



Course Guide

2025

Race Rules

You want to get around Seneca Lake quickly, we want to get you around Seneca Lake safely, so here are the rules governing the 77.7 ('ish)-mile journey. Follow them and we'll have a great time. Violate them and suffer the consequences!

Penalty: Disqualification

1. All team members must be present at the start before your posted start time on race day.
2. Certain exchange points have time considerations. If your team reaches the checkpoint at Exchange 7 too early, you will be held. If your team arrives too late to the cut-offs (exchanges 17 and 20), you will need to return to your vehicle because the course will be closed after that point.
3. Teams must follow the instructions found in the Course Guide. For example, during certain legs motorized vehicles must take a different route than runners. Failure to follow Course Guide instructions will result in immediate disqualification.
4. You may not travel alongside your runner. Idling next to your runner or pulling off to the side of the road to cheer is a safety hazard and will be grounds for immediate disqualification.
5. Some exchange points require a road crossing between the exchange area and the vehicle parking area. At these exchanges, there will be a single, designated crossing point that must be used by all participants. Standing in the roadway or the vehicle right-of-way is prohibited.
6. The consumption of alcohol is strictly prohibited.
7. Each team is allowed one vehicle to transport runners and it must fit within a normal parking space.
8. The use of reuseable water bottles is encouraged, and teams are required to appropriately dispose of their own trash and recycling. Any team found to have littered or urinated (or worse!) on the course will be disqualified. Please be considerate!

Penalty: 27 minutes on final time

1. Your team must rotate runners in the same sequence throughout the race. "Mix and match" of course legs is not allowed.
2. A safety vest must be worn on certain legs (indicated in the Course Guide), as well as by any runner on the course after 7pm. (If you expect to be mid-leg at 7pm, don the vest at the beginning of that leg.) Your runner will not be allowed to exit the exchange point until the vest is on. A safety vest will be made available to your team; you may use your own if it is **at least** as reflective as the one provided.
3. Your team must provide an estimated pace before the race. Though this is an estimate, it is needed to ensure proper flow of the race logistics. Deviation from your estimated pace by more than 10% will result in a time penalty and elimination from consideration for awards.
4. Volunteers make your race experience possible. Don't abuse them!
5. Each runner must wear his/her bib number facing front. Headphones are discouraged, but may be used if only one earbud is in place on the race course.
6. The team bracelet must be worn or carried throughout the race by the running runner.

Course Grid

Runner	Leg Start	Start Race Distance	Leg Finish	Finish Race Distance	Leg Distance	Leg Ascent	Leg Descent
1	Start: Lakeside Park	0	EP1: Turk Rd	3.9	3.9	137	136
2	EP1: Turk Rd	3.9	EP2: West Lake Fire	7.2	3.3	32	20
3	EP2: West Lake Fire	8	EP3: Anthony Rd	12.1	4.9	181	29
4	EP3: Anthony Rd	12.1	EP4: Dresden	14.4	2.3	31	142
5	EP4: Dresden	14.4	EP5: Scenic Overlook	19.1	4.7	308	48
6	EP5: Scenic Overlook	19.1	EP6: Ol' Fourteener	23.7	4.6	19	139
7	EP6: Ol' Fourteener	23.8	EP7: Glenora	27.8	4.1	208	7
1	EP7: Glenora	27.7	EP8: Magnus Ridge	31.1	3.3	381	407
2	EP8: Magnus Ridge	31.1	EP9: Lakewood	33.8	2.7	73	23
3	EP9: Lakewood	33.8	EP10: Clute	38.5	4.7	1	424
4	EP10: Clute	38.5	EP11: Covert Rd	43.3	4.8	372	28
5	EP11: Covert Rd	43.3	EP12: Scale House	48.1	4.8	121	147
6	EP12: Scale House	48.1	EP13: Idol Ridge	53	4.9	377	167
7	EP13: Idol Ridge	53	EP14: Billy's Burgundy Barn	56	3	61	157
1	EP14: Billy's Burgundy Barn	56	EP15: Bonavista	59.8	3.8	18	273
2	EP15: Bonavista	59.8	EP16: Sampson South	65	5.2	158	265
3	EP16: Sampson South	65	EP17: Sampson North	66	1	80	80
4	EP17: Sampson North	66	EP18: Seneca Lake Camp	70	4	11	89
5	EP18: Seneca Lake Camp	69.7	EP19: Zugibe	72.6	2.6	90	2
6	EP19: Zugibe	72.5	EP20: Watershed	75.1	2.5	29	34
7	EP20: Watershed	74.8	Finish: Lakeside Pavilion	78.5	3.4	25	116

Runner	Total Runner Distance	Total Runner Ascent	Total Runner Descent
1	11	536	816
2	11.2	263	308
3	10.6	262	533
4	11.1	414	259
5	12.1	519	197
6	12	425	340
7	10.5	294	280

Staging Area

Finger Lakes Welcome Center

Check-In Saturday, Start / Finish Sunday

35 Lake Front Dr, Geneva, NY 14456



Backup Start Location Possibility:

If the City of Geneva is unable to get a recreation path tunnel beneath Lakefront Dr completed by race weekend, we'll revert to the historic start in a parking lot on Scott LaFaro Drive. We'll provide further details race week if that becomes the case.



Leg 1 / Runner 1

Start: Lakefront Park in Geneva

Finish: Turk Rd

Leg Distance: 3.9 miles

Runner Directions:

Runners proceed south on Lakefront Park recreation path, heading right to pass through a tunnel beneath NY-5/20 to emerge in Solar Village. Stay right through village drive, make a left on recreation path paralleling Elizabeth Blackwell Street, and on as it bends right to parallel Scott Lafaro Drive. Make a sharp left to run uphill on Bissel Lane, right up grassy embankment or stairs towards Main St, and a left on Main St / NYS Rt 414 South taking you out of Geneva headed south.

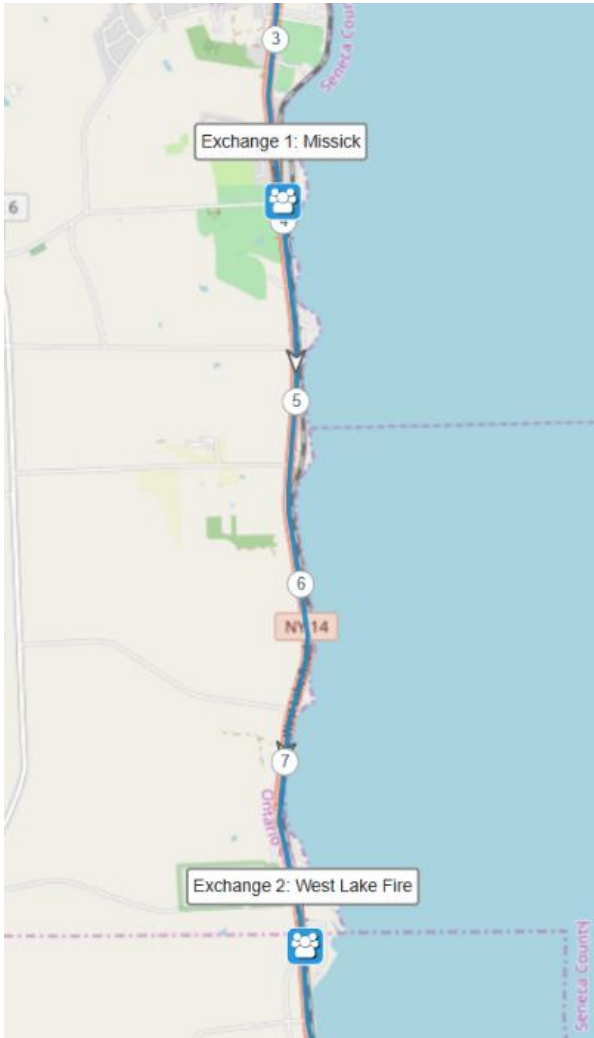
ARRIVE @ EXCHANGE 1: Turk Rd (Controlled Dedicated Road Crossing Point)

Vehicles:

Vehicles turn left out of Lakefront Park / Welcome Center onto RT 5/20. Proceed uphill approximately 0.8 miles and take a right onto N Cloverleaf Dr. N Cloverleaf Drive turns right and becomes NY-14 S/S Main St. Proceed on NY-14 1.6 miles to a right onto Snell Rd. Continue on Snell Rd for 1.9 miles and take a left onto Turk Rd. If it says the road is closed, that doesn't apply to you!). Exchange Point parking will be 1.1 miles up. 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 vehicles may approach the first exchange point from Route 14!!!





