rte. 14 to the next exchange point. This exchange point has a **dedicated highway crossing point**. Heed volunteer instructions!

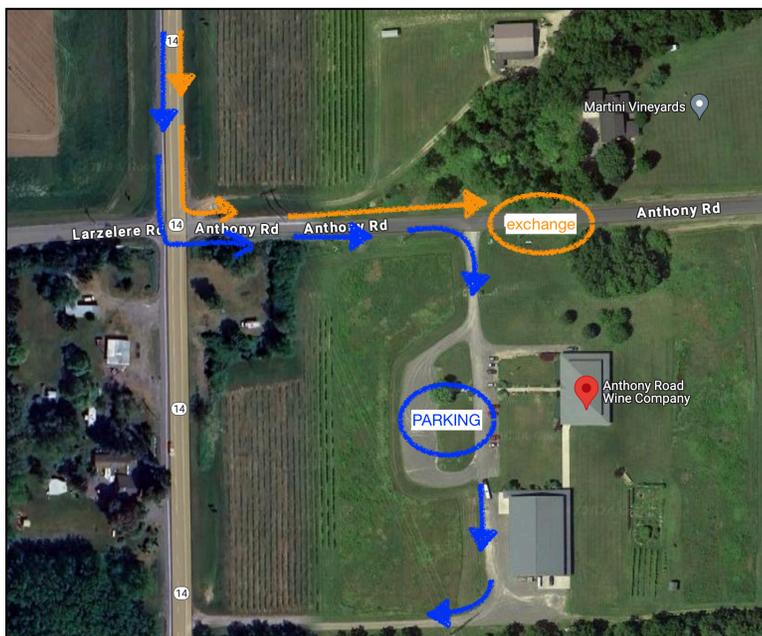
Vehicles: **Return to Turk Road (no exiting to Rte. 14!)** and follow to PreEmption. Take a **left on PreEmption** until you reach Kashong Road. A **left on Kashong** brings you back down toward the lake, and just before you reach Rte. 14 you will swing **left onto Old Lake Road** and follow it to the end. Please be aware that this is not a highway. Please be respectful of residents while driving/parking/waiting. Parking will be allowed in the upper lot until it has reached capacity (look for volunteers to guide you) and then parking is on the shoulders of Old State Road. One way traffic flow will be maintained by volunteers. Please do not crowd the shoulder of the highway while cheering on your runners.

Map of Vehicle Approach to Exchange 2 ----->



EXCHANGE 2 TO EXCHANGE 3: ANTHONY ROAD WINERY (LEG 3, RUNNER 3)

Runners and Vehicles: Continue south on Rte. 14 until reaching Anthony Road (the winery and the name of the road). A **left turn onto Anthony Rd.** brings you to the exchange.



EXCHANGE 3 TO EXCHANGE 4: Dresden (LEG 4, RUNNER 4)

Runners: Head toward the lake, taking a 90-degree right elbow to follow Anthony Road into Dresden. The exchange point is at the town park.

Vehicles: Flow one-way through the parking lot, using the service road to exit with a **left turn onto Rte. 14.** Head south to the flashing light intersection in Dresden. Turn **left at the light onto Main Street** and allow volunteers to direct you to available parking spots.



Do not park at The Dresden Hotel.

No Parking at the Dresden Hotel!!!



EXCHANGE 4 TO EXCHANGE 5: SCENIC OVERLOOK (LEG 5, RUNNER 5)

Runners: Start on Main Street, turn right onto Charles Street. Run through the gully, out of town, and back up to Rte. 14. Watch your footing on the several sets of (inactive) railroad tracks on your way up the hill. Turn left and continue south on Route 14 until you reach the exchange point.

Vehicles: Return the way you came, turning **left to onto Rte. 14** at the intersection to head south to the next exchange point. Turn **left into the “Scenic Overlook”**. Pull in to park, do not park parallel (to maximize space). Overflow parking is on the shoulder of Rte. 14 and you must **use extreme caution** when crossing the highway to/from the exchange point.



The roads are not closed to non-race traffic and this is a major thoroughfare!

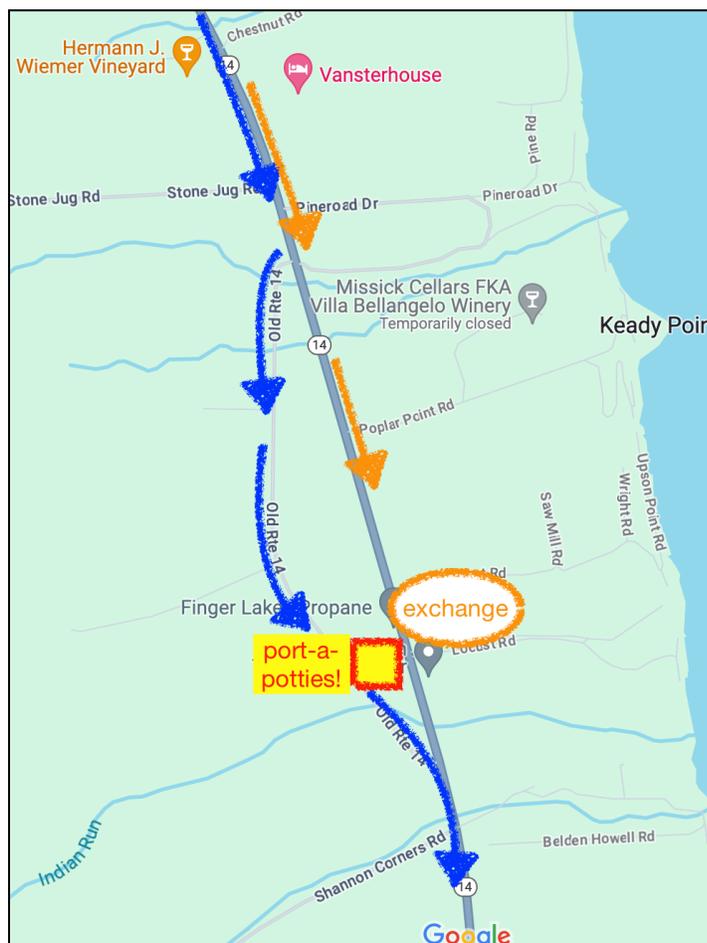
EXCHANGE 5 TO EXCHANGE 6: OL' FOURTEENER (LEG 6, RUNNER 6)

