



Course Guide

2026

Course Grid

Leg Start	Start Race Distance	Leg Finish	Finish Race Distance	Leg Distance	Leg Ascent	Leg Descent
Start: Lakeside Park	0	EP1: Turk Rd	3.9	3.9	137	136
EP1: Turk Rd	3.9	EP2: Kashong'ish	7.7	3.8	32	20
EP2: Kashong'ish	7.7	EP3: Anthony Rd	12.1	4.4	181	29
EP3: Anthony Rd	12.1	EP4: Dresden	14.4	2.3	31	142
EP4: Dresden	14.4	EP5: Scenic Overlook	19.1	4.7	308	48
EP5: Scenic Overlook	19.1	EP6: Ol' Fourteener	23.7	4.6	19	139
EP6: Ol' Fourteener	23.8	EP7: Glenora	27.8	4.1	208	7
EP7: Glenora	27.7	EP8: Magnus Ridge	31.1	3.3	381	407
EP8: Magnus Ridge	31.1	EP9: Lakewood	33.8	2.7	73	23
EP9: Lakewood	33.8	EP10: Clute	38.5	4.7	1	424
EP10: Clute	38.5	EP11: Covert Rd	43.3	4.8	372	28
EP11: Covert Rd	43.3	EP12: Scale House	48.1	4.8	121	147
EP12: Scale House	48.1	EP13: Idol Ridge	53	4.9	377	167
EP13: Idol Ridge	53	EP14: Billy's Burgundy Barn	56	3	61	157
EP14: Billy's Burgundy Barn	56	EP15: Bonavista	59.8	3.8	18	273
EP15: Bonavista	59.8	EP16: Sampson South	64.9	5.1	158	265
EP16: Sampson South	64.9	EP17: Sampson North	65.9	1	80	80
EP17: Sampson North	65.9	EP18: Seneca Lake Camp	69.6	3.7	11	89
EP18: Seneca Lake Camp	69.6	EP19: Zugibe	72.2	2.6	90	2
EP19: Zugibe	72.2	EP20: Watershed	74.8	2.6	29	34
EP20: Watershed	74.8	Finish: Lakeside Pavilion	77.9	3.1	25	116

Runner	Total Runner Distance	Total Runner Ascent	Total Runner Descent
1	11	536	816
2	11.6	263	308
3	10.1	262	533
4	10.8	414	259
5	12.1	519	197
6	12.1	425	340
7	10.2	294	280



Leg 1 / Runner 1

Start: Lakefront Park in Geneva

Finish: Turk Rd

Leg Distance: 3.9 miles

Runner Directions:

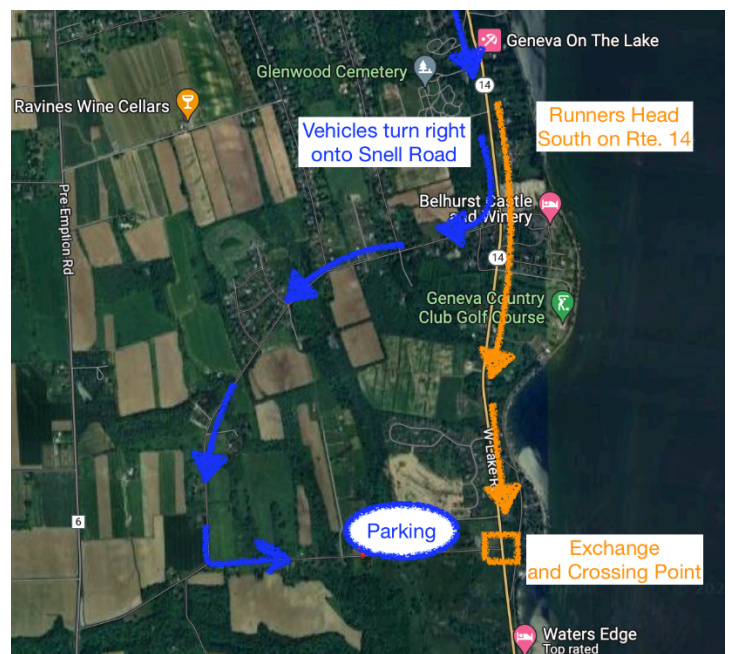
Runners proceed south on Lakefront Park recreation path, heading right to pass through a tunnel beneath NY-5/20 to emerge in Solar Village. Stay right through village drive, make a left on recreation path paralleling Elizabeth Blackwell Street, and on as it bends right to parallel Scott Lafaro Drive. 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. Please only cross Rte. 14 at the **designated crossing point**, as instructed by the volunteers.

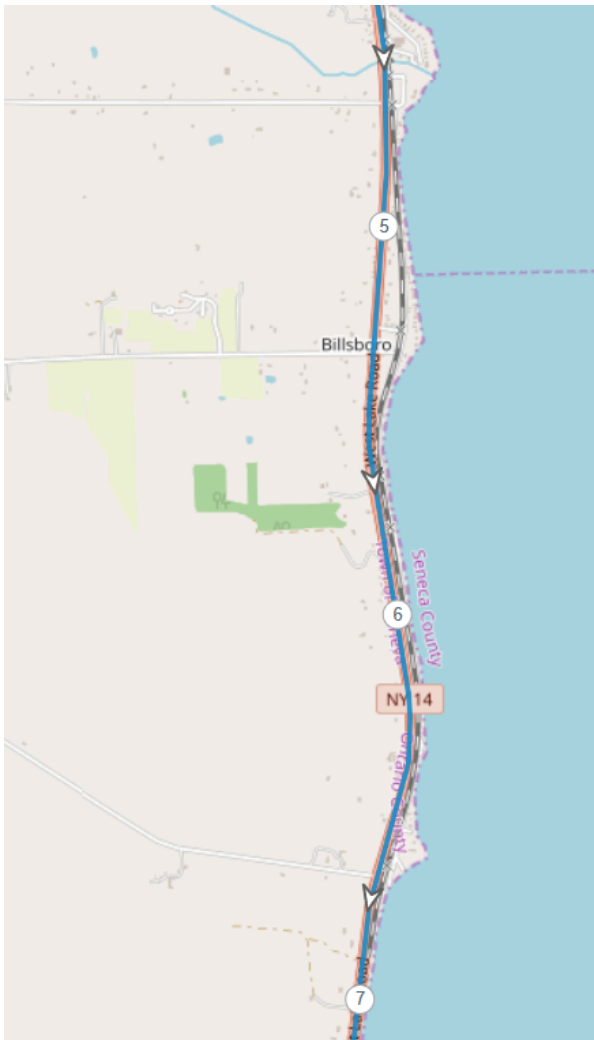
Crew Vehicle Directions:

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 on 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. When you have made the exchange you'll return to Rte. 14 and head south to the next exchange point.

ARRIVE @ EXCHANGE 1: Turk Rd

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





Leg 2 / Runner 2

NEW!

Start: Turk Rd

Finish: Kashong-ish

Leg Distance: 3.8 miles

SHUTTLE BUS!!!!

(for some, not all)

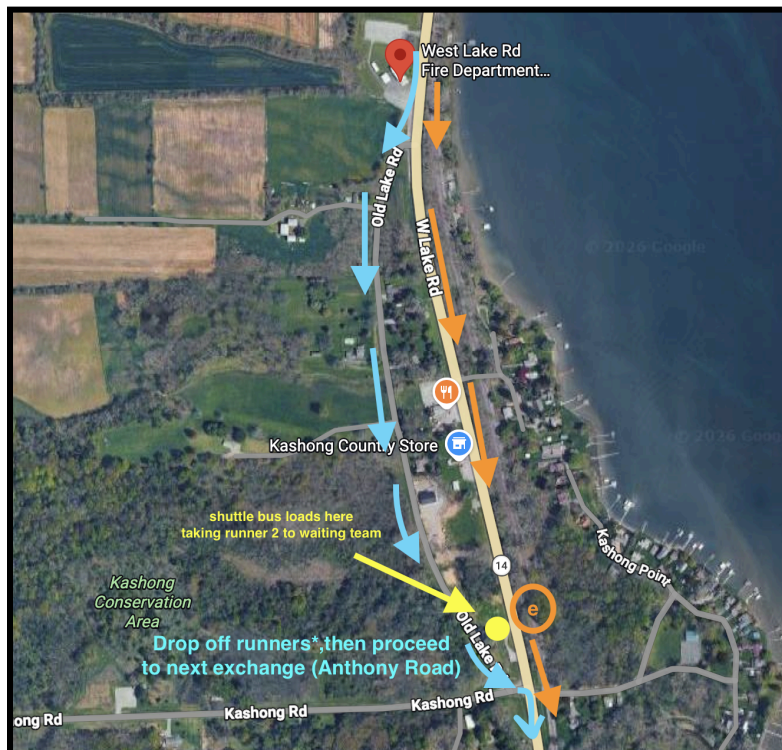
Runners: Continue South on Rte. 14 to the next exchange point. This exchange point has a **dedicated highway crossing point**. Heed volunteer instructions!

