


# Mendon Trail Run 2016

- Start/Finish will be at Stewart Lodge in Mendon Ponds Park.
  - 50k Race starts at 8:00 am, 10k, 20k, 30k Races start at 9:30 am
  - Course closes at 5:00pm. Last loop of the 50k must be started by 3:00 pm and last loop of the 30k must be started by 2:00pm.
- The map of the course is available on the website <http://roc.us.orienteering.org/mtr> The course will be marked. There are 2 road crossings. It is the responsibility of each runner to cross safely.
- Parking will be in the beach parking lot just north of Stewart Lodge. Entrance to the parking lot is off of Douglas Road. If the lot fills up, cars can park along one side of the road exiting the parking lot. The roads into and out of the parking area are one way.
- New this year, we will have packet pickup on Friday evening Nov 4 from 5pm – 8pm at Medved Running and Walking Outfitters, 3400 Monroe Ave, Rochester, NY 14618.  We are happy to have Medved as a sponsor this year.
- We will also have Check-in/Bib pickup inside Stewart Lodge the day of the event Nov 5. Pickup for the 50k will start at 7am. Pickup for 10k, 20k and 30k will start at 8:05am.
- There will be 2 aid stations on the 10k loop course. One will be at the start/finish. The other will be at approx 5k at the south end of the park. The following will be available at the aid stations:
  - Oranges, bananas, honey ,PB+ honey and PB+J sandwiches, raisins, gummi bears, plain M&Ms, peanuts, pretzels, dill pickles, pickle juice, oreos, fig bars, coca cola, gingerale, water and Tailwind Endurance Fuel. Thanks for Tailwind for their support!
  - There will also be hot soup in Stewart Lodge. Each loop passes by the lodge so it would be possible to stop for soup while passing by if desired.
  - Additional refreshments will be available in the lodge after the races.
- Bathrooms are located in a small building just east of the lodge. If you need to use the bathroom before finishing all loops, please be sure to cross the start/finish line before heading to the bathroom to make sure your loop is counted.
- Awards will be given to the overall plus 10 year age group winners. There will be multiple award ceremonies held in the lodge to cover all the distances and finish times. Awards will be given out at approx 11:00am, 12:15pm, 1:30pm and 2:45pm. Attend a ceremony after you finish.
- All 50k finishers will receive a souvenir which will be handed out at the finish line.

Start/Finish Detail  
Stewart Lodge and  
Beach Parking Lot  
Enter from Douglas Rd.



Oct 31, 2016