Runners: Continue south on Rte. 14 until you reach the next exchange point. This exchange has a **designated crossing point!**

Vehicles: Continue south on Rte. 14 until you reach Old Fourteen Road. You must **make a right turn** here to park and approach the exchange point. Be on the lookout for the turn. **Don't miss the turn!** The turn is just south of Hermann Wiemer Vineyards and right after Stone Jug Road. Eyes open so you don't miss it!

There are port-a-potties near the exchange point. Please do **not** use neighbors' yards as makeshift outhouses!

Please do not crowd the roadway near the designated crossing point! Volunteers need a clear line of sight up and down the highway to safely cross runners.



EXCHANGE 6 TO EXCHANGE 7: GLENORA (LEG 7, RUNNER 7)

Runners: Continue south on Rte. 14 until you reach North Glenora Road. Turn left and the exchange is on the left side of the road, just past the winery service entrance.

Vehicles: Follow your runner south on Rte. 14, but do not follow them down North Glenora Road toward the exchange point. Park in the main lot of Glenora Winery.



CHECKPOINT 1:

Runners who reach this point prior to 9:45am will be firmly (yet lovingly) held until it is safe to proceed (at 9:45:01am).



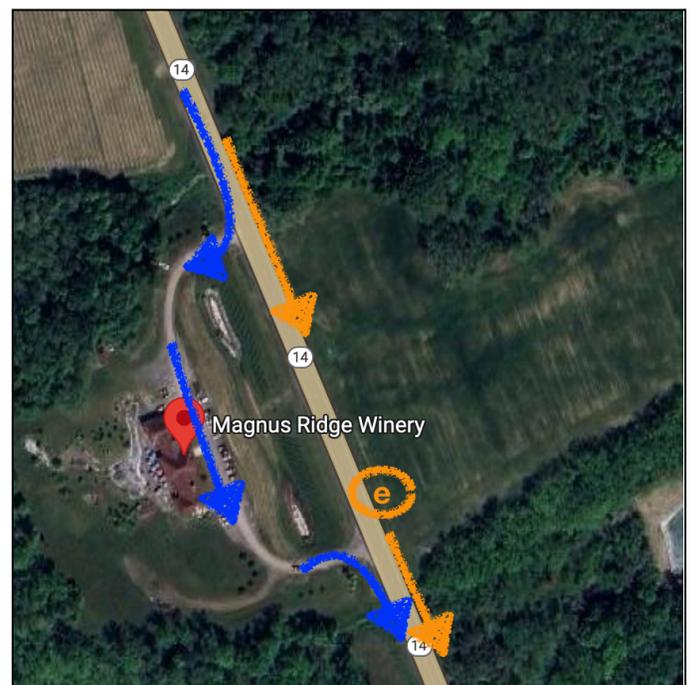
The Seneca7 utilizes two checkpoints, this early one to ensure that teams are not outpacing our volunteers, and a later one to prevent teams from continuing if their pace prevents them from finishing within our permitted allowance from NYS Department of Transportation. Captains were asked to calculate their team's pace so that we could plan for support, reduce congestion at key pinch points (to the extent possible), and give everyone ample time to complete the distance.

EXCHANGE 7 TO EXCHANGE 8: MAGNUS RIDGE (LEG 8, RUNNER 1)

Runners: Continue down N. Glenora Road, crossing over the railroad tracks, and follow the road as it bends to the right. Check out the waterfall as you climb your way back to Rte. 14 where a left turn will have you on your way to the next exchange point. There is a **designated crossing point** at the exchange.

Vehicles: Exit the Glenora parking lot and **turn left onto Route 14**. Head south to Magnus Ridge Winery on your right.

Please try to avoid parking on the grass at Magnus Ridge, if you can avoid it.



**EXCHANGE 8 TO EXCHANGE 9:
LAKEWOOD VINEYARDS (LEG 9, RUNNER 2)**

Runners: Continue south on Rte. 14 until you reach Lakewood Vineyards (on the left). Use the service drive that hooks between the barns to get to the exchange at the back of the winery. **Next runner, remember to put on your safety vest!**

Vehicles: Continue south on Rte. 14 and **turn left into Lakewood's first (north) driveway** to enter the parking lot. One way traffic through this exchange will have you exiting the second (south) driveway after making the exchange.

If you haven't already planned to carpool for the next few legs, this would be a good time to try and coordinate with other teams.

