

SARATOGA 12/24

JULY.07.2018 • SARATOGA SPRINGS, NY



2018 RULEBOOK

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ABOUT THE RACE

Welcome to the 17th Saratoga 12/24. This race will be held on a 39 mile loop, which begins and ends in Saratoga Springs, NY.

REGISTRATION/BIKE INSPECTION/PRE-RACE MEETINGS

On-site registration will be available for all events, beginning one hour before start time, according to the schedule below. We accept credit cards, checks and cash.

All riders and support crew members must fill out and sign the entry form/waiver (even if you've registered online) and attend a pre-race meeting. All bikes and support vehicles (if applicable) must be inspected before they can be used in the race. Riders will be issued a race number and vehicles will be issued a race identification sign that must be posted at all times. Violations may result in a rider's disqualification.

The Friday evening session will be held at Adirondack Ultra Cycling's World Headquarters, located at: 7 Pearl Street, Schuylerville, NY. The Saturday sessions will be held at the Van Raalte Mill Building, located at: 125 High Rock Avenue in Saratoga Springs, NY. Please note that the Friday evening session will include a complimentary pasta dinner for all riders, crew and guests, including vegetarian and gluten free offerings.

~ FAILURE TO ATTEND A PRE-RACE MEETING MAY RESULT IN A 3 HOUR PENALTY ~

FRIDAY, JULY.06 (ADK ULTRA WORLD HEADQUARTERS):

REGISTRATION: 5:00 PM – 6:00 PM; **DINNER:** 6:00 PM; **MEETING:** 6:30 PM; **INSPECTIONS:** After meeting.

SATURDAY, JULY.07 (VAN RAALTE MILL BUILDING):

REGISTRATION & INSPECTIONS: 1 hour before each event; **MEETING:** 15 minutes before each event.

RACES/CATEGORIES/DIVISIONS

RACES: Saratoga Challenge 24 | Hudson River Ramble 12 | Nighthawk 12 | Triple Lap Challenge 118
CATEGORIES: Standard | Tandem | Fixed | Single Speed | Antique | HPV | Recumbent | Hand Cycle | Other
DIVISIONS: Solo | Teams
AGE GROUPS: M/F U25 | M/F 25 - 49 | M/F 50 - 59 | M/F 60 - 69 | M/F 70+

NOTE: Once the race begins, no one will be permitted to change races or categories. However, if a rider drops out of one event, or wishes to race in a second event after completing their first event, they may sign up for another event.

RACE SCHEDULE

All events start at the Van Raalte Mill Building, located at: 125 High Rock Avenue in Saratoga Springs, NY.

EVENT	START DATE	START TIME	LIGHTS	LIMIT
Saratoga Challenge 24:	July.07.2018	8:00 AM	YES	24H
Hudson River Ramble 12:	July.07.2018	8:00 AM	NO	12H
Nighthawk 12:	July.07.2018	8:00 PM	YES	12H
Triple Lap Challenge 118:	July.07.2018	9:00 AM	NO	10H
One Lap Fun Ride:	July.07.2018	11:00 AM	NO	—
Midnight Madness Fun Ride:	July.08.2018	12:01 AM	YES	—

WEATHER

It will most likely be hot and humid. Highs average in the mid to upper 80's, but it can be as warm as the high 90's. Lows average in the mid 50's but can stay in the 70's, or drop down into the 40's. Also, be prepared for rain, thunder storms and/or wind. Sunrise is about 5:30 AM, sunset about 8:30 PM.

FOOD & SUPPLIES

We'll have an assortment of gels, bars, drinks, snacks and water at each checkpoint. We'll also have basic repair items and lights and other items for sale at each checkpoint. Please note that our food and supplies are meant solely for the use of riders.

SANCTIONING

ADIRONDACK ULTRA CYCLING. All events are part of the **ADIRONDACK ULTRA CUP.**

AWARDS

We will present trophies to the overall male and female winners in the Saratoga Challenge 24, Hudson River Ramble 12, Nighthawk 12 and Triple Lap Challenge 118.