Leg 2 / Runner 2

Start: Turk Rd

Finish: West Lake Fire

Leg Distance: 3.3 miles

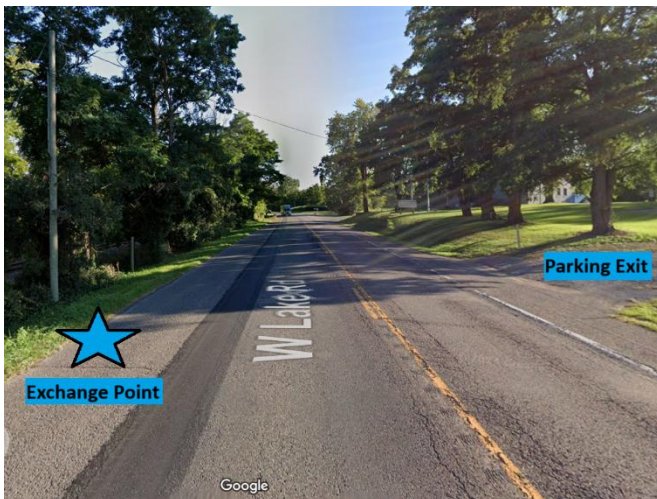
Runners: Continue South on Rte. 14 to the next exchange point. This exchange point has a dedicated highway crossing point. Heed volunteer instructions!

Vehicles:

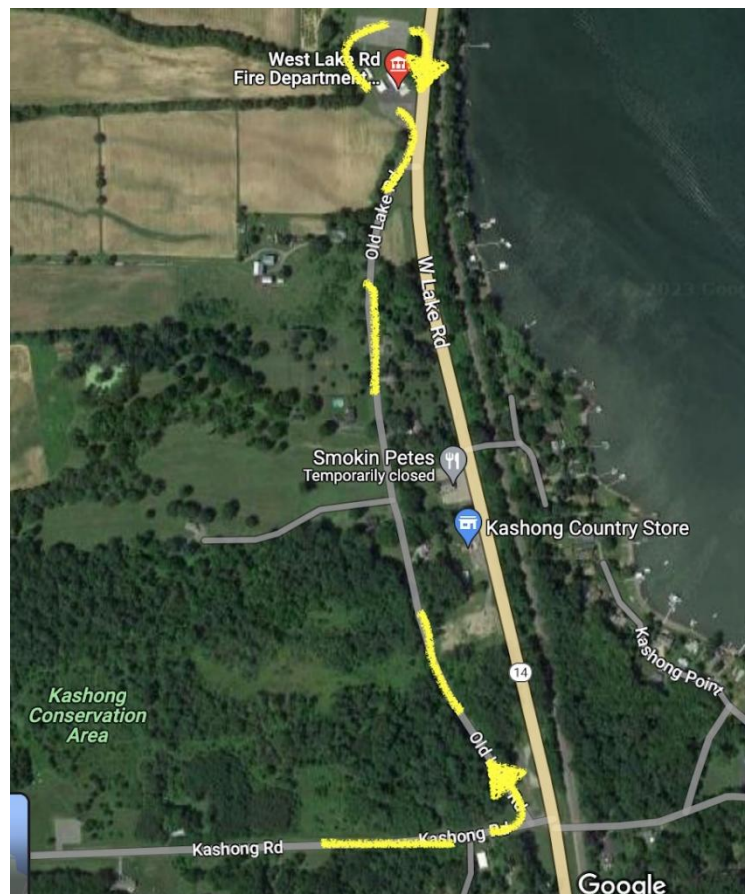
Return to Turk Road (no exiting to Rte. 14!) and follow to PreEmption. **Take a left on PreEmption** until you reach Kashong Road.

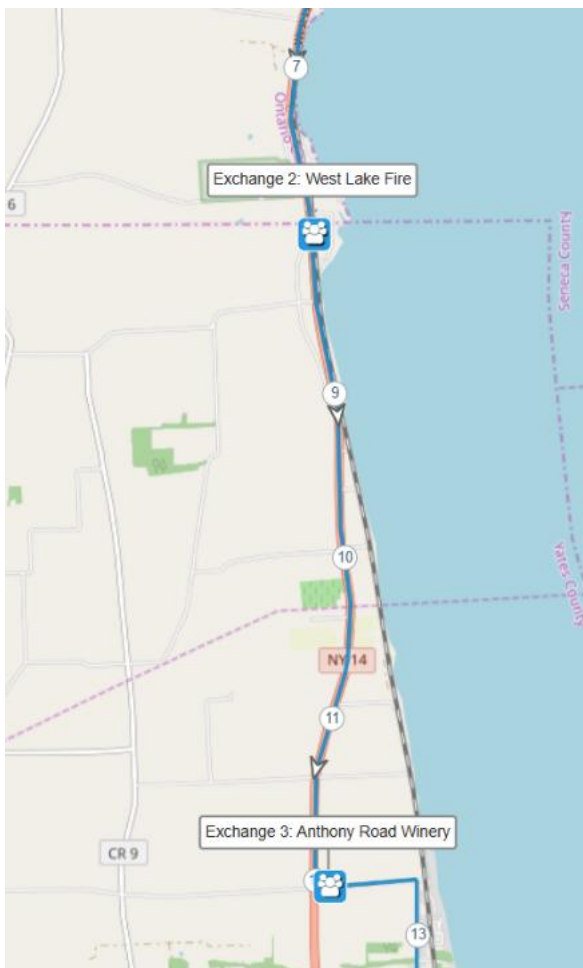
A **left on Kashong** brings you back down toward the lake, and just before you reach Rte. 14 you will swing **left onto Old Lake Road** and follow it to the end. Please be aware that this is not a highway. Please be respectful of residents while driving/parking/waiting. Parking will be allowed in the upper lot until it has reached capacity and then parking is on the shoulders of Old Lake Road. One way traffic flow will be maintained by volunteers. Please do not crowd the shoulder of the highway while cheering on your runners.

ARRIVE @ EXCHANGE 2: WEST LAKE ROAD FIRE



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





Leg 3 / Runner 3

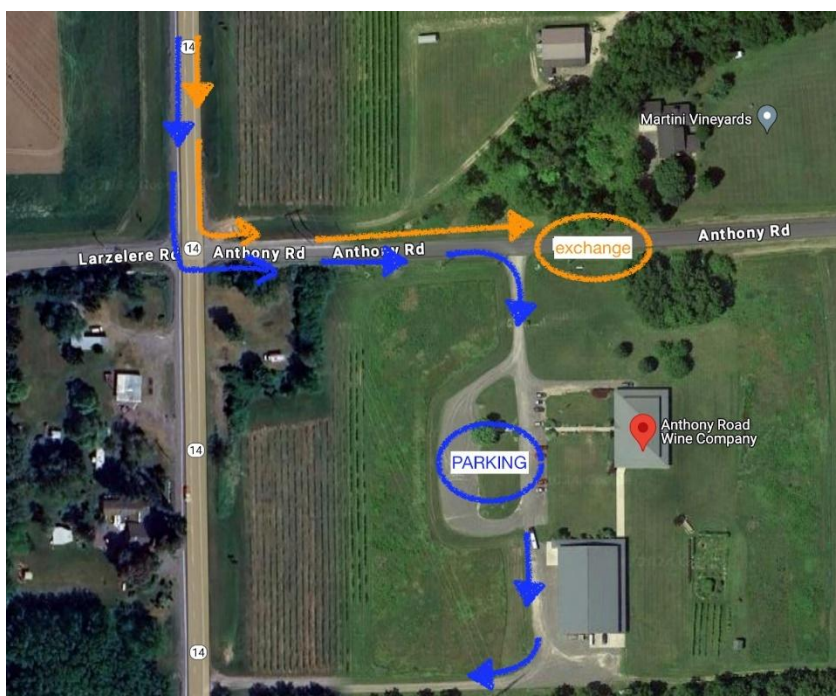
Start: West Lake Fire

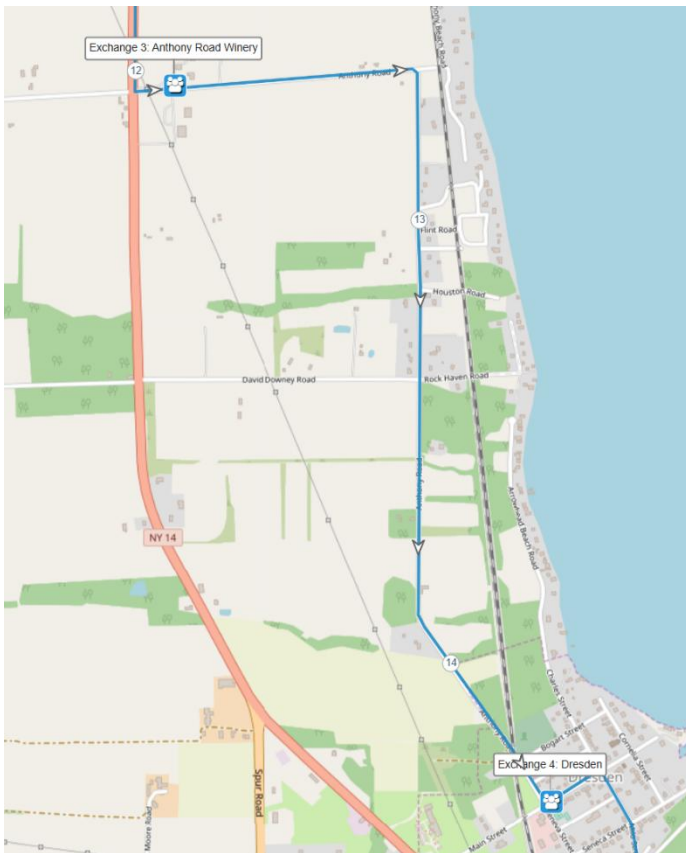
Finish: Anthony Rd Winery

Leg Distance: 4.9 miles

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.