Runners in the 5:45, 6:30, 7:30, 7:45, and 8:15 start waves will board a shuttle bus after making the exchange, to be transported to Anthony Road Winery to reunite with your team vehicle.

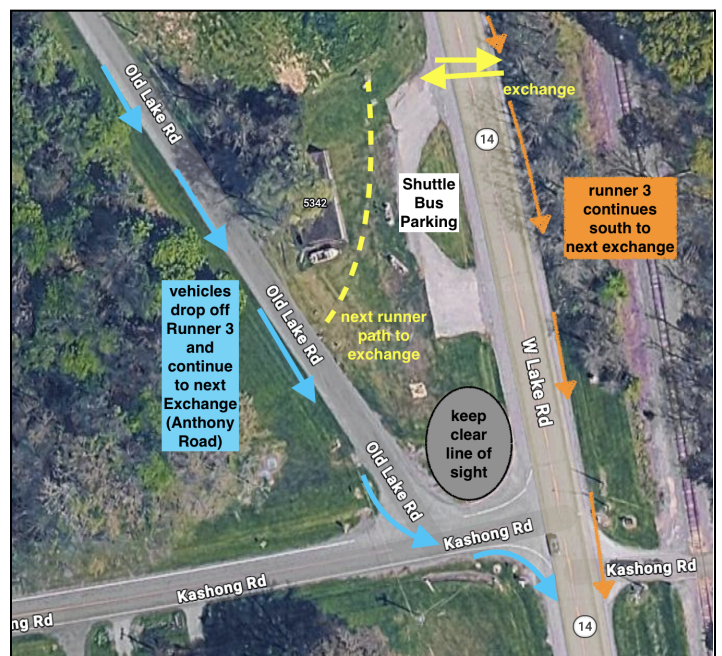
Runners in the 9:00, 9:15, and 9:45am waves will *not* use the shuttle.

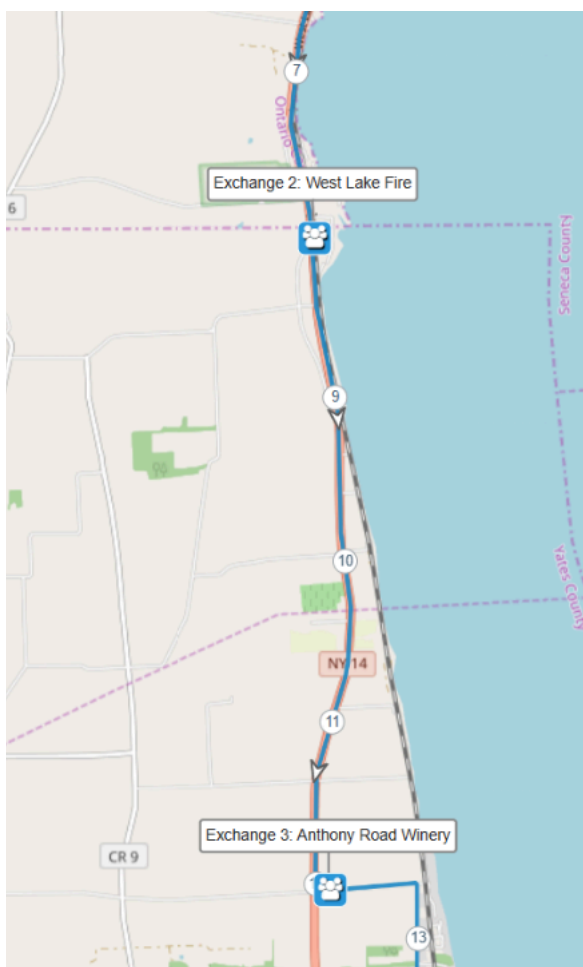
Motorized Vehicles: Return to Rte. 14 and head south. Take a right onto Old Lake Road, just past the West Lake Road Fire Department. Please be respectful of residents while driving/parking/waiting.

Teams in start waves prior to 9am will not be allowed to park at this exchange point. You will drop off your runner along the shoulder of Old Lake Road and immediately return to Rte. 14 to head south to the next exchange point. Please do not linger on Old State Road, as there is not enough space to accommodate all vehicles. Your finishing runner will be transported by shuttle bus there.



Teams in the 9:00, 9:15, and 9:45am waves will park along the shoulder of Old Lake Road and wait for their runner before returning to Rte. 14 to head south to the next exchange.





Leg 3 / Runner 3

Start: Kashong'ish

Finish: Anthony Rd Winery

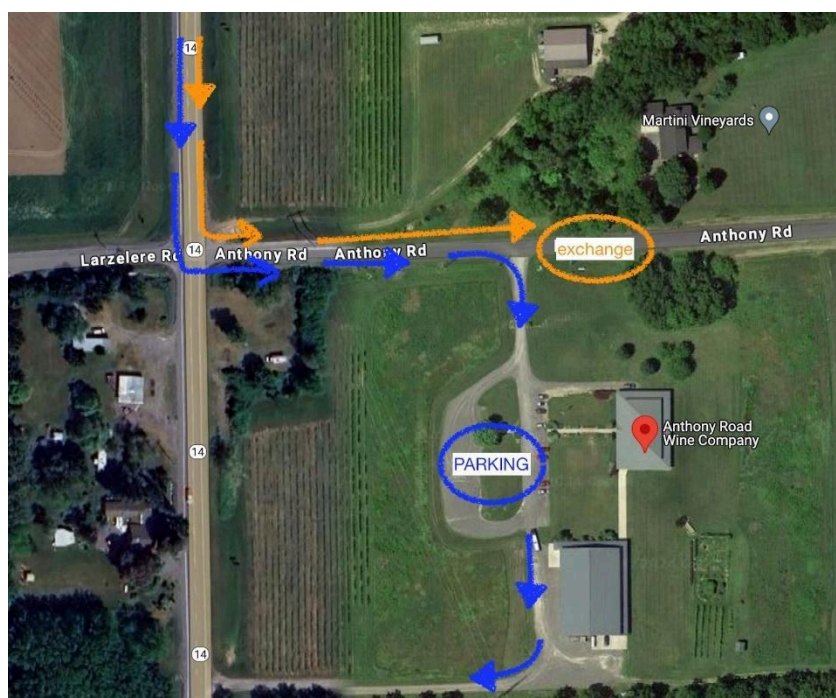
Leg Distance: 4.4 miles

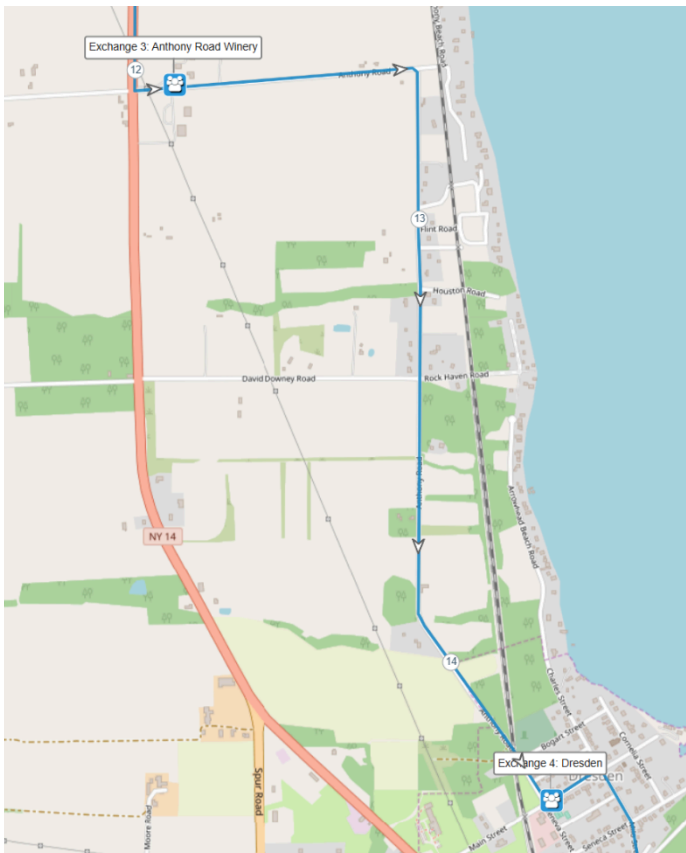
This is where teams from the early start waves will reunite with Runner 2 (arriving by shuttle bus) and Runner 3 (finishing here).