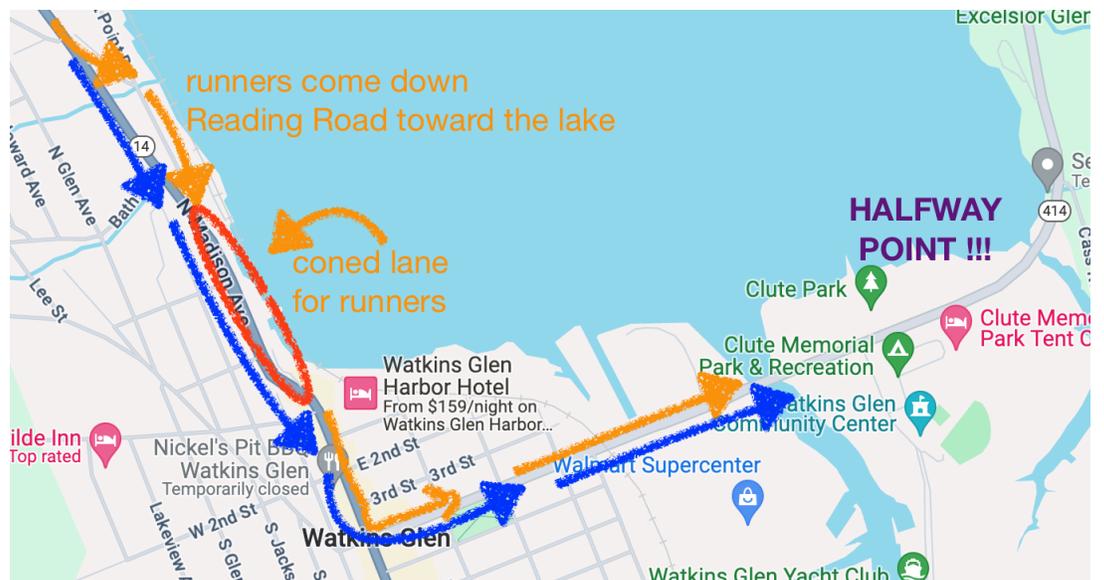


EXCHANGE 9 TO EXCHANGE 10: CLUTE PARK (LEG 10, RUNNER 3)

Runners: **Safety vest required on this leg!** Continue south on Rte. 14, making a left turn onto Reading Road, which becomes Salt Point Road which becomes Magee Road. Return to Rte. 14 and **stay within the coned lane into the village of Watkins Glen**. Turn left on the sidewalk along Rte. 414 and go straight to reach the exchange in Clute Park.



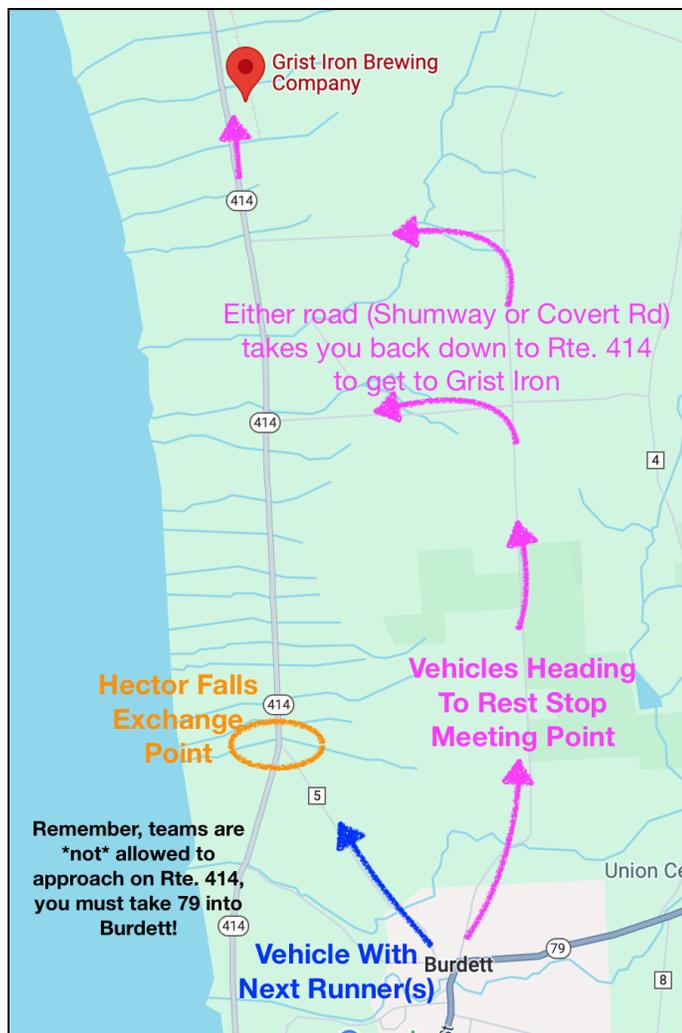
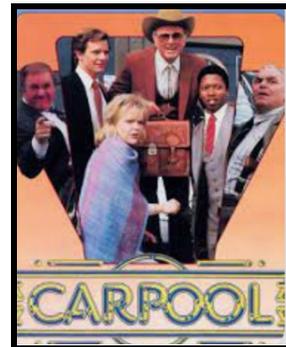
Vehicles:
Head south on Rte. 14.
Turn left onto Rte. 414
(E. 4th Street) and follow
Rte. 414 to Clute Park.



When We Say “Please Consider Carpooling Here” We Mean “For the Love of All Things Sacred, CARPOOL!”

The first three exchange points on the east side of the lake: Hector Falls, Scale House, and Idol Ridge are three of the most congested exchange points on the entire course. If you thought the west side was busy, you ain't seen nuthin' yet.