RULES & REGULATIONS

1. GENERAL

- A. This event is held on open roads and all riders must obey New York State bicycle traffic and safety laws.
- B. All rules and regulations are meant to maximize the safety of the riders. In an emergency, all attention must be focused to resolve the situation. Riders and their crews are expected to help in these situations, and will be given credit for any lost time.
- C. All rules and regulations must be obeyed by all riders and support crew members at all times.
- D. Drafting between race entrants is allowed in all events comprising the Saratoga 12/24.
- E. Once the race begins, no one will be permitted to change races or categories. However, if a rider drops out of one event, or wishes to race in a second event after completing their first event, they may sign up for another event.
- F. Race numbers and support vehicle identification signs are to be posted according to race official's instructions and must remain visible at all times during the race. Violations may result in a rider's disqualification.
- G. The race director has the authority to override, modify or create rules based on extenuating circumstances, and is the final word in all matters.

2. CONDUCT

- A. Riders and support crew members must conduct themselves in a civil manner at all times.
- B. When entering checkpoints, do not act in a loud or disruptive manner, especially late at night or early in the morning. Quiet hours will be imposed from 11:00 PM – 7:00 AM. During this time period we ask that all noise be kept to a minimum.
- C. Riders and support crew members may not act maliciously toward any other person for any reason. Riders and support crew members may not intentionally impede the progress of or misdirect any other person for any reason.
- D. When staying at race hotels, park in designated areas only, do not use room towels to clean bikes, do not walk on non-carpeted or non-tiled floors in cleats and do not disrupt the other guests or neighbors. Do not set up a tent without the permission of hotel management.
- E. Violation of the conduct rules and/or any other inappropriate behavior by a rider or support crew member will result in the rider's immediate disqualification and possible suspension from future Adirondack Ultra Cycling events.

3. PETS

- A. Pets are not allowed anywhere on the course, at either checkpoint or at any race activity or function at any time during the race or at official pre and post race activities, meetings or functions.

4. TRAFFIC LAWS

- A. Riders, support vehicles and support crew members must obey all New York State traffic laws at all times. This includes, but is not limited to: stopping and waiting at red lights until they turn green, stopping at stop signs and checking for traffic before proceeding, using hand signals for all turns, keeping as far to the right as safety permits, using the shoulder whenever possible, wearing headphones in both ears and obeying speed limits.
- B. If a traffic light does not turn green after three minutes, and no other motor vehicles are stopped at the light, a rider assume the signal is malfunctioning and treat it like a stop sign.
- C. **VIOLATION OF TRAFFIC LAWS WILL RESULT IN A RIDER'S IMMEDIATE DISQUALIFICATION.**

5. DRAFTING

- A. Drafting between race entrants is allowed in all events comprising the Saratoga 12/24.
- B. Drafting vehicles, support crew members or any other non-race entrants is not allowed.

6. MECHANICAL SUPPORT

- A. All riders should be self-sufficient and properly equipped, and should have everything necessary to repair or adjust their bicycle and combat the elements. Race officials may help, but take no responsibility or make any guarantees to fix mechanical problems when and where they occur.
- B. Riders and support crew members are encouraged to assist one another with mechanical or other problems, but no time credit will be given unless it is an emergency or there are extenuating circumstances.
- C. We'll have tires, tubes, lights, batteries, reflective gear, cables, CO2 inflators and cartridges, and other basic items for sale at each checkpoint and a mechanic will be on duty for most of the race.