ARRIVE @ EXCHANGE 3: ANTHONY ROAD WINERY





Leg 4 / Runner 4

Start: Anthony Road Winery

Finish: Dresden

Leg Distance: 2.3 miles

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.

ARRIVE @ EXCHANGE 4: DRESDEN

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.



No Parking at the Dresden Hotel!!





Leg 5 / Runner 5

Start: Dresden

Finish: Scenic Overlook

Leg Distance: 4.7 miles

Runners: Start on Main Street headed east. Turn right onto Charles Street which becomes Milo St then Kings Hill Rd then Perry Point. At the top of the hill, at a T, take a right and quick left to return to Route 14 and onward to Scenic Overlook exchange. Be careful, as you will cross several sets of inactive railroad tracks on your way up the hill.

ARRIVE @ EXCHANGE 5: SCENIC OVERLOOK

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!

Safe Harbors
of the Finger Lakes
Advocate. Educate. Support.



Leg 6 / Runner 6

Start: Scenic Overlook

Finish: Ol' Fourteener

Leg Distance: 4.6 miles

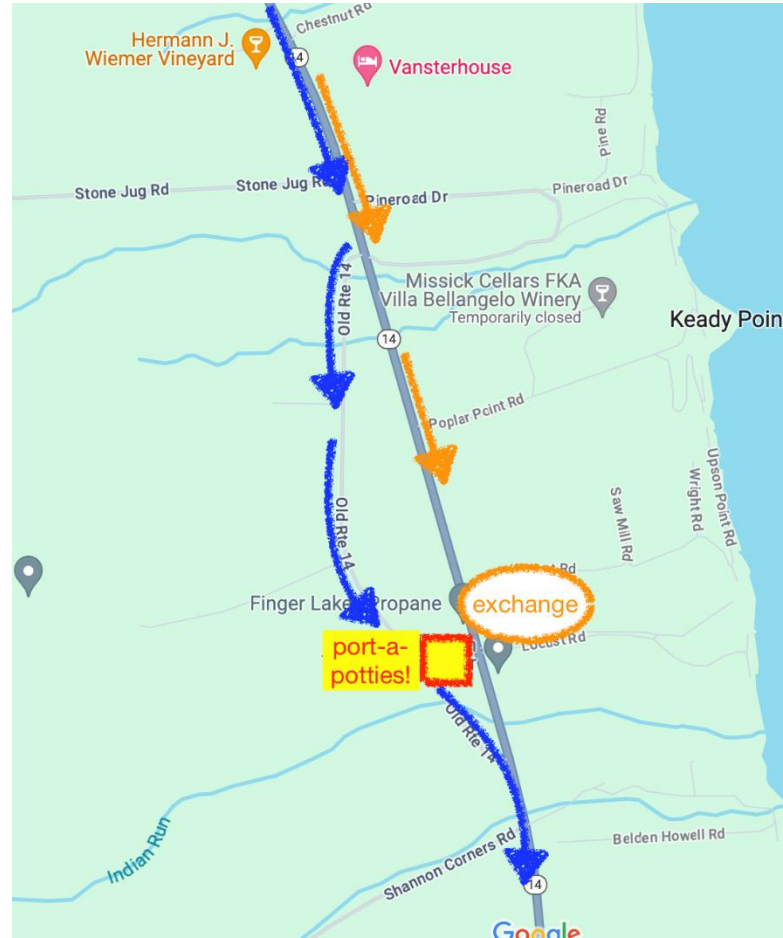
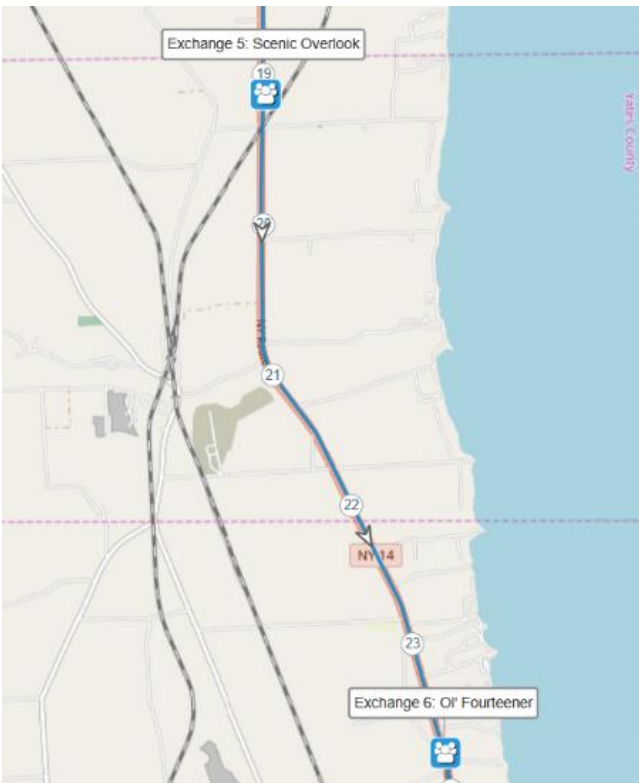
Runners: Continue south on Rte. 14 until you reach the next exchange point.

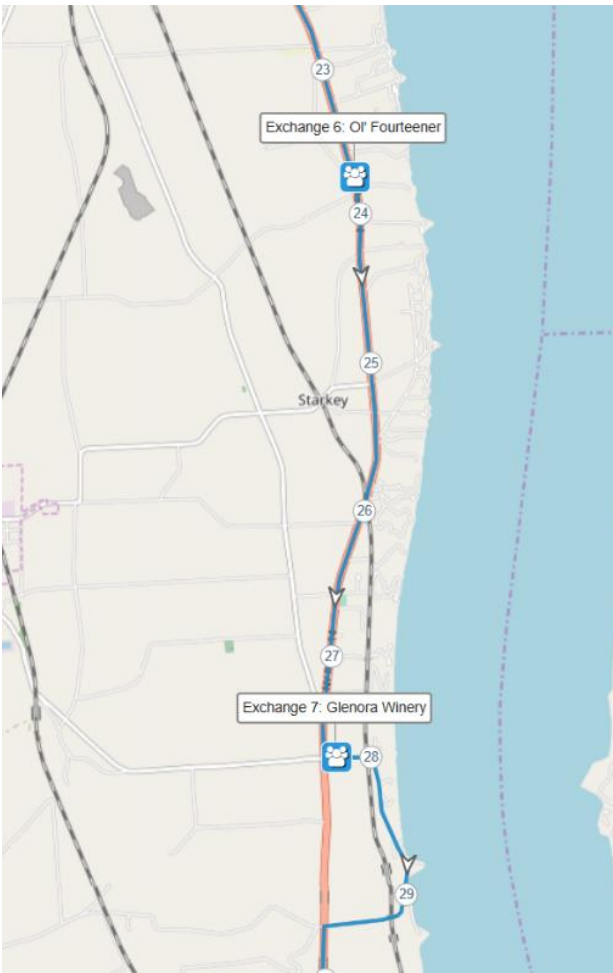
ARRIVE @ EXCHANGE 6: Ol' FOURTEENER. This exchange has a controlled designated crossing point!

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.





Leg 7 / Runner 7

Start: Ol' Fourteener

Finish: Glenora

Leg Distance: 4.1 miles

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).

