

Mendon Trail Run 2022

- Start/Finish will be at Stewart Lodge on Douglas Rd 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. **PLEASE do not park in the small lot directly adjacent to the lodge. This is reserved for volunteers.**
- Bib number pickup will be Friday evening Nov 4 from 5pm – 7pm at Medved Running and Walking Outfitters, <http://www.medvedrunwalk.com/> 3400 Monroe Ave, Rochester, NY 14618, and inside Stewart Lodge the day of the event Nov 5. Saturday pickup for the 50k will start at 7am. Pickup for 10k, 20k and 30k will start at 8:05am.
- There will be one aid station approx midway through the 10k loop course. NO AID STATION IN THE START/FINISH AREA. Water and Gatorade (lemon/lime flavor) only. Those doing distances longer than the 10K are encouraged to have your own “stash” of whatever you want at the shelter which you’ll pass shortly after the start/finish area.
- Refreshments will be available in the lodge after the races.
- Bathrooms are portable toilets this year – the bathroom building is closed for renovation. There are two portable toilets near the parking lot, and two near the lodge. There are also flush-toilet bathrooms on Canfield Rd near the East Lodge, which many/most runners will pass as they drive in to the race site. These are locked until 8am, so 50K runners won’t be able to use them, but other distances will.
- Awards will be given to the overall plus 10 year age group winners. Awards will be announced and available throughout the day. All 50k finishers will receive a souvenir which will be available inside the lodge after the run.
- There is an open shelter shortly after the start/finish area that can be used for clothing drop. This shelter will not be manned so don’t leave valuables. Any items left there are at your own risk.

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