Teams in the 9:00, 9:15, and 9:45am start waves will not be using the shuttle bus and will arrive with Runner 2 in their vehicle to meet Runner 3 here.

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

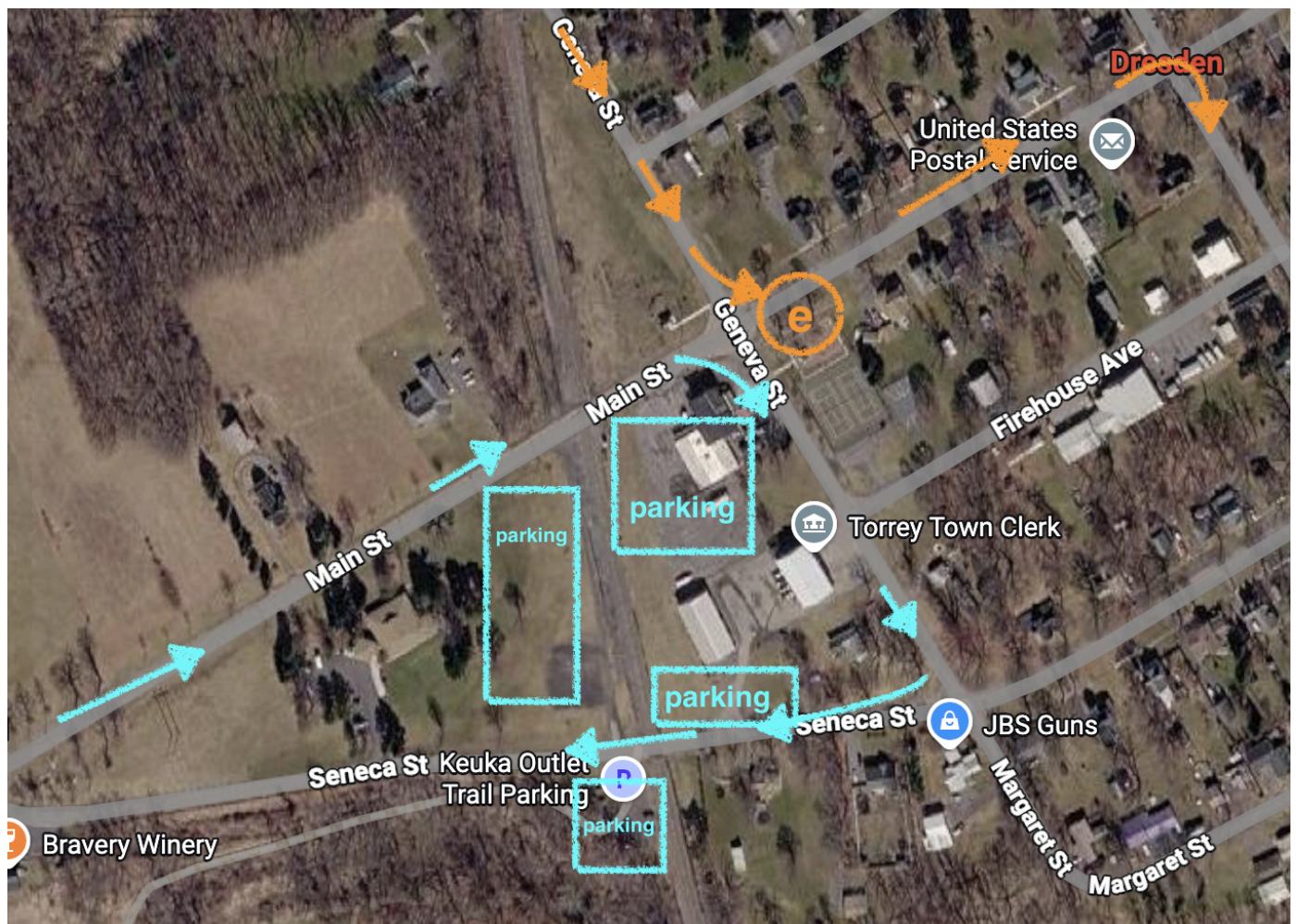
Leg Distance: 2.3 miles

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.

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.

ARRIVE @ EXCHANGE 4: DRESDEN

Hooray! This year we can use the Smokin' Pete's Parking Lot!





Leg 5 / Runner 5

Start: Dresden

Finish: Scenic Overlook

Leg Distance: 4.7 miles

Runners: Start on Main Street, turn right onto Charles Street. Run through the gully, out of town, and back up to Rte. 14. Be careful, as you will cross 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!

ARRIVE @ EXCHANGE 5: SCENIC OVERLOOK



Leg 6 / Runner 6

Start: Scenic Overlook

Finish: Ol' Fourteener

Leg Distance: 4.6 miles

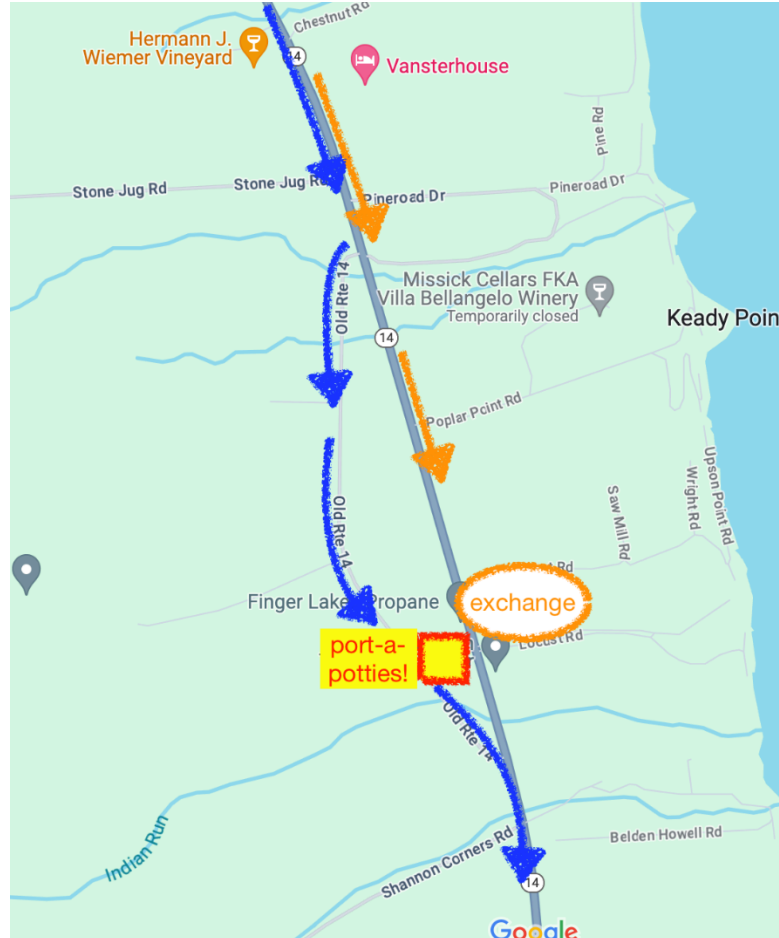
Runners: Continue south on Rte. 14 until you reach the next exchange point. This exchange has a **designated crossing point!**