So why subject you, and the similarly-paced teams you are traveling with along the way, to all that madness when you could avoid it? There are several things you might try, or feel free to make up a carpool scenario of your own.*



Sample Plan 1. Just Get Me Up the Road

At Clute Park, runners for Leg 11 (Runner 4) from Teams A, B, C, and D pile into a vehicle driven a member of Team A, while the rest of team A's runners take the empty seats in vehicles operated by teams B-D. Team A's vehicle, with the Runner 4s, proceeds into Burdett and over to Co. Rd. 5 to approach the exchange point, let out the runners for Leg 11, and await the runners from Leg 10 who are climbing their way out of Watkins Glen. Meanwhile, the vehicles for Teams B-D head to Grist Iron for a rest stop or straight on to Scale House. When all the Runner 3s from teams A-D finish Leg 10 (ending at Hector Falls) then the vehicle from Team A proceeds to Grist Iron (or Scale House) and all teams are reunited with their proper vehicle to continue on their way.

Sample Plan 2. Avoid It All!

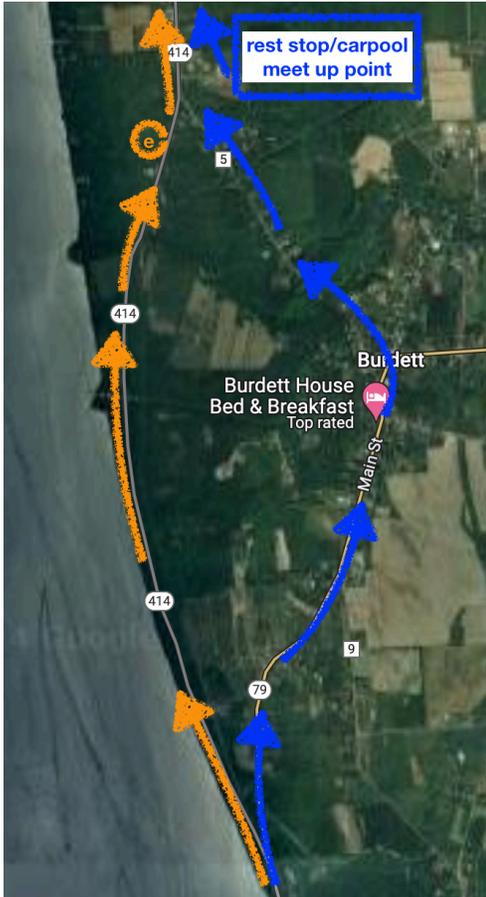
By now you get the picture—find some friendly teams and realign your vehicles to only send a single vehicle to each exchange and then everyone meets up at Idol Ridge or Billy's Burgundy Barn. There are many variations on this theme, as long as you remember not to leave anyone behind (and hand off the keys, if needed!). Consider linking up with a team prior to the race (thank you, social media, for connecting us in this way) or find your kindred spirits on race day as you make your way to Watkins Glen.

**the owners, directors, operators, spectators, friends, and pets of the Seneca7 are not responsible for improper deployment of a carpool strategy nor spreadsheet, timing estimate, or shrugged-shoulder guesses about whether this might work. Use caution when using a carpool strategy without the consensus of your team. Violations of social etiquette may cause headache, fever, cold shoulders, agitation, disorientation, or loss of balance may occur. In recent editions of the race, most participants reported feelings of achievement, speed, and calm when using carpooling correctly. Some people did report experiencing fear, nausea and vomiting when not used correctly. If this happens to you, stop carpooling, begin walking, and report your adverse reactions to the race directors at the conclusion of the event.*



EXCHANGE 10 TO EXCHANGE 11: HECTOR FALLS (LEG 11, RUNNER 4)

Runners: Safety vest required on this leg! Head north on Rte. 414 out of Watkins Glen. Stay left where Rte. 414 splits with Rte. 79, all the way to the next exchange. You'll get to see the waterfall (which continues under the road) along the way! There is a **designated crossing point** at this exchange coordinated by State Troopers who will arrest you if you do not obey their crossing commands. Just joking about the arrest part...or am I?



Motorized Vehicles in All Waves Except 9am Start:

Proceed north on Rte. 414, which becomes Rte. 79 (do not follow runners to the left). **In the village of Burdett, turn left at the stop light onto Lake Ave., then make a quick right onto Main St. (County Rd 5).** Follow County Rd 5 and park along the shoulders at the direction of the volunteers. Please do not block driveways. Please do not block the roadway. Please do not crowd the intersection. Please do not yell at volunteers or your fellow participants. Please, please, please. Remember, if you had carpooled out of Clute Park, you might have avoided this. :)

9am Start Wave Teams ONLY: Head north on Rte. 414 out of Watkins Glen. Stay left to continue on Rte. 414 where it splits with Rte. 79. Near the exchange there is a small parking lot that belongs to the telephone company. You can park there (we think....try not to stay long in case it's not okay. Again, are we joking or are we not? Only we know). After you make your exchange you will continue north on 414, but be very careful as you move through the crossing point and other team vehicles merge back onto the highway.