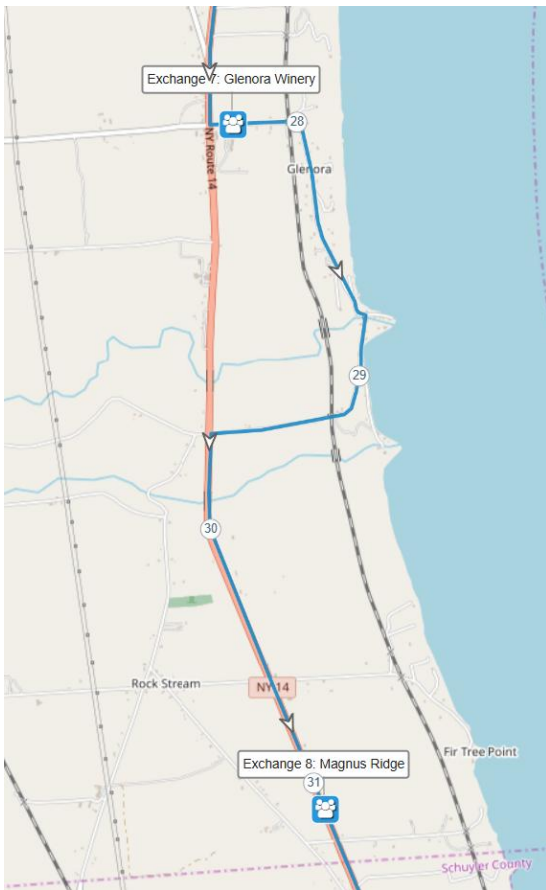
The Seneca7 utilizes two checkpoints, this early one to ensure that teams are not outpacing our volunteers, and a later one to prevent teams from



Historic
GENEVA



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.



Leg 8 / Runner 1

Start: Glenora

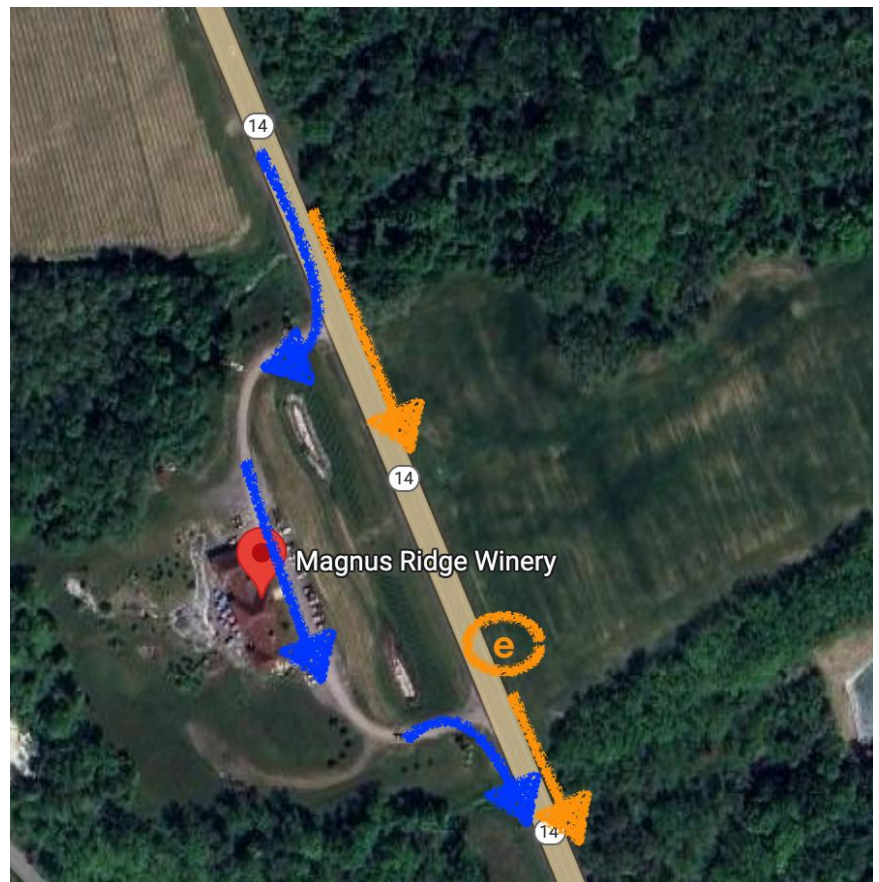
Finish: Magnus Ridge

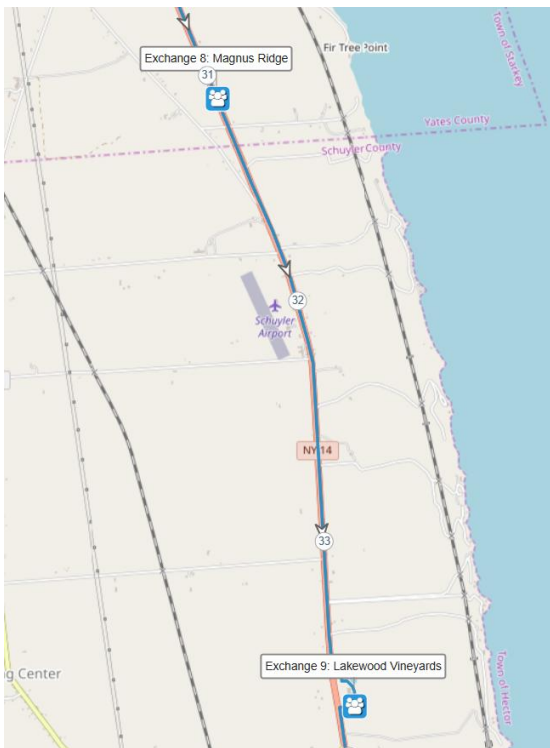
Leg Distance: 3.3 miles

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.

ARRIVE @ EXCHANGE 8: MAGNUS RIDGE. This exchange has a dedicated controlled crossing point.

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





Leg 9 / Runner 2



Start: Magnus Ridge

Finish: Lakewood Vineyards

Leg Distance: 2.7 miles

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.



ARRIVE @ EXCHANGE 9: LAKEWOOD VINEYARDS

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.

(Hungry? There historically has been a food truck here waiting to serve up hungry runners and teams...but better make it quick)