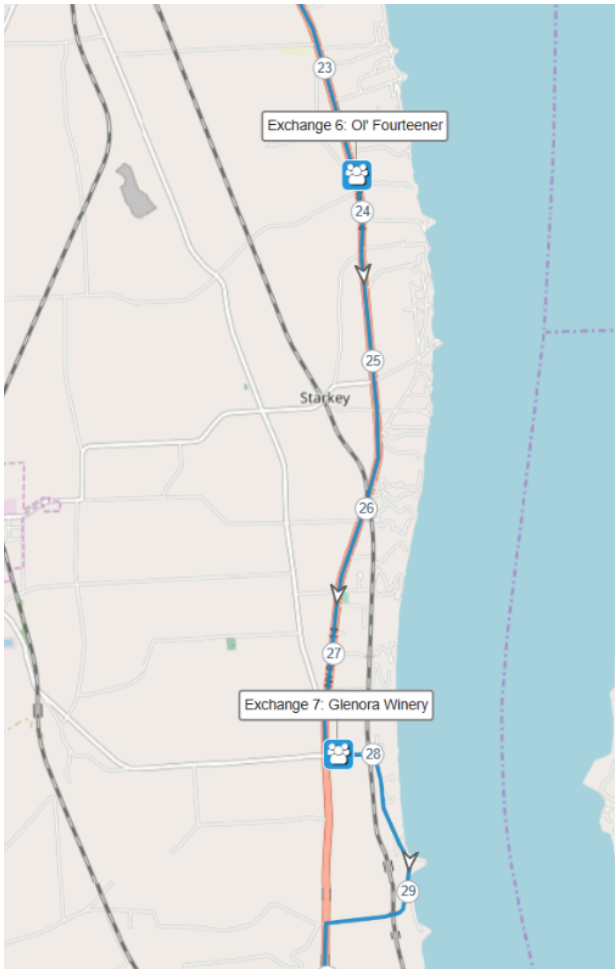
Vehicles: Continue south on Rte. 14 until you reach Old Fourteen Road. You must make a right turn here to park and approach the exchange point. Be on the lookout for the turn. Don't miss the turn! The turn is just south of Hermann Wiemer Vineyards and right after Stone Jug Road. Eyes open so you don't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

ARRIVE @ EXCHANGE 6: OL' FOURTEENER





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.

Motorized 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.



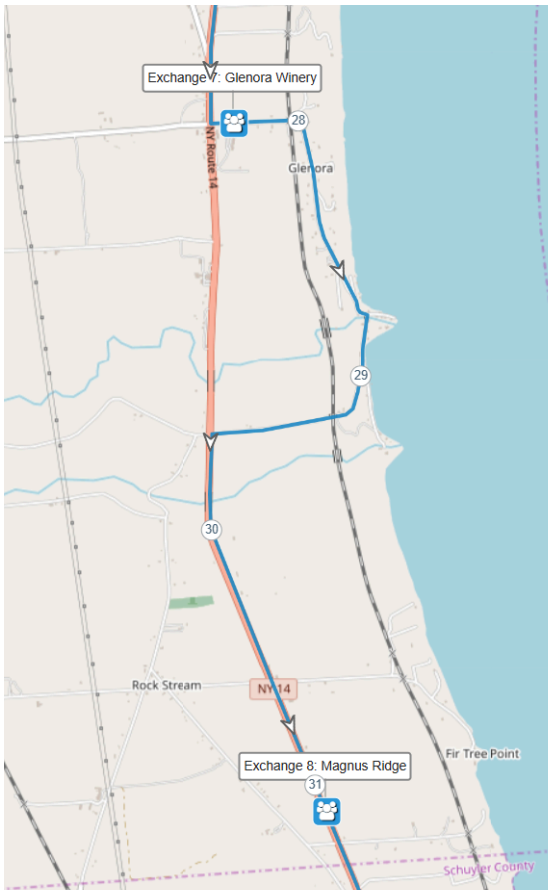
Historic
GENEVA

Checkpoint 1:

Runners who reach this point prior to 9:55am will be firmly (yet lovingly) held until it is safe to proceed (at 9:55:01am).



Accurate pace calculations are essential to the safe operation of this event. Start waves are based on your estimated pacing. 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. You will only be held at this exchange point if you are so far ahead of what was submitted as your estimated pace that you should have started in a much later wave.



Leg 8 / Runner 1

Start: Glenora

Finish: Magnus Ridge

Leg Distance: 3.3 Miles

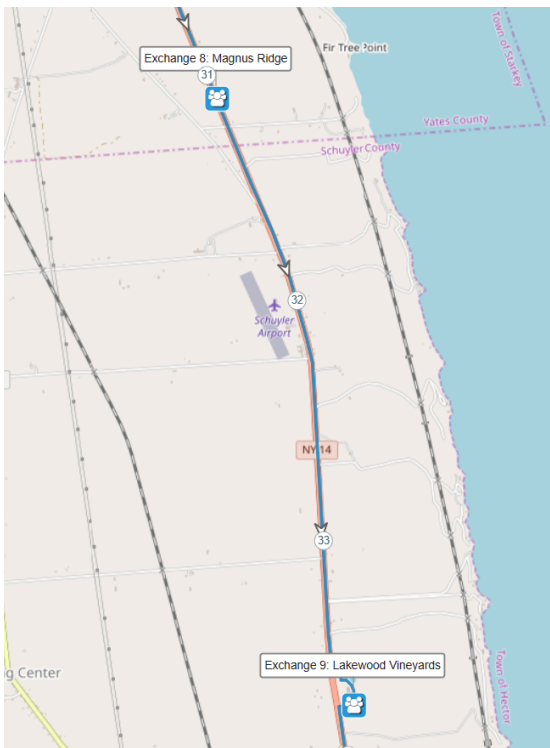
Runners: Continue down N. Glenora Road, crossing over the railroad tracks, and follow the road as it bends to the right. Check out the waterfall as you climb your way back to Rte. 14 where a left turn will have you on your way to the next exchange point. There is a **designated crossing point** at the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

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



ARRIVE @ EXCHANGE 8: MAGNUS RIDGE





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. **Next runner, remember to put on your safety vest!**

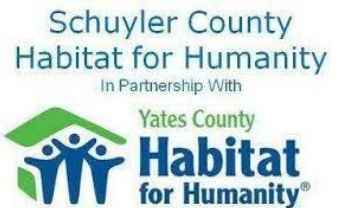


Vehicles: Continue south on Rte. 14 and **turn left into Lakewood's first (north) driveway** to enter the parking lot. One way traffic through this exchange will have you exiting the second (south) driveway after making the exchange.