GRIST IRON BREWING COMPANY

4880 Rte. 414, Burdett

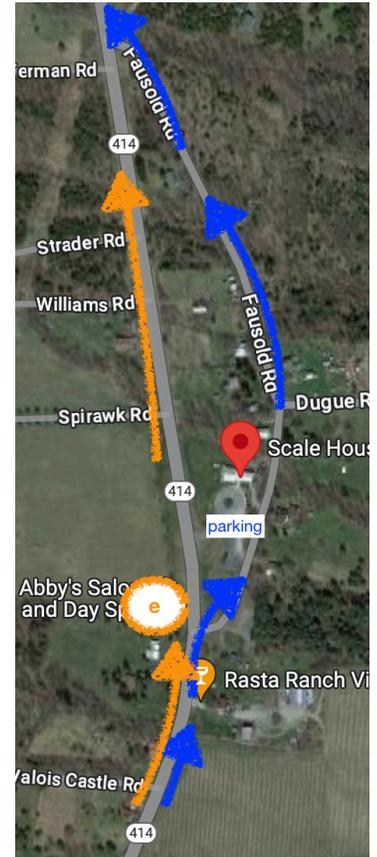
Vehicles can stop here for port-a-potties, to stretch their legs, to reunite with carpool partners, or just sit in their cars in silence because there is no rush to get to the next exchange point given that your runner has a very long leg ahead of them and we promise your car/truck/van is much faster. Better to sit here than to contribute to congestion at the next exchange point. There's also a gas station and convenience store up ahead if you want to stop again! This is your time to be leisurely.

EXCHANGE 11 TO EXCHANGE 12:
SCALE HOUSE BREWERY (LEG 12, RUNNER 5)



Runners: Continue north on Rte. 414 until you reach the next exchange point at Scale House Brewery. You will find the **only aid station of the race** along this leg, with Gatorade and water for you. It will come about halfway into this longest leg of your journey and will be conveniently located on your side of the road. There is a **designated crossing point** once you reach the exchange point.

Vehicles: Continue north on Rte. 414 (consider enjoying the aforementioned Grist Iron rest stop along the way) as you proceed to Scale House Brewing. Just before the exchange you will make a right turn onto Fausold Road. Volunteers will assist you with parking in the main lot or along the shoulder of the road.



EXCHANGE 12 TO EXCHANGE 13:
IDOL RIDGE (LEG 13, RUNNER 6)



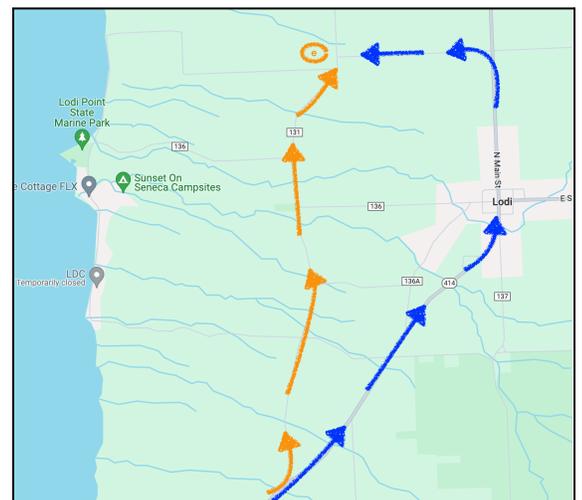
Runners: Continue north on Rte. 414 until you reach the next exchange point, where you will find another **designated crossing point**.

Vehicles: Use Fausold Road to return to Rte. 414 north until you reach the next exchange point, which welcomes you with open arms.

EXCHANGE 13 TO EXCHANGE 14:
BILLY'S BURGUNDY BARN (LEG 14, RUNNER 7)

Runners: Continue north on Rte. 414 until you reach the left turn for Upper Lake Road. As you wind through rural Lodi, you will pass the West Lodi Cemetery before reaching the hay barn that serves as the next exchange.

Motorized Vehicles: Proceed north on Rte. 414 (do not follow runners onto Upper Lake Road). Pass through the village of Lodi. A **left onto Townline Road** leads you back to the course. Parking is along the side of Townline Road before you get to County Road 131. Please try to be orderly and not impede the flow of traffic.



EXCHANGE 14 TO EXCHANGE 15: BONAVIDA (LEG 15, RUNNER 1)

Runners: Continue north to Bonavista Golf Course. Turn left into the driveway to make the exchange point in front of the clubhouse. The waiting runner should don their safety vest for the upcoming off-road leg.