7. BICYCLES & AERO AIDS

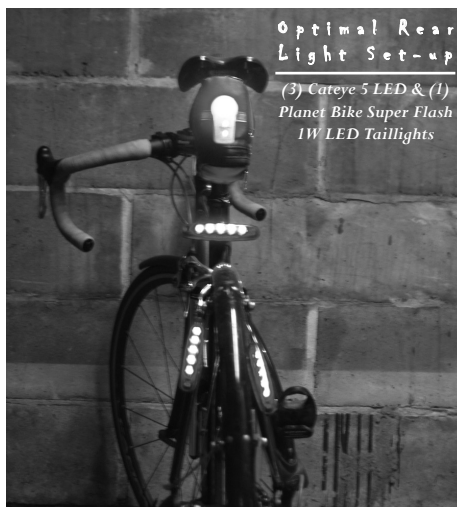
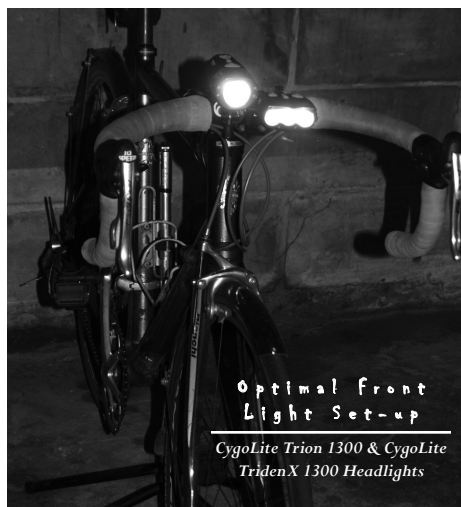
- A. There is no limit to the number of bicycles a rider may use, but all bicycles must be propelled solely by human force. All types of human powered vehicles will be allowed, and will be entered in their appropriate category.
- B. TT, Tri and beam bikes, as well as aero bars, disc wheels, aero wheels, wheel covers and any standard TT, Tri or aero equipment is allowed in the standard category.
- C. Riders may switch between standard, TT, Tri, single speed and fixed gear bicycles within the standard category.
- D. Riders who wish to switch between different categories of bicycles will be entered in the "other" category.

8. HELMETS

- A. Riders must wear an approved helmet at all times.

9. LIGHTS & REFLECTIVE GEAR

- A. Lights and reflective gear must be used from 8:30 PM – 5:30 AM. **RIDERS CAUGHT WITHOUT LIGHTS AND/OR REFLECTIVE GEAR DURING THIS PERIOD WILL BE IMMEDIATELY DISQUALIFIED.**
- B. Riders must use at least one steady white front light visible from 500' (150 lumens or more), attached to the bicycle; one steady red rear light visible from 300', mounted to the bicycle; and a second flashing red rear light visible from 300', mounted to the bicycle. **NO EXCEPTIONS WILL BE ALLOWED.**
- C. Riders must wear a reflective vest (or sash) and reflective ankle bands during night hours. Additional lighting and reflective gear is also highly recommended.
- D. These are the minimal requirements we will accept, but are nowhere near optimal. This course is very dark in spots, and for optimal lighting, we recommend using a front light of at least 600 lumens, with a secondary front light set to flashing, or to use as a backup. For the rear, we recommend using at least 1 watt LEDs, which will be visible up to 1 mile (5,280'). We will have minimal and optimal light sets available for purchase at the race, but can not guarantee our stock, unless you pre-order a set. Visit our online store at: www.adkltracycling.com/shop for details.



10. TEAMS

- A. Teams may be comprised of 2 – 8 members. Each team member must register individually. The same rules and regulations that apply to individual riders also apply to teams and their support crews.
- B. Rider exchanges may take place anywhere on the course, traffic and roadside logistics permitting.
- C. Any number of team members may ride at the same time and drafting is allowed between teammates and any other registered rider.
- D. Team members may support their team when they are not riding, but must obey all rules regarding support crew members, with the exception of the rule banning support crew members from riding on the course (14.G).
- E. Team mileage in the Saratoga Challenge 24, Hudson River Ramble 12, Nighthawk 12 is calculated based on the position of the first rider when time expires, and is not cumulative. Official time in the Triple Lap Challenge 118 is calculated when the first rider crosses the finish line at the end of the team's third lap.

11. SLEEP

- A. Sleep is not mandatory, but is recommended when a rider (or support crew member) needs it. Even a short cat nap can be surprisingly refreshing if you're tired.
- B. Race officials reserve the right to pull a rider and/or support crew member off the course and order them to rest if that person is suffering from sleep deprivation and/or riding and/or acting in an unsafe manner.