ARRIVE @ EXCHANGE 9: LAKEWOOD VINEYARDS



Leg 10 / Runner 3



Start: Lakewood Vineyards

Finish: Clute Park

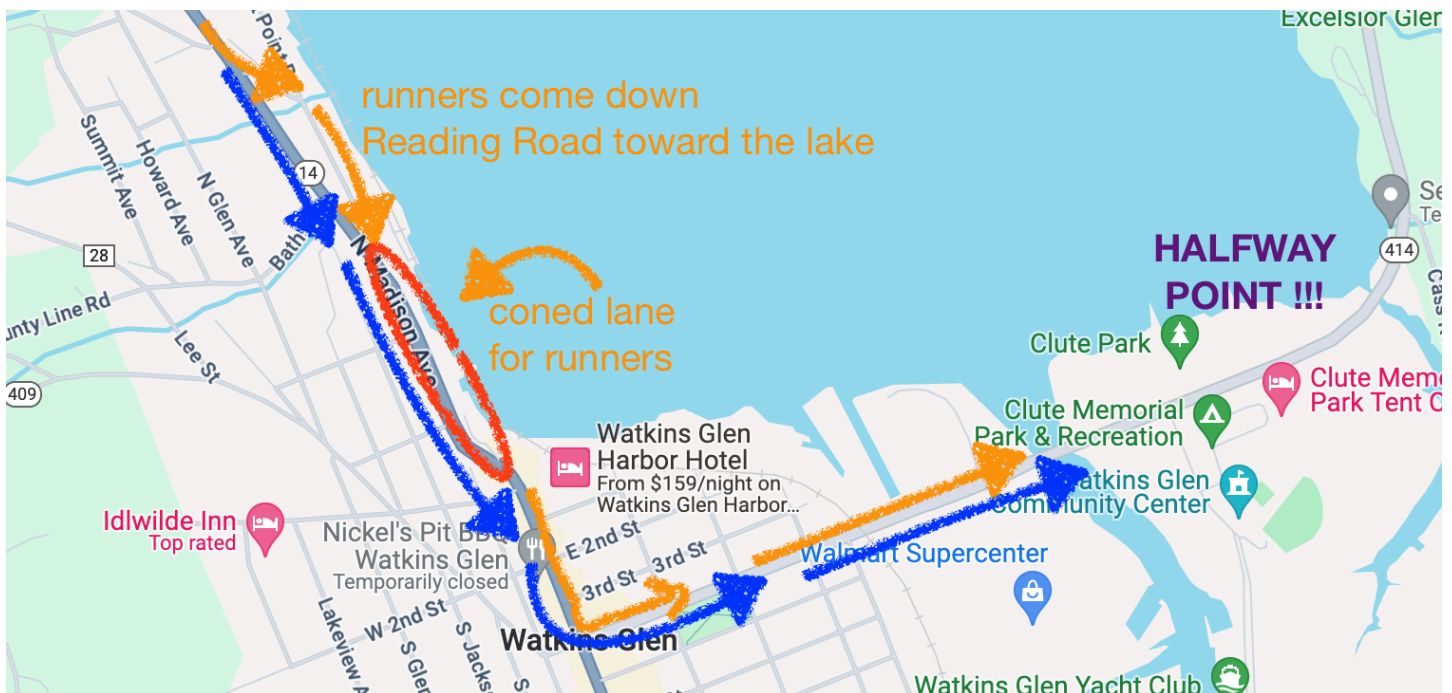
Leg Distance: 4.7 miles

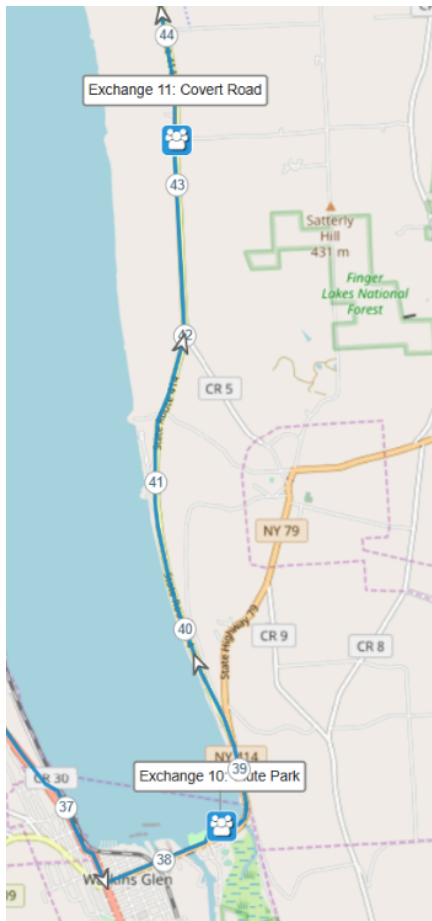
Runners: **Safety vest required on this leg!** Continue south on Rte. 14 (remaining on through Watkins, no more old course dogleg on Reading/Salt Point). Stay within the road cone line into the village of Watkins Glen as the shoulder is quite tight. Hop up onto the sidewalk after passing Captain Bills 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.

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.**

ARRIVE @ EXCHANGE 10: CLUTE PARK

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

Please Carpool!

Share a picture of your carpool adventure (including bibs of two runners from different teams in the same vehicle headed to this exchange) and be entered to win a prize!!!!

#Seneca7VanShare

Runner Directions:

Safety vest required on this leg!

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. Only cross on the direction of volunteers and the State Troopers at the **designated crossing point**.

Vehicle Directions:

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 in 0.3 miles. Continue on Satterly Hill Rd 2.1 miles to a left turn onto Covert Rd. Proceed towards 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.



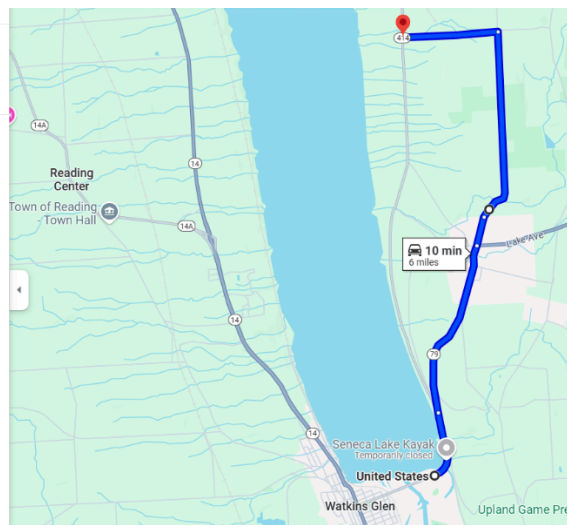
10 min (6.0 miles)

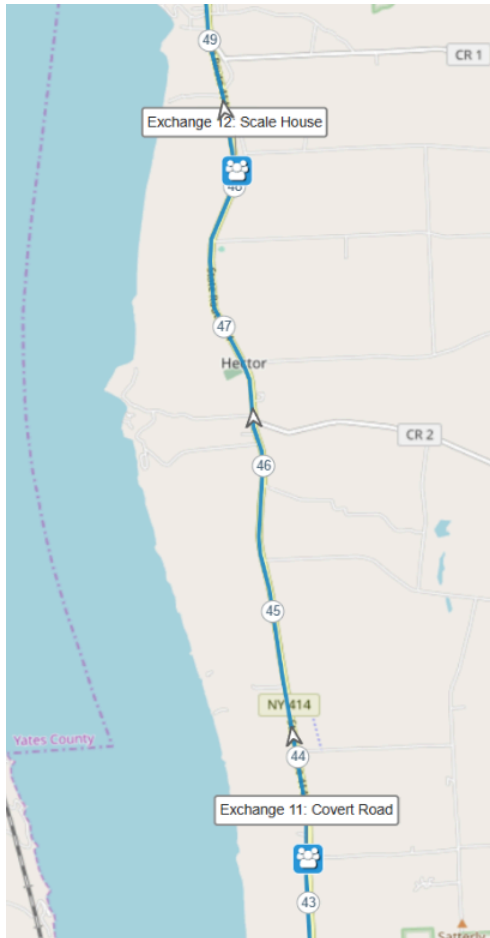
via NY-79 E and Satterly Hill Rd
10 min without traffic