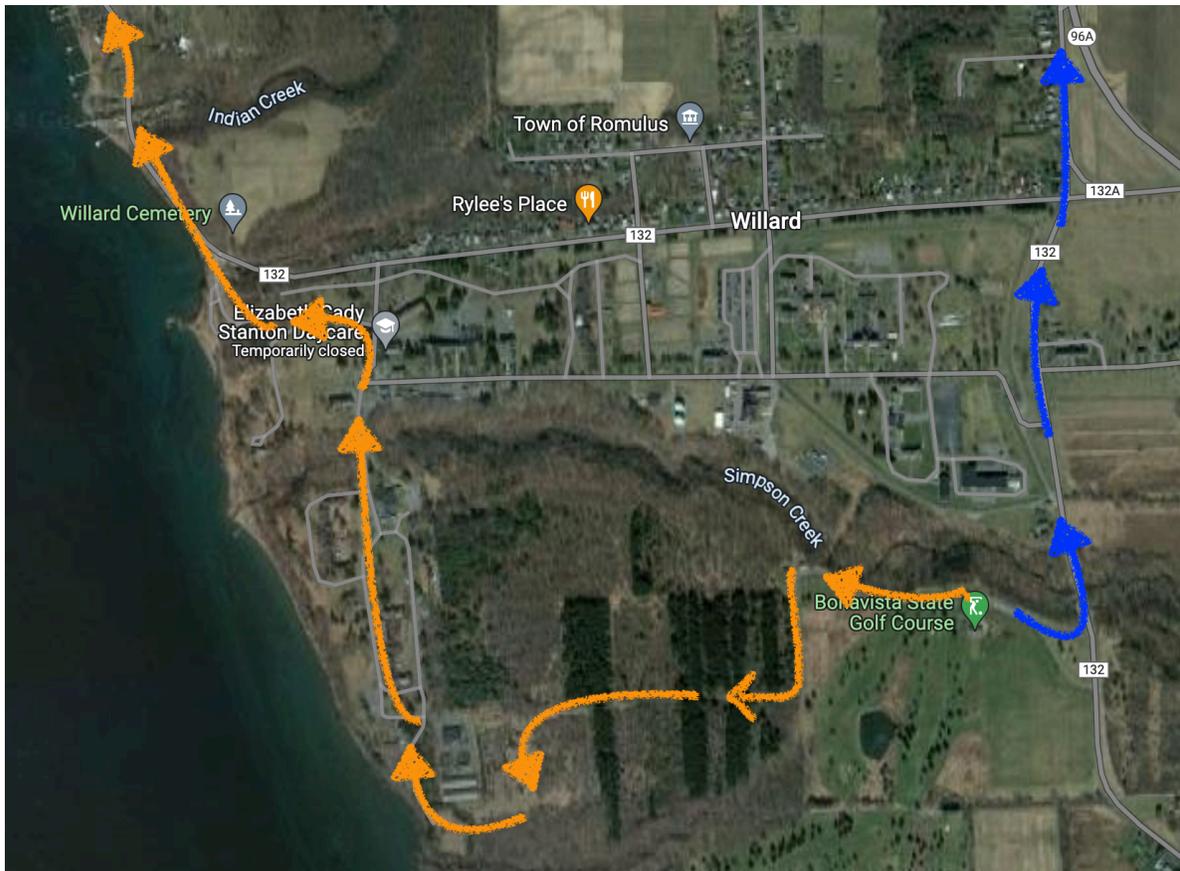
Vehicles: Turn right onto Rte. 131, heading north to Bonavista State Golf Course. Turn left at the main entrance and proceed to the first parking area.

EXCHANGE 15 TO EXCHANGE 16: SAMPSON SOUTH (LEG 16, RUNNER 2)

Runners: **Safety vest required for this leg!** Begin with an off-road odyssey through Bonavista, following the park roads to the edge of the golf course and continuing downhill to the shores of the lake. (Go around/over the snowplow!) The small roads of Camp Edgemere take you north until you turn left onto East Lake Road. This public roadway becomes a restricted footpath along the lake. Continue around the gate into Sampson State Park. Follow the lakeside path to the exchange point.



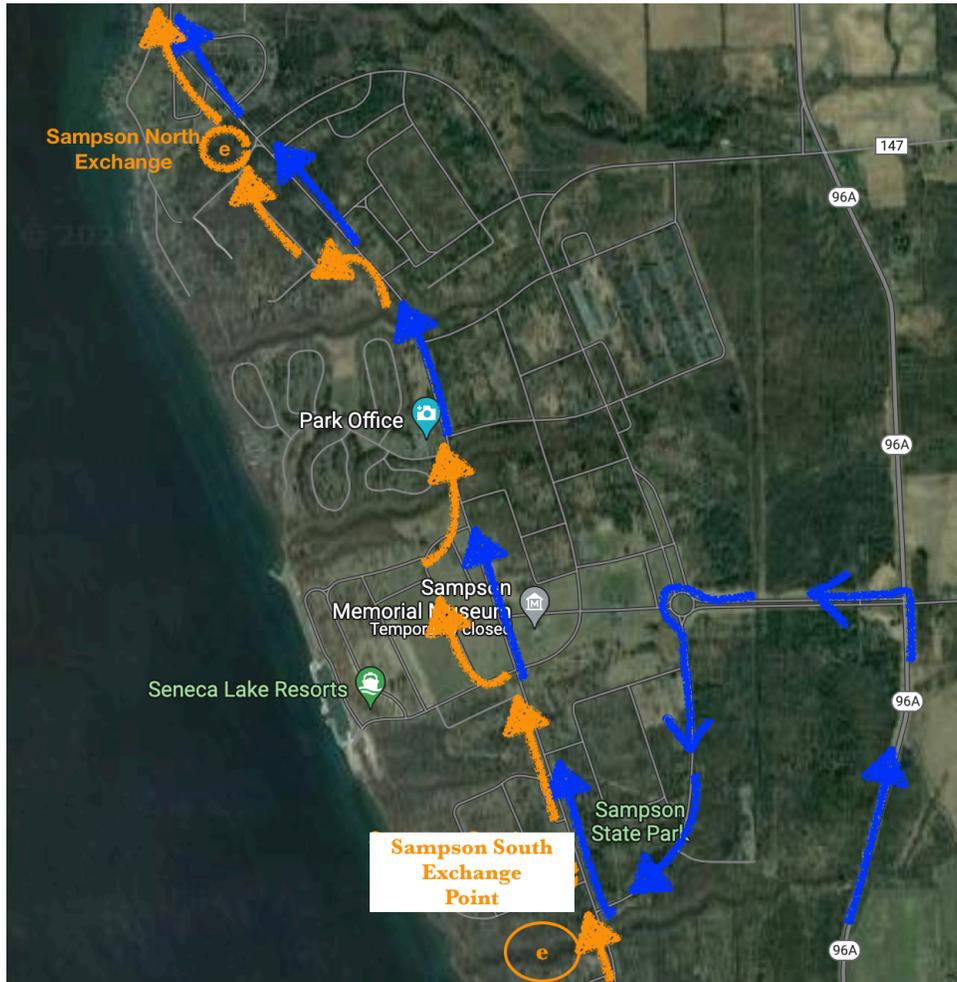
Vehicles: Return to the entrance of the golf course and **turn left onto County Road 132**. Proceed straight through two stop signs onto Rte. 96A North (after stopping, of course!). **At the main entrance to Sampson State Park, turn left.** Take the **third exit in the roundabout** and follow signs to the first of two exchange points within the park.