12. ROUTE

- A. All riders and teams must ride (or walk with their bicycle) every inch of the route.
- B. Riders are allowed to leave the course, and may be driven to and from their destination, but must leave from, and return to, the exact same spot. A race official must be notified immediately when this occurs.
- C. No credit will be given for navigational errors or for leaving the course.
- D. The route is fully marked and will be easy to follow.

13. CHECKPOINTS

- A. Checkpoints are designated as neutral zones and riders may not pass another rider and must slow to 10 MPH. Riders must have their time of passage recorded by the official timekeeper and it is solely their responsibility to make sure their time is recorded. Any violation may result in the loss of a lap, a penalty and/or disqualification.
- B. There will be two checkpoints: the Van Raalte Mill Building parking lot located at 125 High Rock Avenue in Saratoga Springs, and West River Road at approximately the 20 mile mark. Riders must check in with the official timekeeper when they arrive, and if they stay for more than 15 minutes, they must check out when they depart.
- C. Checkpoints will be manned and stocked for the duration of the race and riders may leave personal supplies at either one. Riders may set up tents in designated areas, but no staking into the ground is permitted. Violations will result in **IMMEDIATE DISQUALIFICATION**. Also note that our food and supplies are meant solely for the use of riders.

14. SUPPORT CREWS

- A. We strongly recommend the use of a support crew, but the use of one is purely optional.
- B. Support crews may travel the course, leap frog their rider and provide support via pedestrian hand-off's anywhere on the course (traffic and logistics permitting) after their rider reaches the West River Road checkpoint on their first lap.
- C. **DIRECTLY FOLLOWING A RIDER IS NOT PERMITTED AT ANY TIME**. Any violation of this rule will result in the rider's immediate disqualification. An exception will be made for the final 15 minutes of each race.
- D. Riders may not be pushed, pulled, towed or otherwise assisted by their support vehicle.
- E. Support crew members must obey all of the rules and regulations. If a support crew member violates a rule, it will result in their expulsion from the race and penalties and/or disqualification for their rider.
- F. Support crew members must be considerate of the surrounding area in which the course travels. They should not play loud music or behave in a disruptive manner, especially late at night or early in the morning. Quiet hours will be imposed from 11:00 PM – 7:00 AM. During this time period we require that all noise be kept to a minimum.
- G. Support crew members are not allowed to ride a bicycle on the course at any time during the race, except if they are also racing in an event.

15. SUPPORT VEHICLE REQUIREMENTS

- A. All support vehicles must be less than 78" wide. Most mini-vans and mid-sized SUVs meet this requirement.
- B. Headlights must be used at all times while driving on the course, emergency flashers must be used whenever a support vehicle is pulled over, and no overhead lighting of any kind is allowed.
- C. All support vehicles must display a **SLOW MOVING VEHICLE TRIANGLE** and a sign that states: **CAUTION: BICYCLES AHEAD**, both mounted to the rear of the vehicle. The sign may be hand made and slow moving vehicle triangles may be purchased at most auto parts, farm supply or hardware stores.
- D. All support vehicles must be inspected and once they are approved, they will be issued a race identification sign that must be posted at all times. Violations may result in a rider's disqualification.

16. 12 & 24 HOUR RACE END

- A. Each race ends exactly 12 or 24 hours after its respective start, and riders may race right up to that time.
- B. There will be mileage markers every mile. At the end of the 12 or 24 hours riders must stop, text their location, and whatever 2 marks they are between we will add the higher distance to their complete lap totals. Race officials and other volunteers will confirm all mileages. **RIDERS WHO NEED TO BE PICKED UP AT THE END OF THEIR RACE, MUST NOTIFY AN OFFICIAL BEFORE STARTING THEIR FINAL LAP.**
- C. Riders may have a car follow directly behind them for the final 15 minutes of their respective race, traffic permitting, and drive them back to the start when they complete their race. All rules governing support vehicles will apply, and penalties may be incurred for any violations. If the end of race follow vehicle was not used as a support vehicle during the race, we will waive the signage and inspection requirements.
- D. Ties will be broken by whoever reaches the final distance first, or whoever is furthest between the 2 mile marks at race end. In some cases, we may adjust a rider's total mileage by 1/10th of a mile to alleviate confusion in the final standings.