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

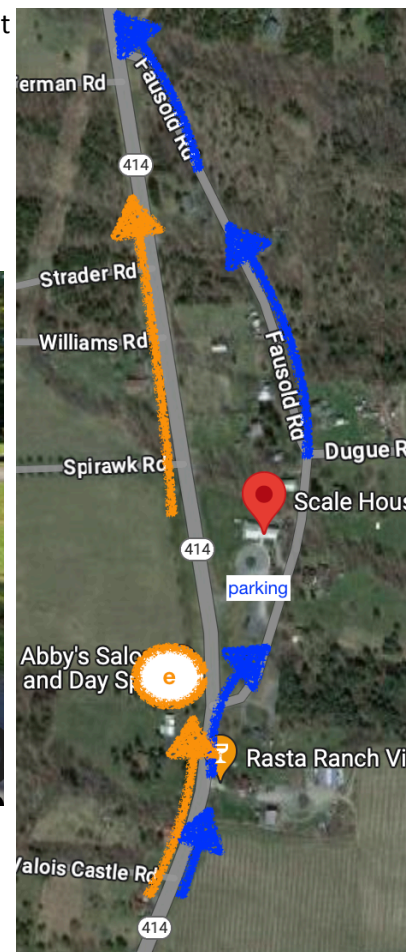
Start: NY-414 at Covert Rd

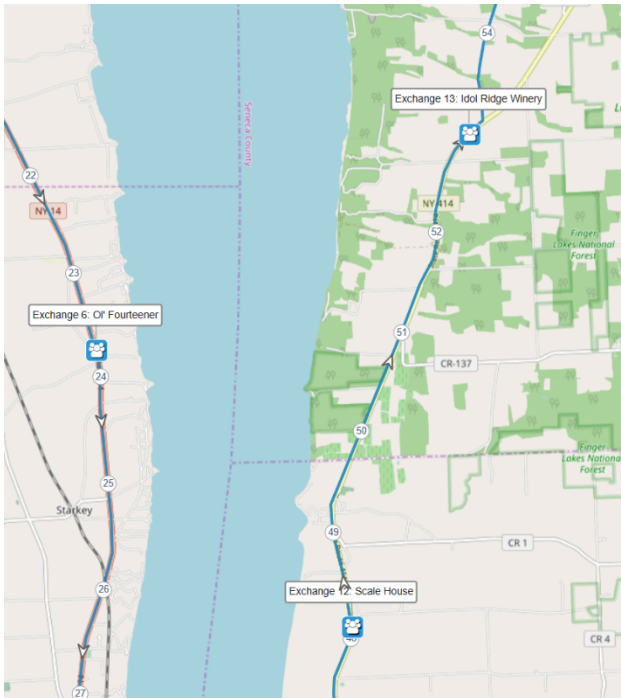
Finish: NY-414 at Scale House

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 (consider enjoying the aforementioned rest stop(s) 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.





Leg 13 / Runner 6

Start: Scale House

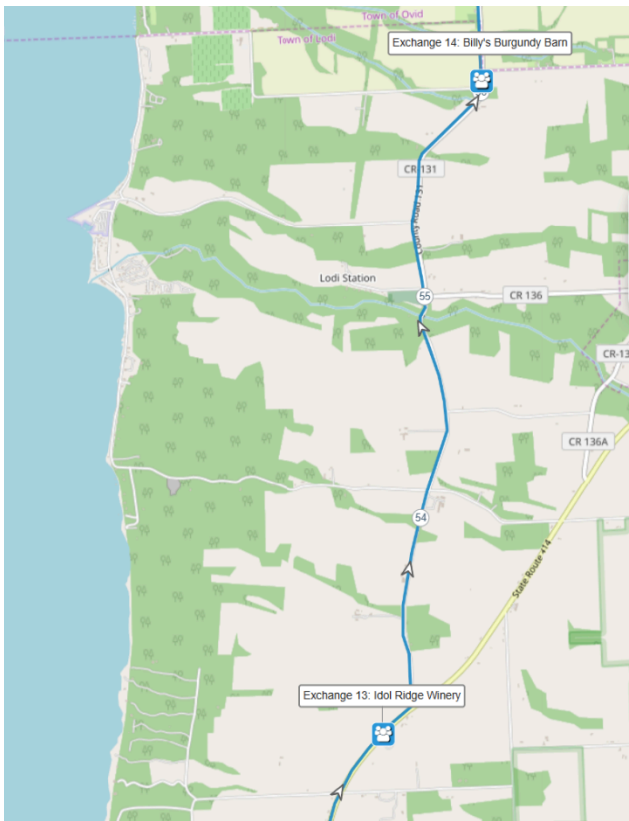
Finish: Idol Ridge

Leg Distance: 4.9 miles

Runners: Continue north on Rte. 414 until you reach the 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.

California Idol Ridge knows how to party!



Leg 14 / Runner 7

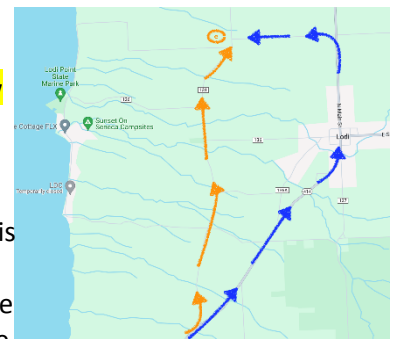
Start: Idol Ridge

Finish: Billy's Burgundy Barn

Leg Distance: 3 miles

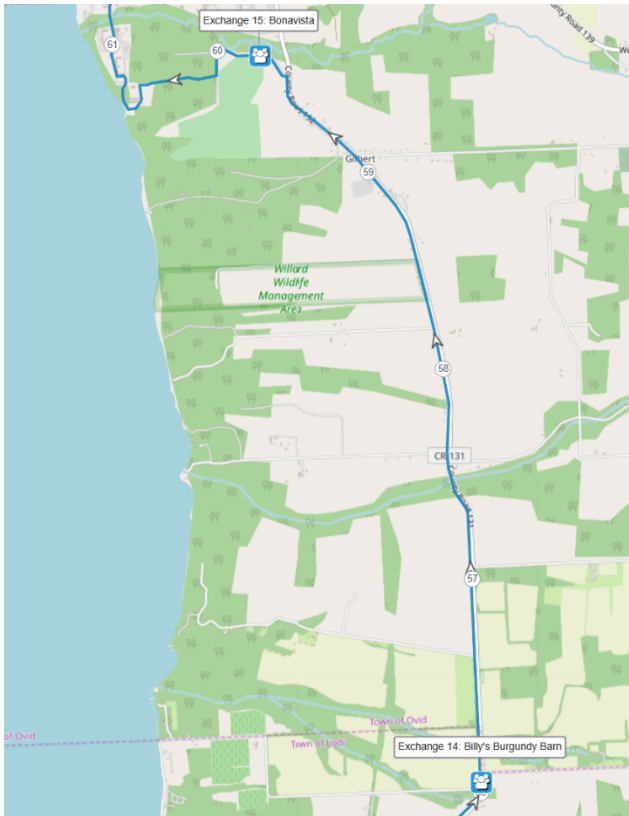
Runners: Continue north on Rte. 414 until you reach the left turn for Upper Lake Road. As you wind through rural Lodi, you will pass the West Lodi Cemetery before reaching the red hay barn that serves as the next exchange. There is a **designated crossing point** at this exchange.

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.



Please be careful not to gather on the lawn of the home across from the exchange point.





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.

Motorized Vehicles: Turn right onto Rte. 132, heading north to Bonavista State Golf Course. Turn left at the main entrance and proceed to the first parking area. If the parking lot is full, you may park on the right shoulder only of Rte. 132, but please be aware that the road is open and other vehicles may not be expecting runners to be in/near the roadway.