EXCHANGE 16 TO EXCHANGE 17: SAMPSON NORTH (LEG 17, RUNNER 3)

Runners: Follow the Seneca7-branded utility flags heading north and then turn left to take a small side jog before returning to the roadway with the vehicles and then disappearing into the woods once more to the exchange point (remember to follow the utility flags). After climbing back to the main park road, turn left and then left again onto a small pathway through the woods to the exchange point.

Vehicles: Turn right onto the main park road and proceed straight to the next exchange.



THIS IS WHERE THE STORY ENDS (MAYBE).

If your team does not reach the Sampson North Exchange by 6:30pm, you will not be able to continue. Our volunteers will ask you to please head directly back to the finish line and not proceed through the gate onto East Lake Road. Please do not argue with the volunteers. They are just doing what we've asked them to do. If you'd like to argue with *us,* you may—back at the finish.

EXCHANGE 17 TO EXCHANGE 18:
SENECA LAKE CAMP (LEG 18, RUNNER 4)

Runners: Leave Sampson State Park through the north gate and proceed onto East Lake Road toward the lake. Follow the right bend in the road and proceed north to the exchange. **There is a designated crossing point** at this exchange.

Vehicles: Exit the park through the north gate (please take it slowly as runners will be re-entering the roadway at this point) onto East Lake Road. Parking for the next exchange point is about three miles further on the right.

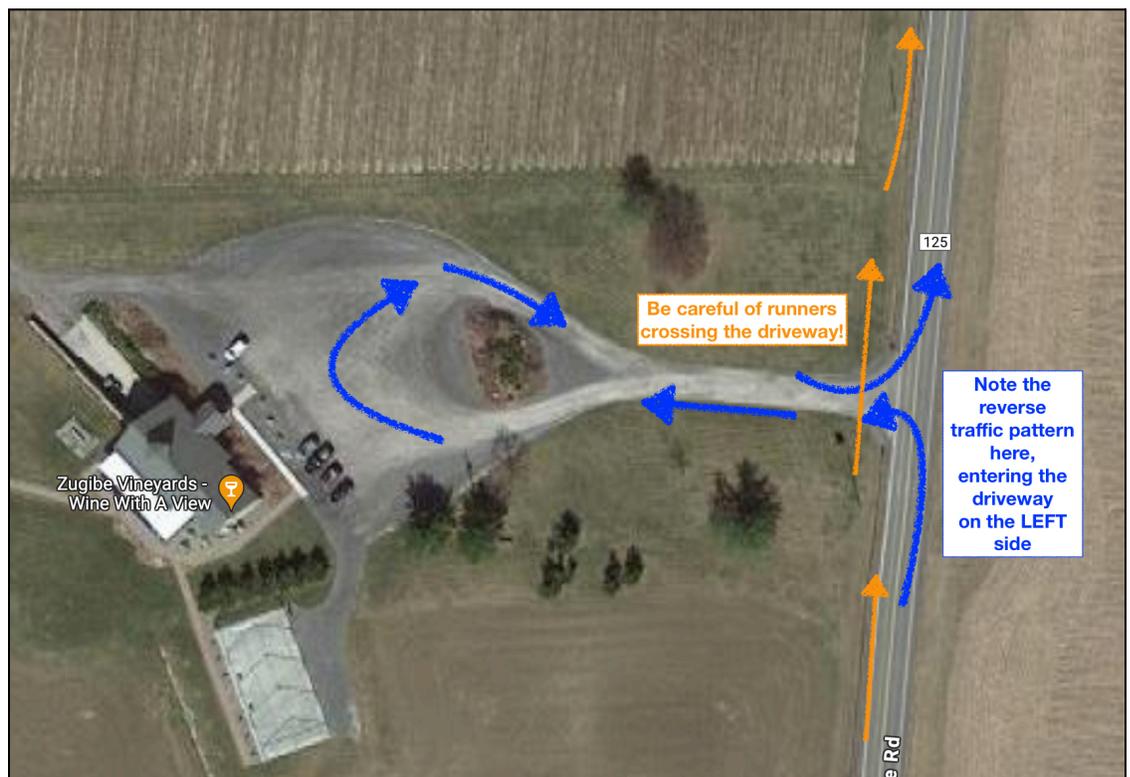


**ANY RUNNER WHO WILL BE ON THE COURSE
AFTER 7PM MUST WEAR A SAFETY VEST!**

EXCHANGE 18 TO EXCHANGE 19: ZUGIBE (LEG 19, RUNNER 5)

Runner: Continue north on East Lake Road, taking in the scenery on the way to the next exchange just up the road to your left.

