

Mendon Trail Run 2023

- 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.**
- Packet pickup will be Friday evening Nov 3 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 4. 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 on the 10k loop course, approximately midway through the loop. Water and a sports drink will be available at the finish of each loop. There will be small cups of: M&Ms, Gummi bears, pretzels, Pringles, dill pickle slices, fig bars, and PB&J sandwiches.
- An aid station with water and Gatorade will be at the beginning of each loop.
- There is an open shelter shortly after the start that can be used for clothing drop and any food/beverage items you want to bring, but this shelter will not be manned so don't leave valuables. Any items left there are at your own risk.
- 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. 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.

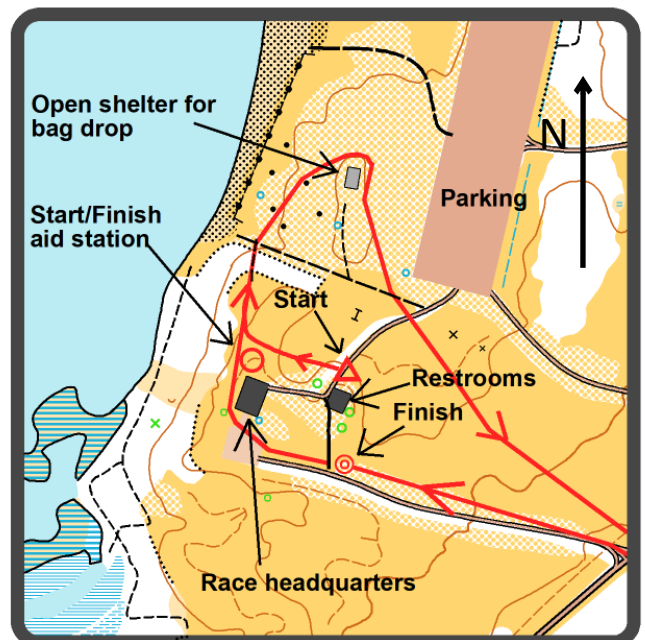


Start/Finish Detail

Stewart Lodge and Beach Parking Lot

Enter from Douglas Rd.

The start is at the triangle shown at the right. The course will pass around the back of the lodge for the additional laps in the 20, 30, and 50k courses.



Nov. 1, 2023