17. PENALTIES

- A. Riders and support crew members must obey all rules and regulations at all times. There will be no exceptions. Unless otherwise noted, the following penalties will apply and will be served immediately:

1ST Offense: 30 minutes 2ND Offense: 60 minutes 3RD Offense: **DISQUALIFICATION.**

~ FAILURE TO ATTEND A PRE-RACE MEETING MAY RESULT IN A 3 HOUR PENALTY ~

- B. Riders fraternizing with a disqualified, banned or suspended rider during the race after they are sanctioned, may also be penalized, disqualified and/or suspended.
- C. Race officials reserve the right to immediately disqualify a rider and/or support crew member and ban them from future races for inappropriate behavior or if the situation warrants it.



18. RACE OFFICIALS & PROTESTING

- A. Race officials have complete authority and the decision of the Race Director is the final word on all matters.
- B. Race officials may be stationed along the route as well as at checkpoints, in vehicles and on bicycles. A race official may also ride with any crew or in any support vehicle at any time for any reason.
- C. Any rider wishing to make an official protest must do so in writing and submit it to the Race Director no later than one hour after their race's respective time limit has expired. The Race Director will rule on all protests within one hour.

19. BANNED SUBSTANCES, METHODS & TESTING

- A. Adirondack Ultra Cycling complies with Union Cycliste Internationale's Anti-Doping Rules, including their banned substance and method list, with the exception of the use of caffeine. All riders and support crew members are subject to testing. Drug tests may be administered at any time during the race and up to 30 days before or after the race. In the event of a positive test, all appropriate sanctioning bodies and/or agencies will also be notified. For the current list of banned substances and methods, visit the UCI website at: www.uci.ch.
- B. Riders and support crew members that use a banned substance or method for legitimate medical reasons must present a doctor's letter and/or WADA TUE to that effect to the race director prior to the start of the race.
- C. Intravenous injections are not to be used at any time during the race, except in a medical emergency or due to an existing medical condition, such as diabetes.
- D. If a rider fails a drug test it will result in their immediate disqualification and a ban of three years from any Adirondack Ultra Cycling event. If a support crew member fails a drug test it will result in the immediate disqualification of their rider and a ban of three years from any Adirondack Ultra Cycling event for themselves and their rider.
- E. If a rider or support crew member refuses to submit to a drug test, they will be assumed guilty and will be given the same penalties as if they had failed a test.
- F. In addition to the substances and methods on the list, the consumption of alcoholic beverages and the use of illegal drugs is also banned during the race.
- G. For the most current information about the UCI's Anti Doping Policy, including their banned substance and method list, contact them at: Union Cycliste Internationale | CH-1860 Aigle - Switzerland | PHONE: +41.24.468.58.11 | FAX: +41.24.468.58.12 | WEB: www.uci.ch | E-MAIL: medical@uci.ch

*Properly signed support vehicles.
Also note parked support vehicle is
completely off the road and shoulder.*



COURSE RECORDS

SARATOGA SPRINGS COURSE

SARATOGA CHALLENGE 24	NAME	CITY	ST	MILES	YEAR
MEN OVERALL:	John Nobile	Guilford	CT	468.50	2014
MEN 25–49:	Robert Duclos	Cicero	NY	331.00	2013
MEN 50–59:	John Nobile	Guilford	CT	468.50	2014
MEN 60–69:	Gary Alexander	Merrimac	MA	336.00	2013
MEN FIXED GEAR:	Robert Polichette	West Seneca	NY	283.50	2015
MEN RECUMBENT:	Gary Alexander	Merrimac	MA	336.00	2013
MEN HAND CYCLE:	James Porter	Devens	MA	243.00	2013
WOMEN OVERALL:	Julie Toole	Toronto	ON	321.40	2016
WOMEN 25–49:	Julie Toole	Toronto	ON	321.40	2016