Leg 10 / Runner 3



Start: Lakewood Vineyards

Finish: Clute Park

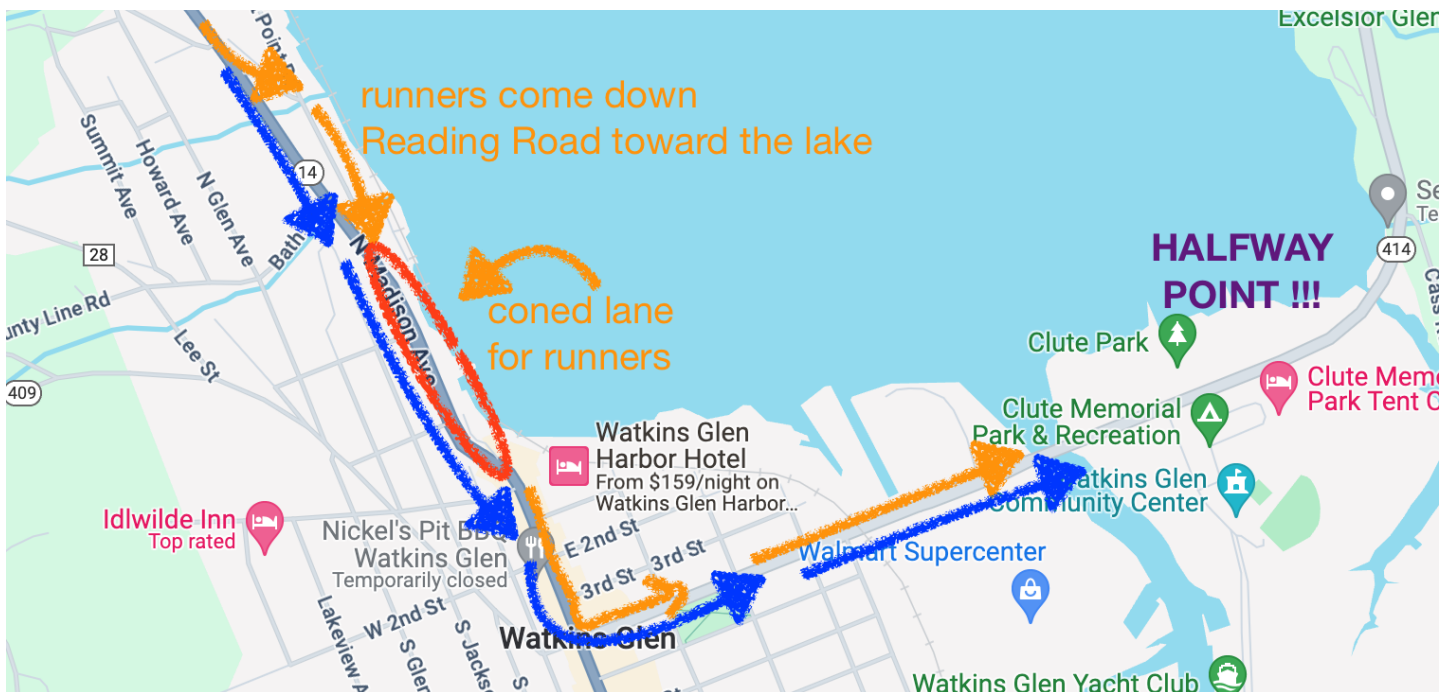
Leg Distance: 4.8 miles

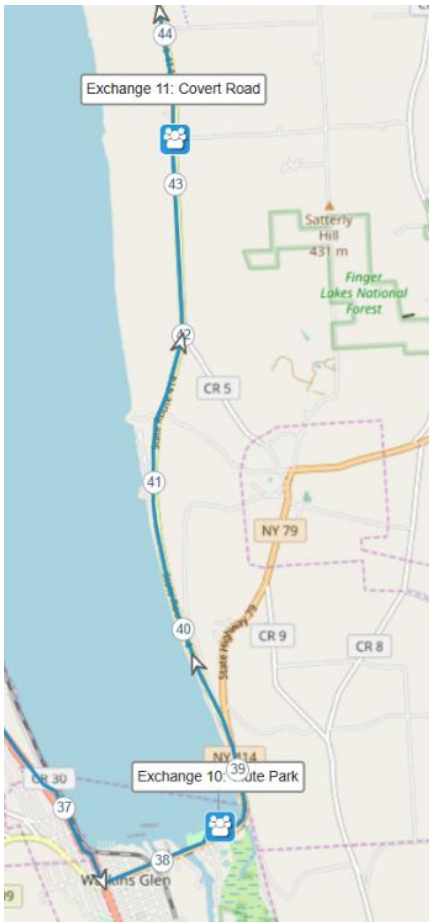
Runners: Safety vest required on this leg! Continue south on Rte. 14, making a left turn onto Reading Road, which becomes Salt Point Road which becomes Magee Road. Return to Rte. 14 staying within the road cone line into the village of Watkins Glen. Hop up onto the sidewalk after passing Captain Bills and make a left at E Fourth St / NY-414. Proceed until entering Clute Park to your left, wrapping around the pavilions to the exchange point next to the lake.

ARRIVE @ EXCHANGE 10: CLUTE PARK

Vehicles: Head south on Rte. 14. Turn left onto Rte. 414 (E. 4th Street) and follow Rte. 414 to Clute Park. Turn right at the main entrance gate to enter the parking lot. 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.

HALFWAY POINT!!!!!! (Are we having fun yet?)





Leg 11 / Runner 4

Start: Clute Park

Finish: NY-414 at Burrell / Covert Roads

Leg Distance: 4.8 miles

Runners:

Proceed east and north out of Clute Park along recreation path. Head uphill on NY-414 to exchange point at intersection with Burrell / Covert Roads

Vehicles:

Exit Clute Park with left turn onto E Fourth / NY-414. Continue Straight to stay on NY-79 (after runners veer left on 414) into village of Burdett. At the stop sign continue straight onto Willow St, becoming Satterly Hill (gravel) in 0.3 miles. Continue on Satterly Hill Rd 2.1 miles to a left turn onto Covert Rd. Proceed to base of Covert Rd, parking (ONLY) to the right / North shoulder before Rt-414.



No crew vehicles are permitted to park on the left / South shoulder as it creates a traffic bottleneck, unsafe conditions, and with an inability for emergency vehicles to pass. You may be ticketed and/or towed if you do.

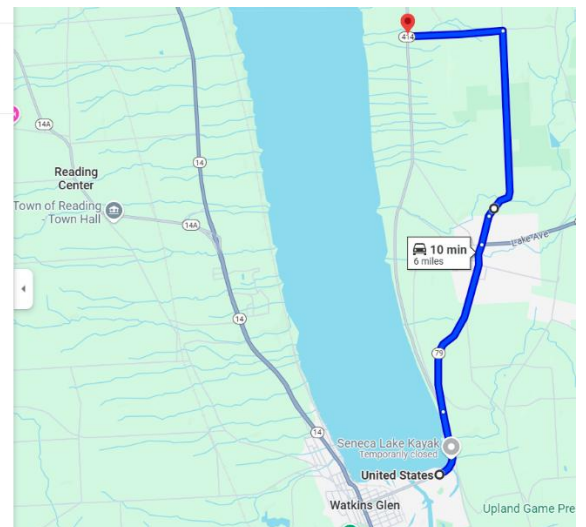


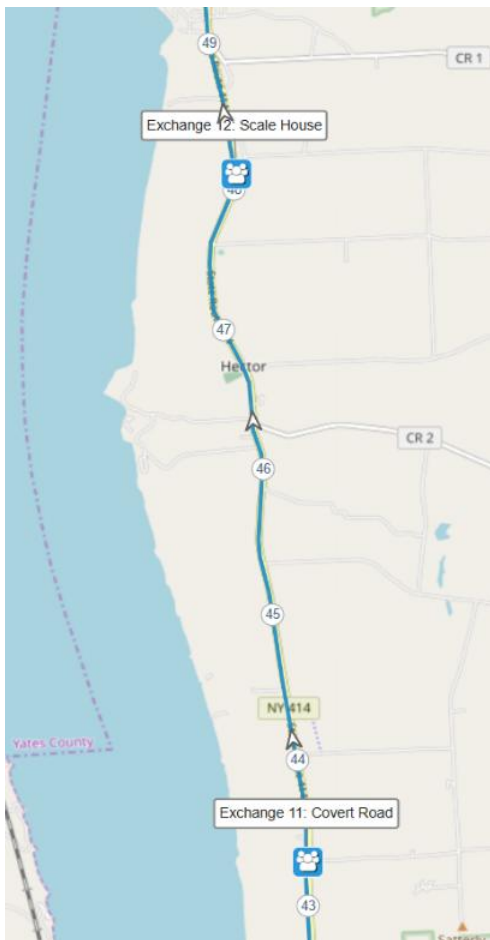
10 min (6.0 miles)
via NY-79 E and Satterly Hill Rd
10 min without traffic

Watkins Glen
New York 14891

- ↑ Head east on NY-414 N
0.7 mi
- Keep right to continue on NY-79 E
1.9 mi
- ↑ Continue straight onto Willow St
0.3 mi
- ↑ Continue onto Satterly Hill Rd
2.1 mi
- ↶ Turn left onto Covert Rd
1.0 mi

Burrell Rd & NY-414
Hector, NY 14818





Leg 12 / Runner 5

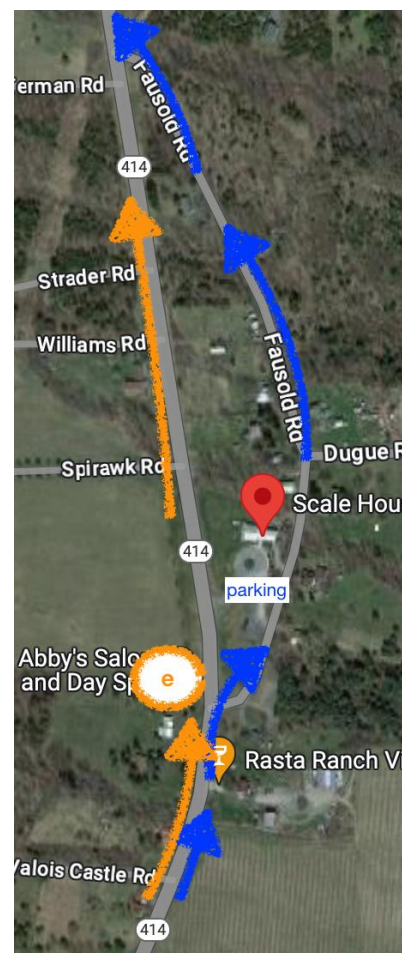
Start: NY-414 at Covert Rd

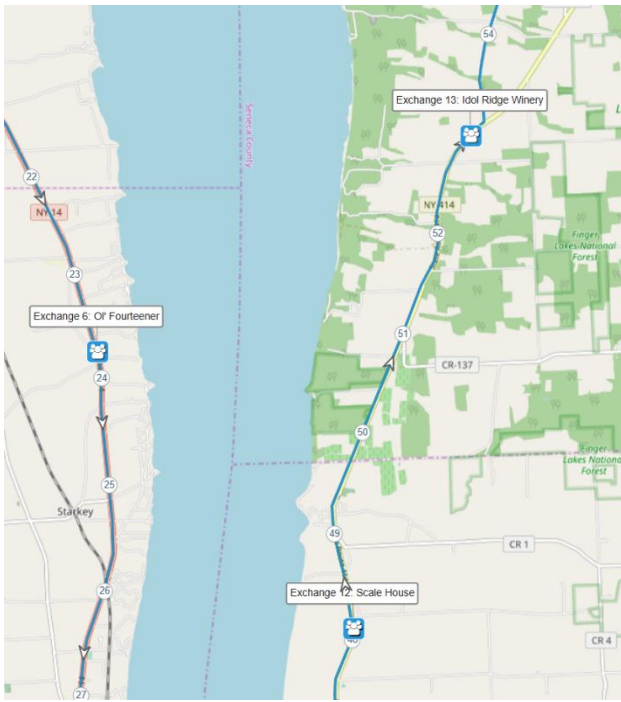
Finish: NY-414 at Scale House

Leg Distance: 4.8 miles

Runners: Continue north on NY-414 until you reach the next exchange point at Scale House Brewery. There is a **designated crossing point** once you reach the exchange point.