Leg 16 / Runner 2



**Parks, Recreation
and Historic
Preservation**

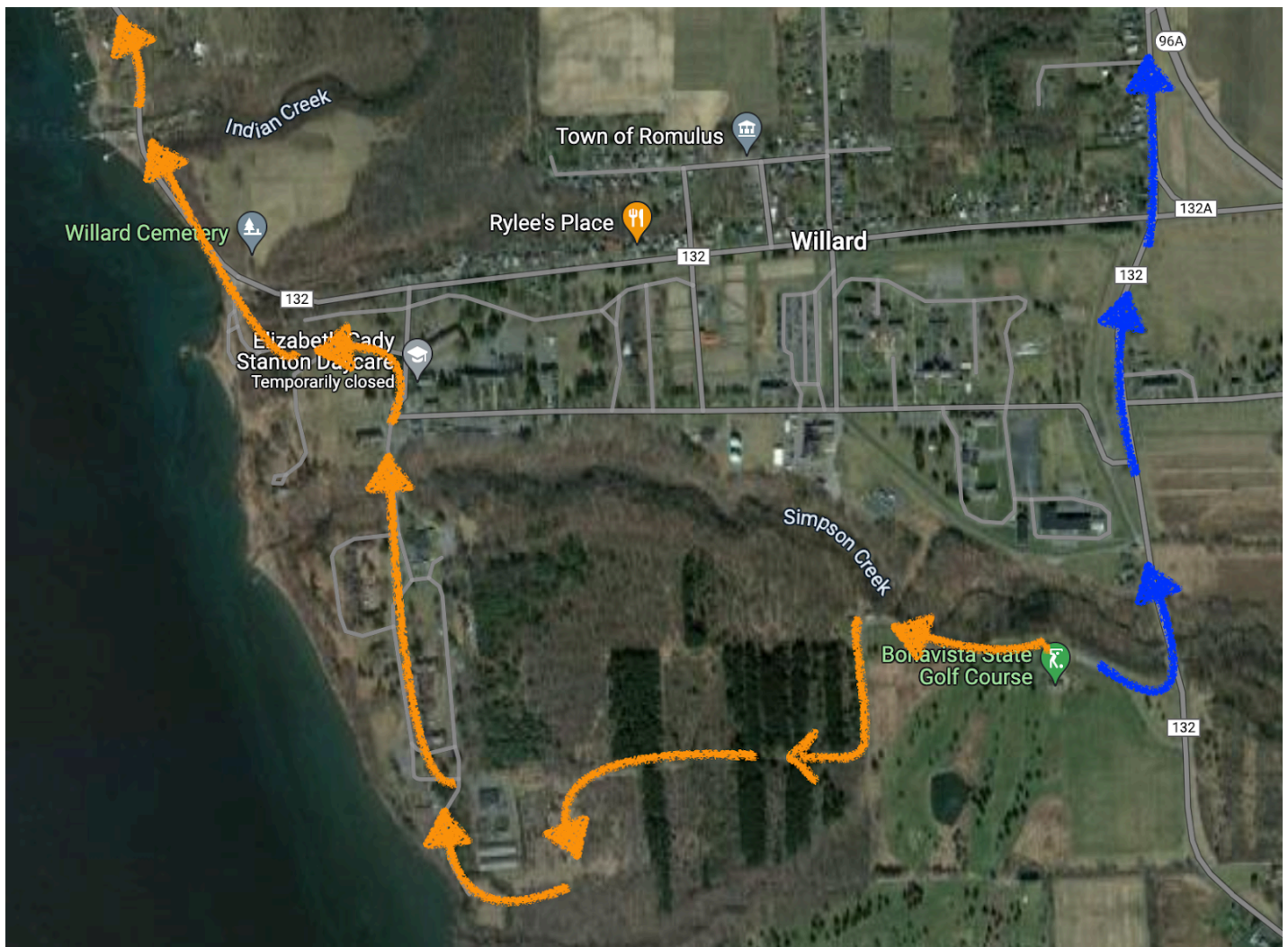
Start: Bonavista

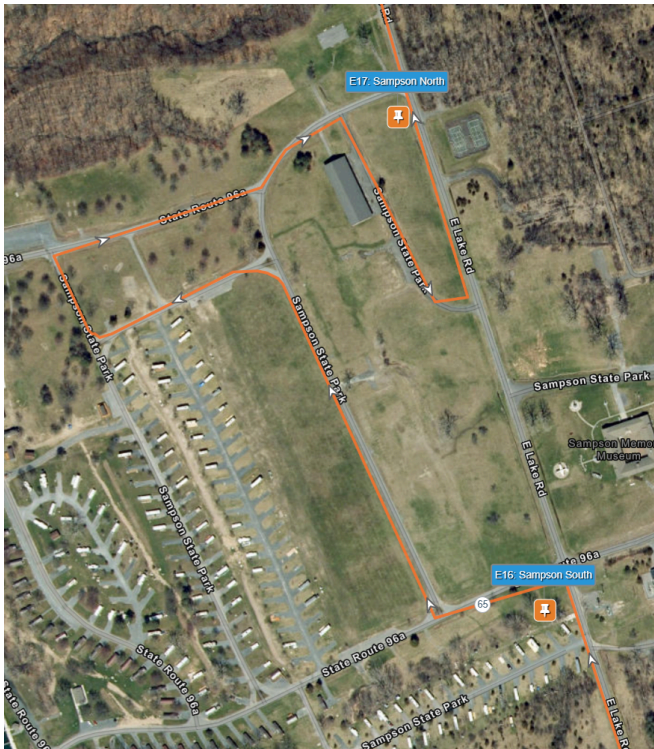
Finish: Sampson South

Leg Distance: 5.1 miles

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.

Motorized 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 “Miracle Mile!”

Start: Sampson South

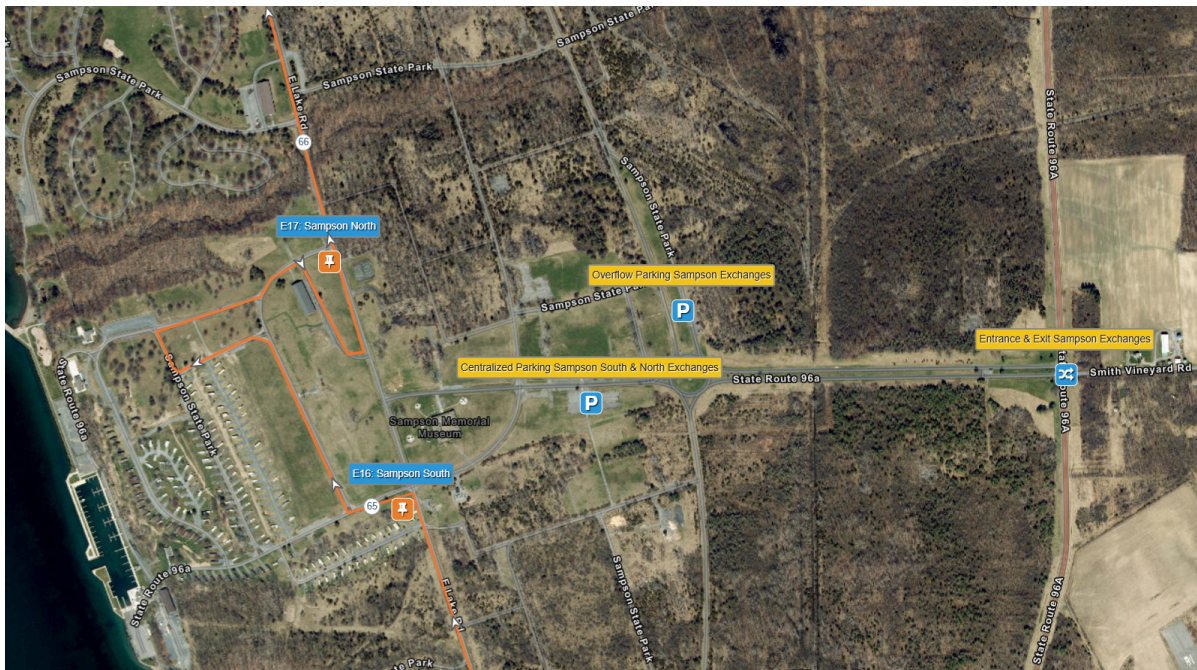
Finish: Sampson North

Leg Distance: 1 Mile

Runner Directions: Runners will be sending a short fast mostly clockwise 1 mile serpentine. It'll be tight for crews to make the next exchange, so best bet is to have that mile runner do a “cool” down direct line jog back to the crew vehicle which will be set to roll out.

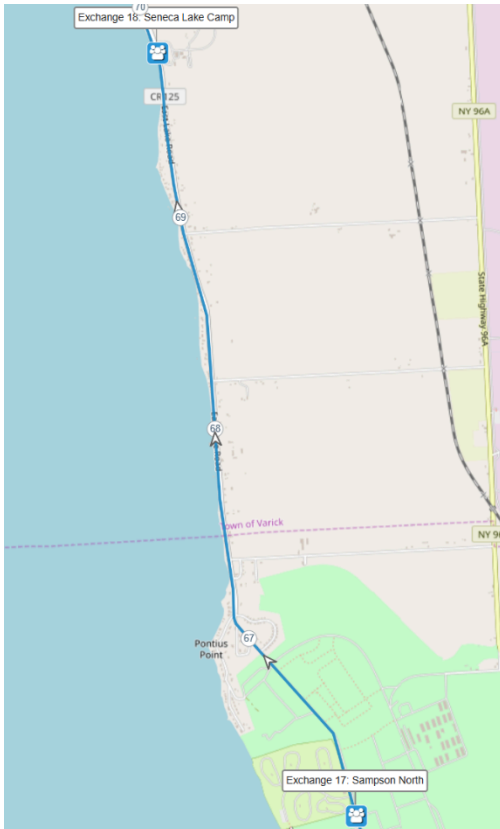
Crew Vehicle Directions:

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



HERE'S 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. 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: 3.7 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. There is a **designated crossing point** at this exchange.

