

THE MEET SHEET

Welcome to the US Sprint and Ultra long Championships weekend. We hope that we have nailed down all the many details and that you will enjoy the competition. Special thanks to all the ROC/BFLO/CNYO volunteers and especially the course setters Rob Holmes, Dick Detwiler, William Hawkins and course consultant Linda Kohn for their many, many hours in the woods and in front of the computer screen getting the courses ready and to Mike Lyons who has served in the demanding job of registrar. Thanks to Eric Barbehenn for printing the maps. Thanks also to Ron Newell of NYS DEC and Shelia Young from Ossian Community Center. At registration you will receive a competitor number with a label on it indicating your start times and course selections. Course/map notes are on the website as PDFs. If you want your own copy you should print them at home/work. Clue sheets will be available at the pre-start for each event. **WE DO NOT PLAN TO HAVE PACKETS WITH THIS INFORMATION AT REGISTRATION.**

SCHEDULE

The **model events** for the Sprint and Ultra long events will be open from noon on Friday until dark on Saturday night. Please see the website for PDFs of the maps and directions to the starts. Competitors are to be confined to mapped areas only.

Friday 9/18

12:00 PM – Model areas open. (Copy map and directions from website)

8-10PM – Registration at the Super 8, 1000 Lehigh Station Road

Saturday 9/19

8:00 Registration opens at West Lodge/Mendon Ponds. Model open at Mendon

10:00 First start for Sprint (10 minute walk from West Lodge)

11:15 Elite start window. Come watch and listen to the excitement!

11:00 Bagels, fruit, soup & apple cider at West Lodge

1:00 Sprint Awards at West Lodge

2:00 Start for middle distance (10 minute walk from West Lodge)

2:00-3 Recreational starts at Evergreen Lodge

3:00-4 Ice Cream Social by Junior Team at West Lodge

4:00 Awards for Middle Distance event

4:30 US Team meeting at West Lodge. Open to anyone.

6:00-9 USOF Strategic Planning Session at West Lodge (Invitation only)

Sunday 9/20

7:30 Registration and parking opens at Ossian Community Center

8:00 First bus to start. Buses depart every 15 minutes. Allow **45 minutes** before your start. 2 minute walk to the start. Two Porta Johns and water at the start.

NO CARS ALLOWED PAST COMMUNITY CENTER ON SUNDAY

9:00 First start. **Five-hour time limit.**

10:00 Food available at Center. Please support the local service group.

11:00 Last start. No recreational courses.

2:00 Awards at Community Center

4:00 Last bus down the hill.

DIRECTIONS TO EVENTS ON THE BACK OF THIS SHEET!

DIRECTIONS TO EVENTS

To Mendon Ponds Park (Sprint and Middle):

From the East
Off Interstate 90
exit 45 to merge onto I-490 W toward Rochester 3.8m
Take exit 27 for RT-96 toward Bushnell's Basin 0.5m
Slight left at CR-33/Thornell Rd 2.5m
Turn left at W Bloomfield Rd 1.4m
Turn right at Canfield Rd 1.7m
Follow signs to West Lodge / Parking

From the West - off Interstate 90 take Exit 46
Follow signs for Lehigh Station Rd/NY-253/NY-15
Turn RIGHT and continue EAST on Lehigh Station Rd. until it ends,
Turn RIGHT (South) onto Rt. 65 (Clover St.)
Turn LEFT into the park.

From Super 8

Turn LEFT and continue EAST on Lehigh Station Rd. until it ends,
Turn RIGHT (South) onto Rt. 65 (Clover St.)
Turn LEFT into the park.

From the South

Off Interstate 390 North
Take exit 11 for RT-251 toward RT-15/Scottsville/Rush 0.3m
Turn right at RT-251 E/Rush Scottsville Rd
Continue to follow RT-251 E 5.1m
At traffic circle, take 2nd exit onto RT-251E/Rush Mendon Rd 1.0m
Continue on Pittsford Mendon Center Rd 2.8m
Turn left at Canfield Rd 0.7m
Follow signs to West Lodge / Parking

To Ossian Community Center (Parking for Ultra-Long):

From I-90 and I-390
Follow I-390 South to Exit 5 in Dansville
(40.7 mi.)
Left under the I- 390 Bridge
Turn right at NY-36
(0.8 mi)
Turn right at NY-436 / Ossian St.
(0.5 mi)
Turn left at County Rte-14/Ossian Hill Rd
(4.2 mi.)
Follow signs to Ossian Community Center (4760 Ossian Hill Rd)
No Competitors' Cars are allowed beyond this point!