Vehicles: Follow the course north on East Lake Road. **Parking for the exchange point will be on your left** at Zugibe Winery. Please yield to the runners as you enter and exit.



EXCHANGE 19 TO EXCHANGE 20: WATERSHED BREWING (LEG 20, RUNNER 6)

Runner: Head north on East Lake Road to make the last exchange of the journey! This exchange point will have a **designated crossing point**.

Vehicles: Continue along the same route as the runners, north on East Lake Road to Watershed Brewing.



ANY RUNNER WHO WILL BE ON THE COURSE AFTER 7PM MUST WEAR A SAFETY VEST!



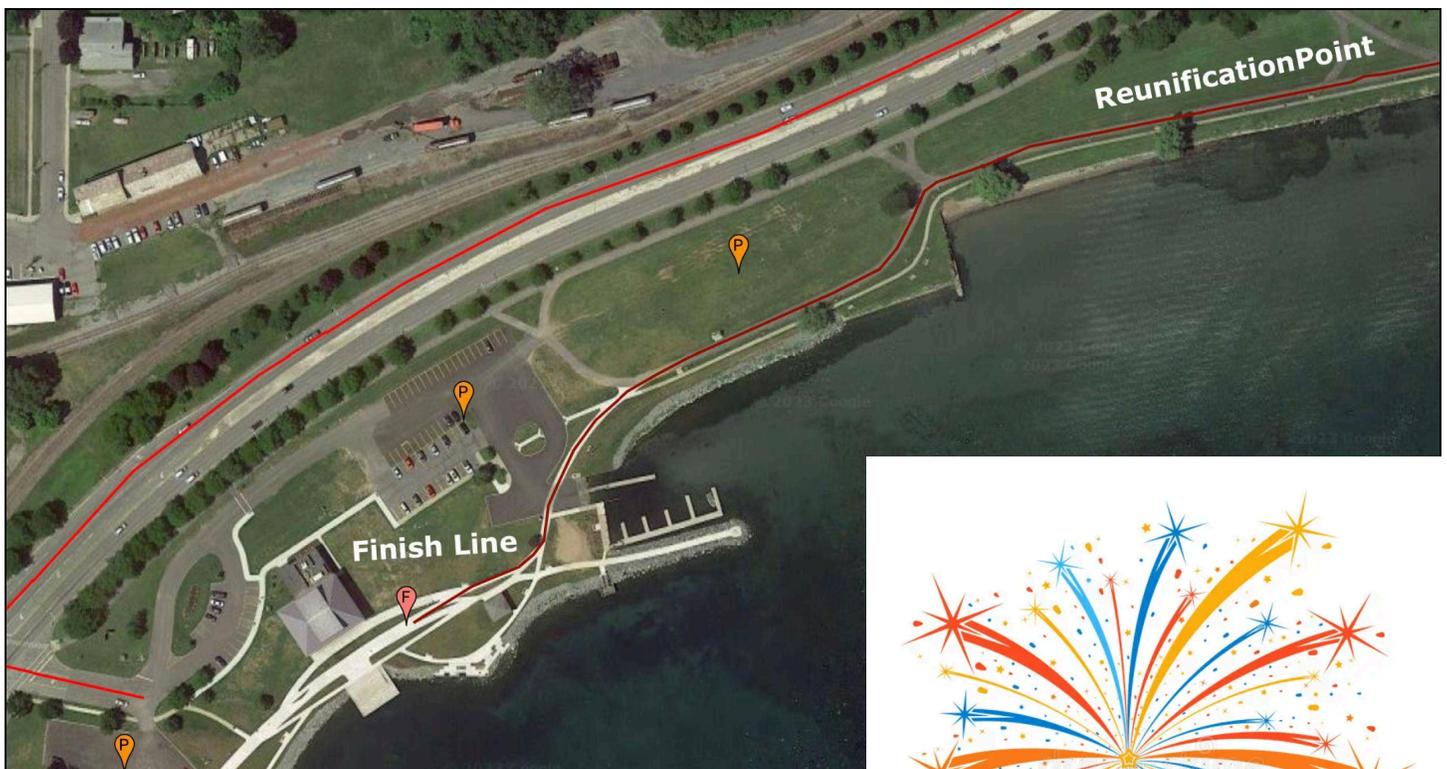
**RACE CUT-OFF:
YOU MUST REACH WATERSHED BY 7:57PM OR YOUR RACE DAY IS DONE.
PROCEED TO THE FINISH WITH YOUR VEHICLE.**

NO RUNNERS MAY START THE FINAL LEG AFTER 7:57PM AND YELLING AT, OR ATTEMPTING TO BRIBE, THE VOLUNTEERS WILL NOT CHANGE THIS.

EXCHANGE 20 TO FINISH!!! (LEG 21, RUNNER 7)

Runners: Stay against traffic and turn left (north) on Rte. 96A. Curve left along Rtes. 5&20 to the access gate for Seneca Lake State Park. Follow the footpath along the lakefront to the Team Reunification point (your teammates can look for the sign along the path) and finish line! **A safety vest and headlamp/flashlight are required for all runners departing this exchange point at 7pm or later.**

Vehicles: Turn left onto Rte. 96A and proceed to Routes 5&20. Turn left to head west on 5&20 to the first traffic light. Turn left and park in the Welcome Center lot or grass near the boat launch. Your team will join runner 7 and head for the finish!



CONGRATULATIONS!!!!

Chili, good cheer (and Red Jacket juices) await you in the Welcome Center!