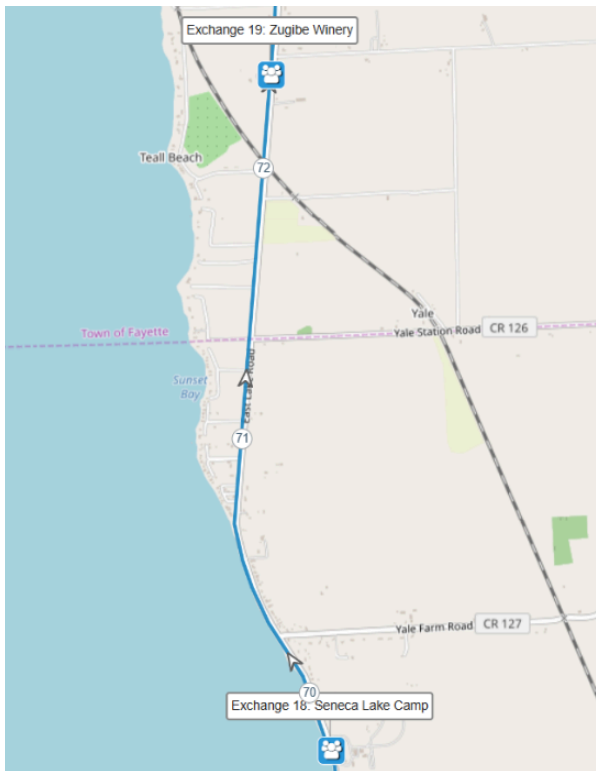
Vehicles: Exit the park by returning out of the main entrance, making a left onto NY-96A, a left on Hahnell Rd, and a right onto E Lake Rd. for the next exchange point is about three miles further on the right.



ANY RUNNER WHO WILL BE ON THE COURSE

AFTER 7PM MUST WEAR A SAFETY VEST!





Leg 19 / Runner 5

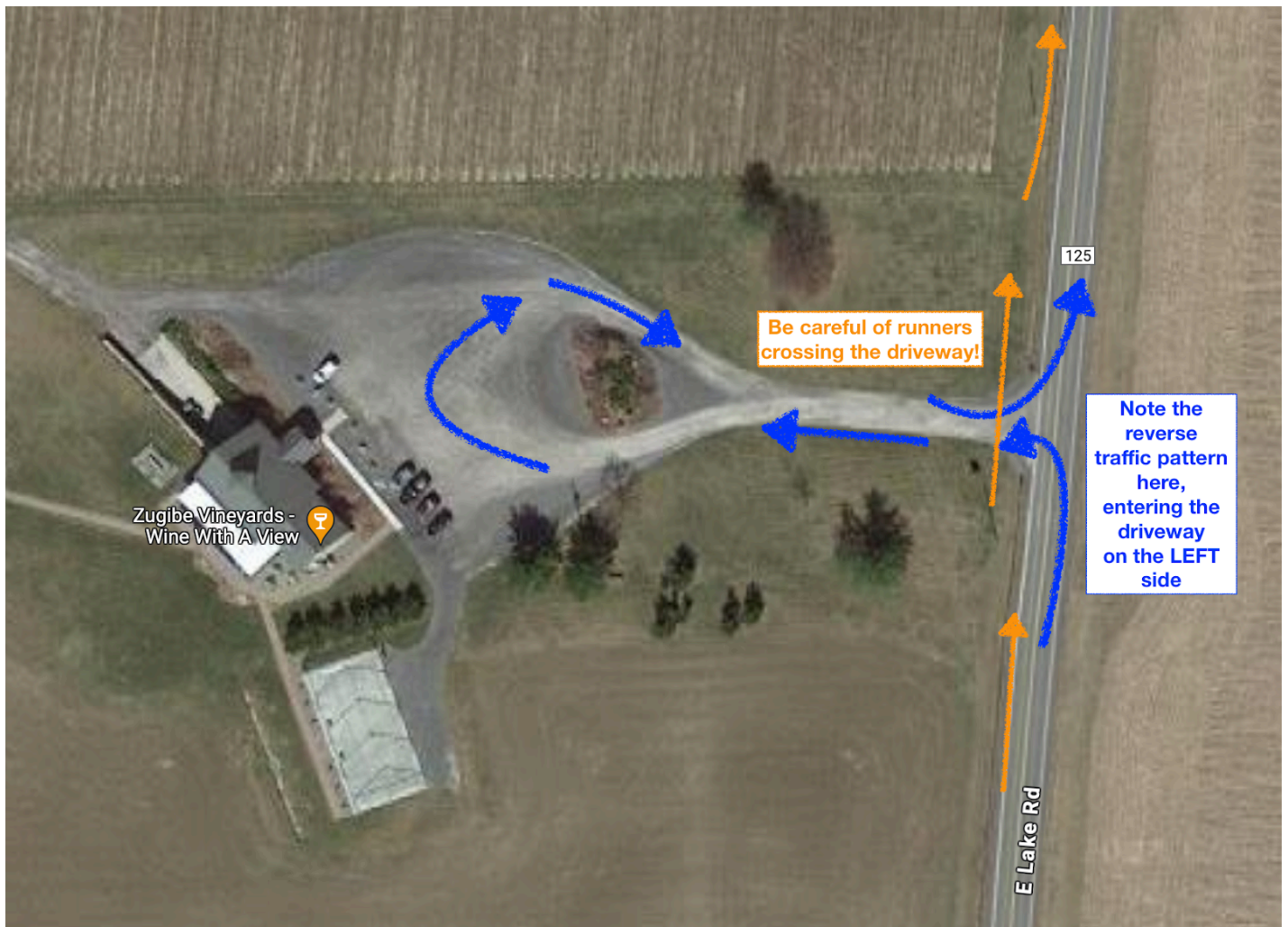
Start: Seneca Lake Camp

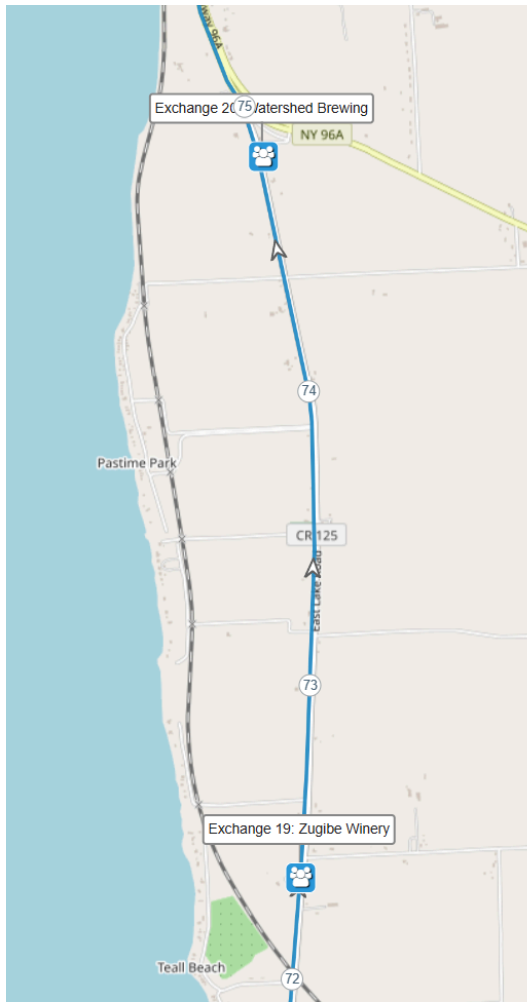
Finish: Zugibe Winery

Leg Distance: 2.6 miles

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.





Leg 20 / Runner 6

Start: Zugibe Winery

Finish: Watershed Brewing

Leg Distance: 2.6 miles



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 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.**



Leg 21 / Runner 7

Start:

Watershed Brewing

Finish:

Welcome Center

Leg Distance:

3.1 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.**

Motorized 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!!!! Club 86 / Torrey Park catering, good cheer (and Red Jacket juices) awaits you in the Welcome Center!