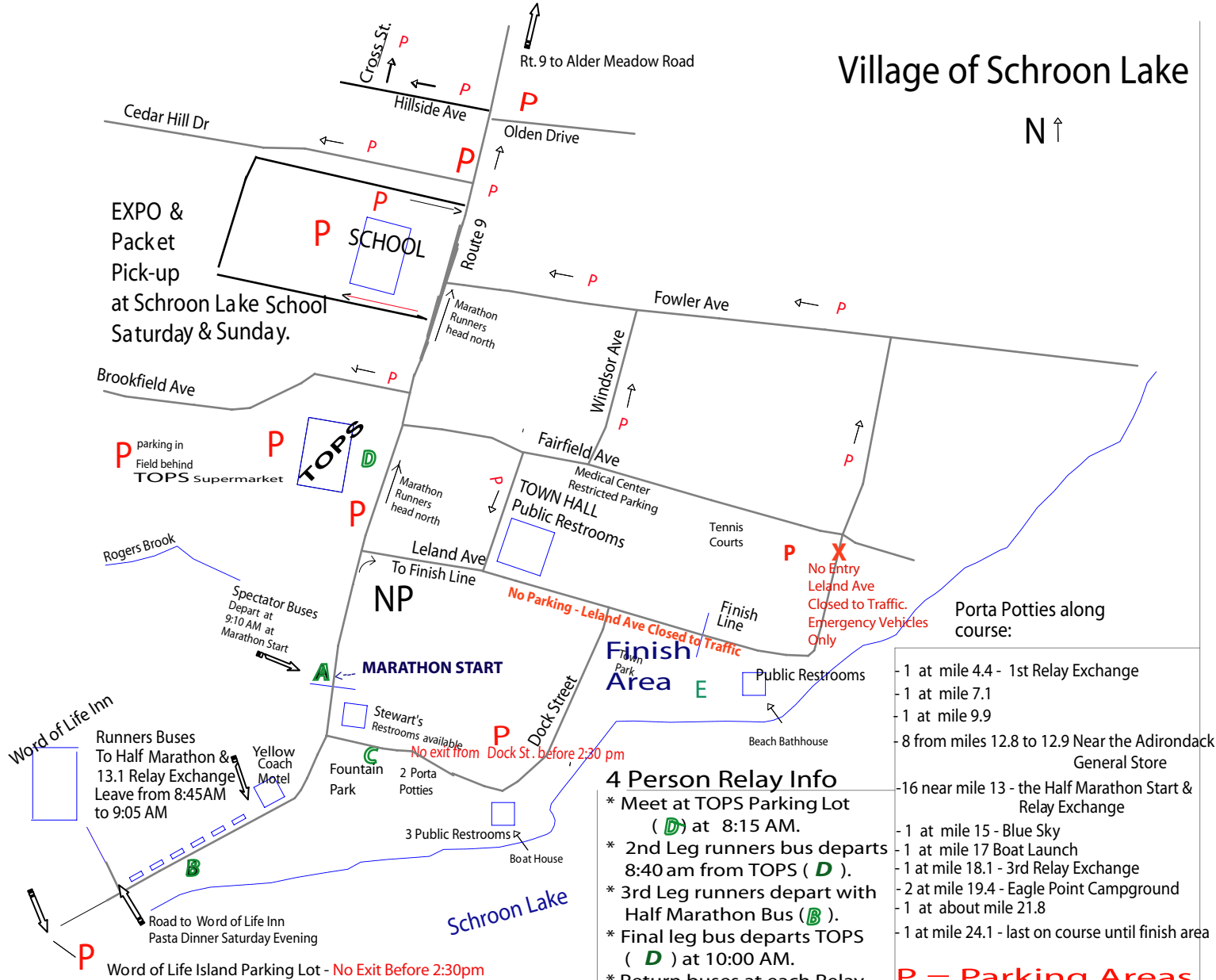


17th Adirondack Marathon Distance Festival

Village of Schroon Lake



- Porta Potties along course:
- 1 at mile 4.4 - 1st Relay Exchange
 - 1 at mile 7.1
 - 1 at mile 9.9
 - 8 from miles 12.8 to 12.9 Near the Adirondack General Store
 - 16 near mile 13 - the Half Marathon Start & Relay Exchange
 - 1 at mile 15 - Blue Sky
 - 1 at mile 17 Boat Launch
 - 1 at mile 18.1 - 3rd Relay Exchange
 - 2 at mile 19.4 - Eagle Point Campground
 - 1 at about mile 21.8
 - 1 at mile 24.1 - last on course until finish area

4 Person Relay Info

- * Meet at TOPS Parking Lot (D) at 8:15 AM.
- * 2nd Leg runners bus departs 8:40 am from TOPS (D).
- * 3rd Leg runners depart with Half Marathon Bus (B).
- * Final leg bus departs TOPS (D) at 10:00 AM.
- * Return buses at each Relay exchange area. Your wrist band & bib allow entry to bus.

P = Parking Areas

NP = NO PARKING

STARTING TIMES:

- Marathon Early Bird Start 7:00 AM at Marathon start line. **A**
- Handcyclists: Start 8:50AM at Marathon start line. **A**
- Marathon & Relays First Leg 9:00 AM. Start is in the village of Schroon Lake at Marathon start line. **A**
- Runners Bus to 2 Person Relay Exchange Area / Half Marathon: Departs 8:45AM to 9:05AM
- Runners must show Bib Number and Wrist Band to driver. Buses located between Word of Life Inn & Yellow Coach Motel at south end of Village. **B**
- Spectator Bus to Half Marathon start & 13.1 Relay Exchange area. Departs 9:10 AM at Marathon Start line (**A**). Buses return every 15 min. from 10:30-12:30. Tickets required.
- Half Marathon: Start 10:00 AM, just south of Adirondack Lodges in Adirondack. (See Runner bus info above).

BUS NOTES:

Buses will leave as noted above. Buses Return for Spectators and Relay Runners from Adirondack to Schroon Lake Village from 10:30am every 15 minutes until 12:30pm.

WATER STATIONS:

Stations will serve water & sport drink every 2 miles for the first 20 miles and every mile starting at mile 21. There will be Fig Bars or M&M's at Water Stations 12, 16, 20 & 23

Restrooms:

There are public restrooms in the village as noted above+ 2 Porta Potties across from Stewarts in the Park. Porta Potties along the course as shown in box above right.

CLOTHING DROPOFF :

- RELAYS: Runners give bag to teammates.
- MARATHON: Across Dock St. from Stewarts Shop just south of the start line from 8AM to 8:50 AM. **C**
- HALF MARATHON: North of start line near Porta John's from 9:20 to 9:50 AM.
- Pre-numbered plastic clothing bags have been provided in your Runners Packet. Do not leave gear on bus.

CLOTHING PICKUP :

All runners except Relay Teams will pick up their clothing at the Merchandise Tent in the Town Park near the finish line. **E**

No parking on Rt. 9 South of Leland Ave.
 No parking on Leland Avenue!!!
 No exit from Dock St. before 2:30pm.
 Parking Large P's indicate parking lots or open areas
 Smaller P's = side street parking
 Please park on the right side only in the direction shown.
 Note that at TOPS there is a large field beyond the paved lot.
 Parking will start in the field first and then in a portion of the paved area.
IF YOU ARE LEAVING TOWN BEFORE 2:30 PM DRIVE NORTH ONLY ON RT 9 to EXIT 28, I-87, 2 miles north of Town. There is a north and south bound entrance onto I-87.