Vehicles: Continue north on Rte. 414 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.





Leg 13 / Runner 6

Start: Scale House

Finish: Idol Ridge

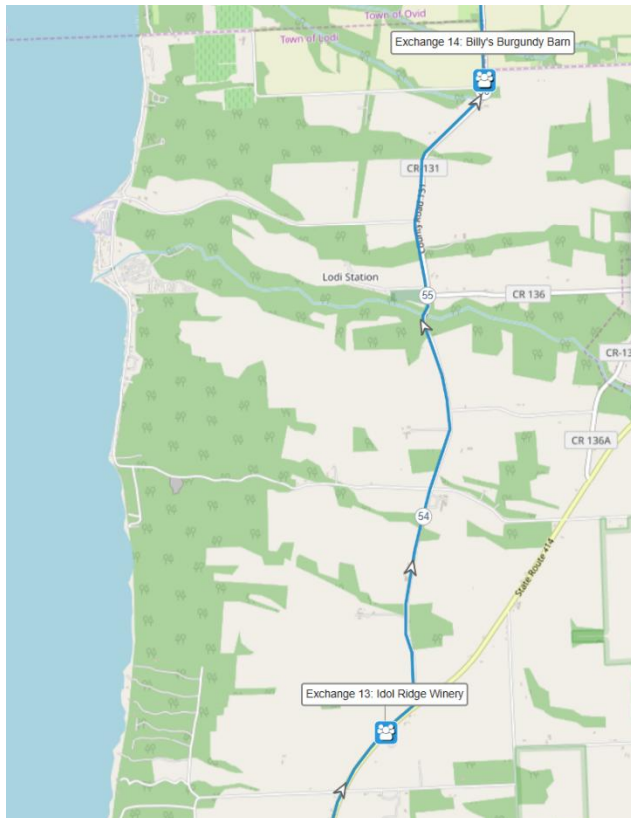
Leg Distance: 4.9 miles



Runners: Continue north on Rte. 414 until you reach the Idol Ridge exchange. **This exchange has a controlled 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.

California Idol Ridge knows how to party!



Leg 14 / Runner 7

Start: Idol Ridge

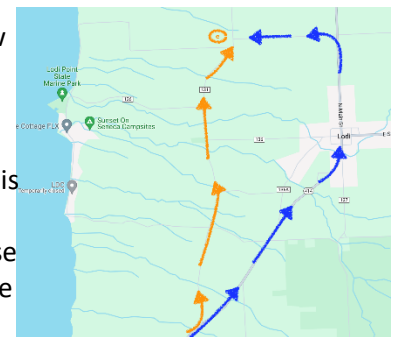
Finish: Billy's Burgundy Barn

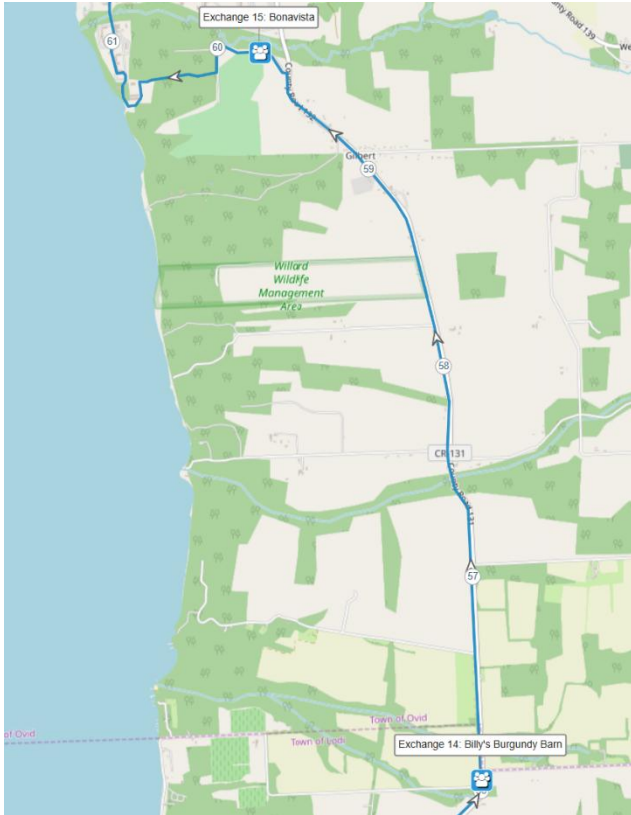
Leg Distance: 3 miles



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 red hay barn that serves as the next exchange. **ARRIVE @ EXCHANGE 14: BILLY'S BURGUNDY BARN Controlled Exchange Crossing Pt.**

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 CR-131. Please try to be orderly and not impede the flow of traffic.





Leg 15 / Runner 1

Start: Billy's Burgundy Barn

Finish: Bonavista

Leg Distance: 3.8 miles

Runners: Continue north to Bonavista Golf Course. Turn left ahead of the driveway, reaching the exchange point by grass in front of the clubhouse. Your waiting runner can use this time to 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.



Leg 16 / Runner 2

Start: Bonavista

Finish: Sampson South

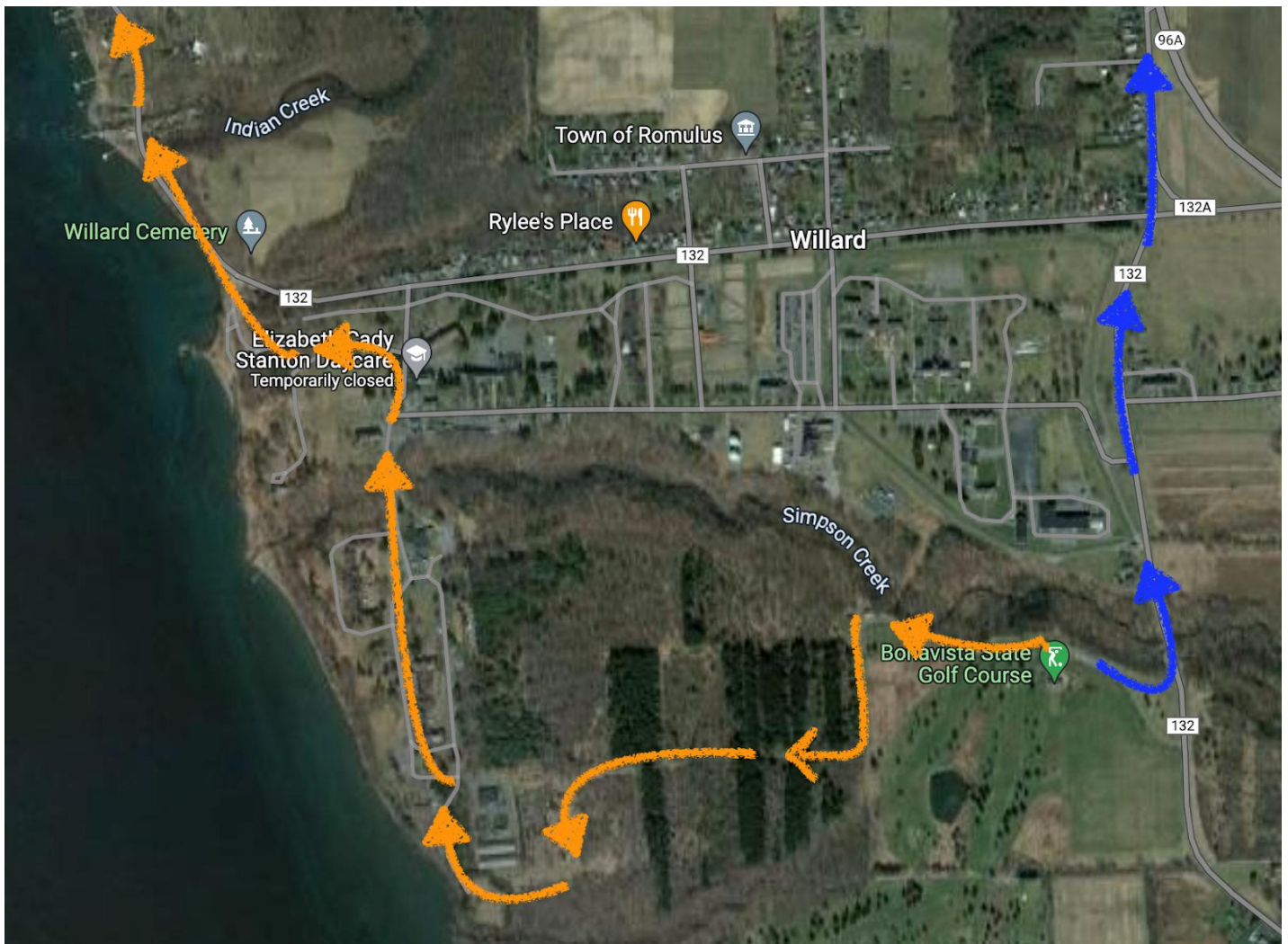
Leg Distance: 5.1 miles



Harmony Food Pantry

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 into park road to the **Controlled Designated Crossing 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 second exit in the roundabout and follow signs / volunteer instructions for parking ahead to the left.



Leg 17 / Runner 3



Parks, Recreation
and Historic
Preservation

Start: Sampson South

Finish: Sampson North

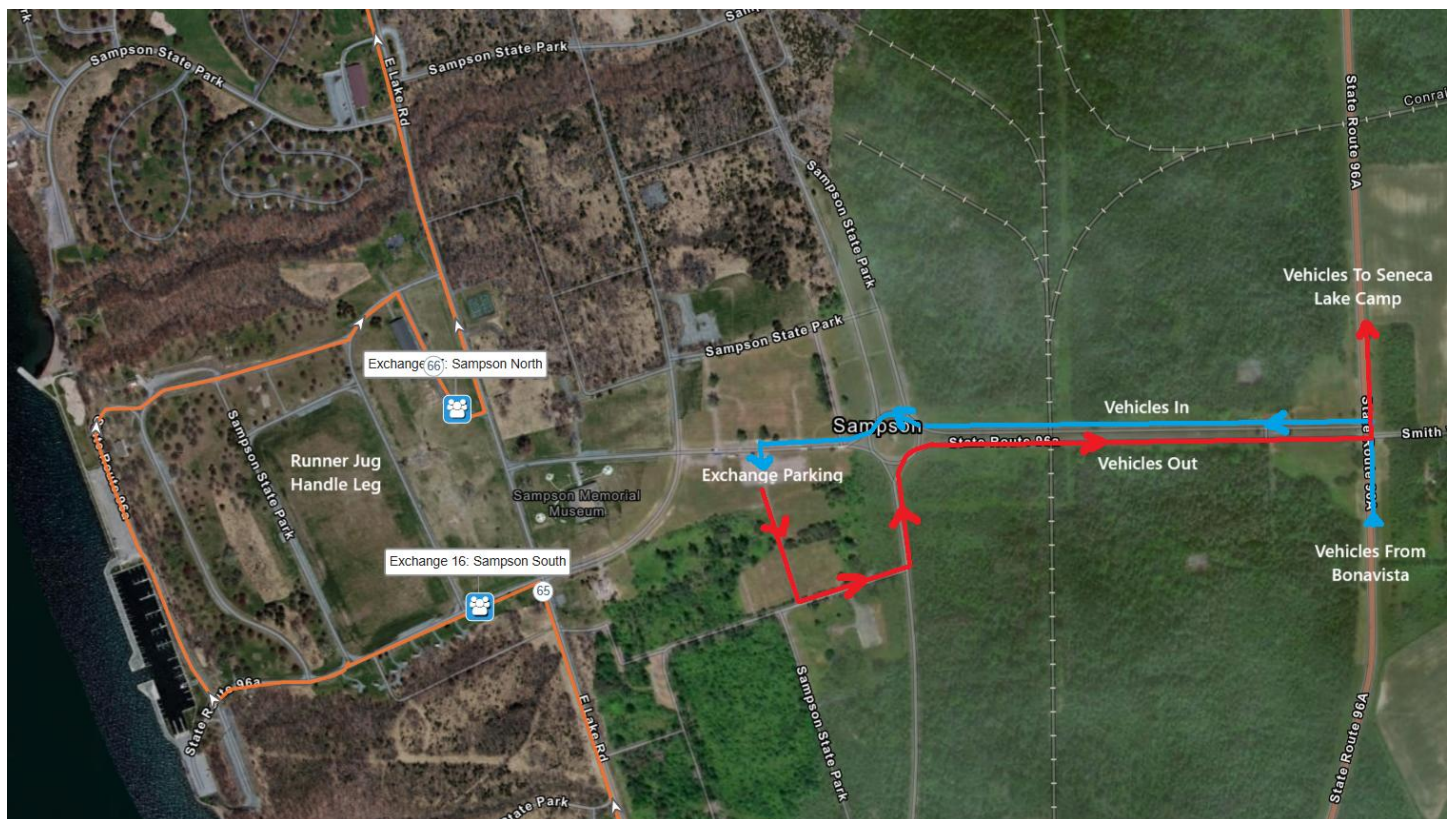
Leg Distance: 1 mile

Runners: Runners will be sending a short fast mostly clockwise 1 mile park road loop seen on the map to the left. You'll arrive at a **Controlled Designated Crossing Exchange Point**.

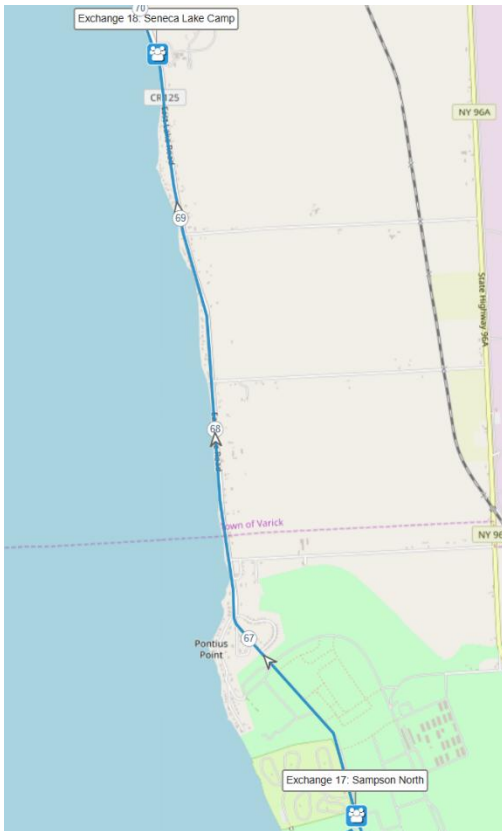
It'll be tight for crews to make the next exchange, so best bet to have that mile runner do a "cool" down direct line jog back to the crew vehicle which will be set to roll out.

Vehicles:

Crew vehicles will remain parked in centralized Sampson parking area. PLEASE exercise caution in leaving Sampson and per other crews turning in at the same time. We'll have park police or park staff on hand to assist with traffic control at the entrance.



Checkpoint 2: 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.



Leg 18 / Runner 4

Start: Sampson North

Finish: Seneca Lake Camp

Leg Distance: 3.8 miles

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.

**ARRIVE @ EXCHANGE 18:
SENECA LAKE CAMP**

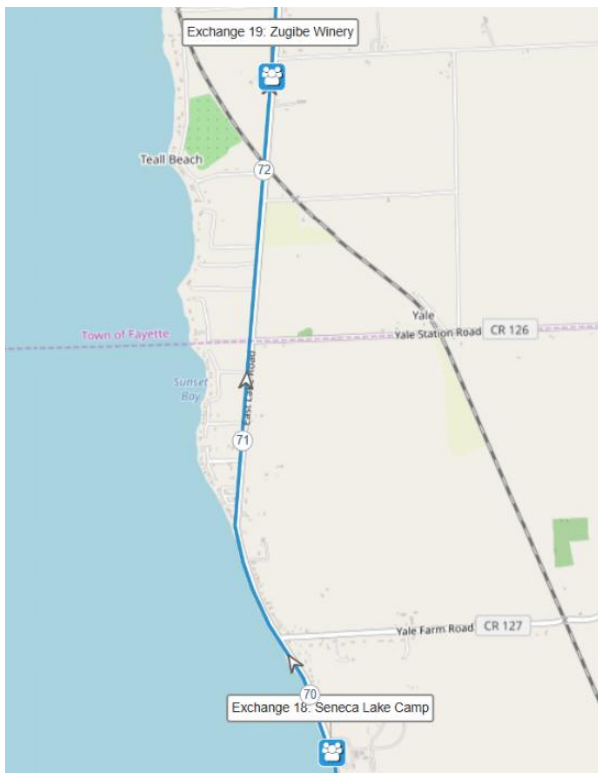
There is a designated crossing point at this exchange.

Vehicles: Exit the park by returning out of the main entrance, making a left onto NY-96A, a left on Deal Rd, and a right onto E Lake Rd. If you miss Deal you can also make a left on Hahnel. Seneca Lake Camp exchange will be ahead on your right.



ANY RUNNER WHO WILL BE ON THE COURSE

AFTER 7PM MUST WEAR A SAFETY VEST!



Leg 19 / Runner 5

Start: Seneca Lake Camp

Finish: Zugibe Winery

Leg Distance: 2.6 miles

GENEVA PEEPS
LOCAL EGGS FROM LOCAL LOVE

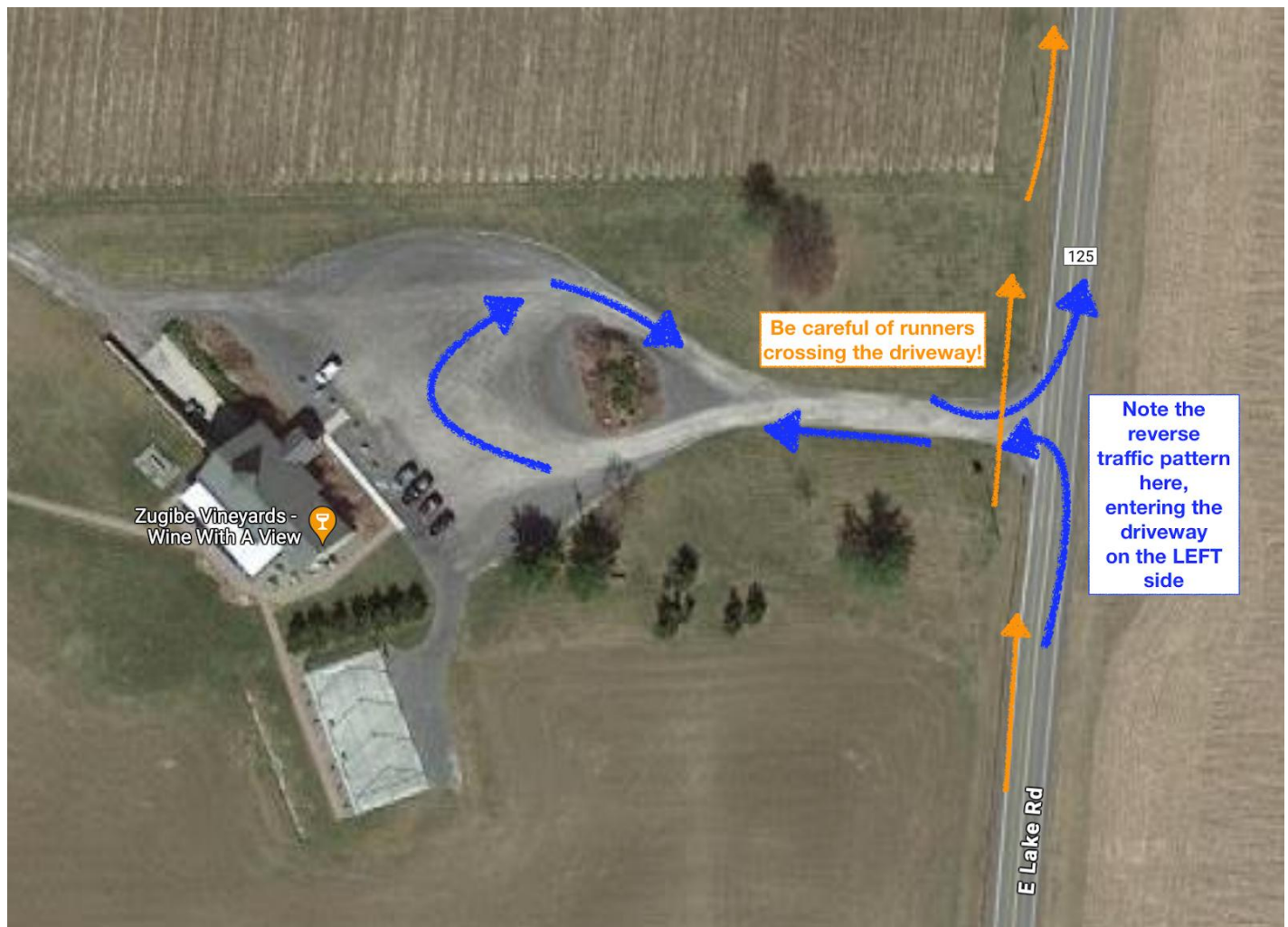


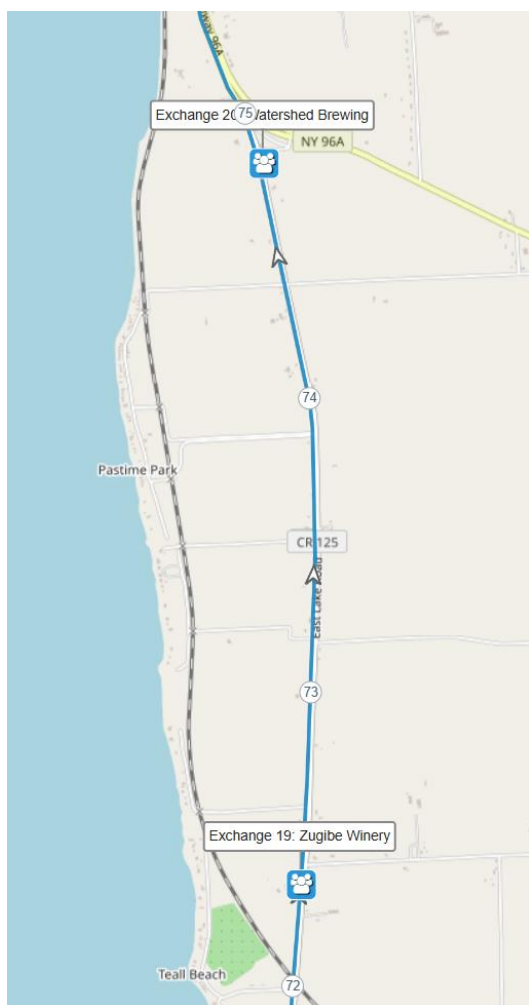
Runner: Continue north on East Lake Road, taking in the scenery on the way to the next exchange just up the road to your left. **ARRIVE @ EXCHANGE 19: ZUGIBE.**

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.



ZUGIBE
VINEYARDS





Leg 20 / Runner 6

Start: Zugibe Winery

Finish: Watershed Brewing

Leg Distance: 2.3 miles



Runner: Head north on East Lake Road to make the last exchange of the journey! **ARRIVE @ EXCHANGE 20: Watershed, and a Designated Controlled Road Crossing Point.**

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



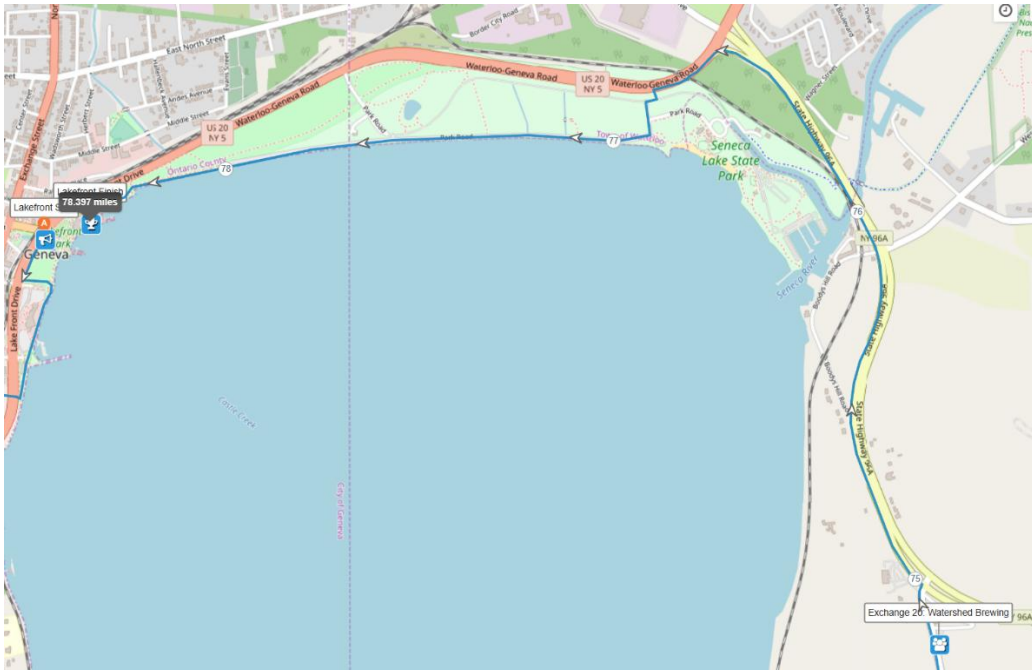
Checkpoint 3 / RACE CUT-OFF:

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.



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



Leg 21 / Runner 7

Start:

Watershed Brewing

Finish:

Lakeside Pavilion

Leg Distance:

3.6 miles

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!!!! Torrey Park chili, good cheer (and Red Jacket juices) awaits you in the Welcome Center!