HUDSON RIVER RAMBLE 12	NAME	CITY	ST	MILES	YEAR
MEN OVERALL:	John Nobile	Guilford	CT	255.00	2013
MEN U25:	Henry Weis	Montegue	MA	185.20	2017
MEN 25–49:	Peter Oyler	Toronto	ON	243.80	2017
MEN 50–59:	John Nobile	Guilford	CT	255.00	2013
MEN 60–69:	Bruce Farenwald	Hopkinton	NH	209.50	2017
WOMEN OVERALL:	Julie Edwards	Toronto	ON	181.20	2017
WOMEN 50–59:	Julie Edwards	Toronto	ON	181.20	2017
2-MAN TEAM	Harlos/Flemming	Bloomingtondale	NJ	219.50	2015
5-PERSON MIXED TEAM	Union Cyclists	Schenectady	NY	184.20	2017

NIGHTHAWK 12	NAME	CITY	ST	MILES	YEAR
MEN OVERALL:	Chris Grant	Lake Placid	NY	170.20	2017

TRIPLE LAP CHALLENGE 118	NAME	CITY	ST	TIME	YEAR
MEN OVERALL:	John Nobile	Guilford	CT	05H:53M	2015
WOMEN OVERALL:	Denise Hochul	Lancaster	NY	07H:01M	2016

TO SEE RECORDS FROM THE SCHUYLerville COURSE, VISIT OUR WEBSITE AT: WWW.ADKLTRACYCLING.COM



HOTEL INFORMATION

Riders should make their own arrangements for overnight accommodations. Below is a list of recommended hotels. During the race, riders may leave supplies at either checkpoint and they will be manned for the duration of the race. Riders may also set up a tent in designated areas, but no staking into the ground is permitted, and any violation will result in **IMMEDIATE DISQUALIFICATION**. Checkpoints will be stocked with bars, gels, drinks and snacks, as well as tires, tubes and other items. Please note that our food and supplies are meant solely for the use of riders.

SARATOGA SPRINGS

RACE HOTEL:

Saratoga Hilton | 534 Broadway | 518.584.4000

OTHER HOTELS:

Anne's Washington Inn 518.584.9807	Best Western 518.584.2350
Carriage House Inn 518.584.4220	Comfort Inn 518.587.6244
Gideon Putnam Resort and Spa 518.584.3000	Grand Union Motel 518.584.9000
Hampton Inn & Suites 518.584.2100	Hilton Garden Inn 518.587.1500
Holiday Inn 518.584.4550	Inn at Saratoga 518.583.1890
Marriott Courtyard 518.226.0538	Marriott Residence Inn 518.584.9600
Ramada Renaissance Hotel 518.584.0493	Saratoga Arms 518.584.1775
Saratoga Downtowner 518.584.6160	St. Charles Motel 518.584.2050
St. Francis Hotel 518.584.1275	Super 8 518.587.6244
The Springs Motel 518.584.6336	Turf & Spa Motel 518.584.2550

For more lodging options in the Saratoga Springs area, visit Saratoga.org or Saratoga.com.

SCHUYLerville

Schuylerville is about 12 miles east of Saratoga Springs and has several lodging options:

Dovegate Inn Bed & Breakfast | 518.695.3699
Old Saratoga Motor Inn | 518.695.9997
Schuyler Yacht Basin/Campground/RV Park | 518.695.3193



LOOP DIRECTIONS

Each loop is 39.3 miles. The course is marked and will be easy to follow.

MILE	DIR	MARK	DESCRIPTION
0.0	L	START	EXIT MILL PARKING LOT TO THE LEFT ONTO HIGH ROCK AVENUE
0.1	R	SS	EXCELSIOR AVENUE
0.5	L	SS	MARION AVENUE
0.6	S	TL	CROSS NY 50 AND CONTINUE ON MAPLE AVENUE/SARATOGA ROAD/US 9
2.8	BR	TL	BEAR RIGHT ONTO NORTHERN PINES ROAD/CR 34
5.1	BR	—	BEAR RIGHT ONTO TRAVER ROAD
7.2	S	TL	CROSS BALLARD ROAD AND CONTINUE ON NORTH ROAD
8.5	R	SS	WILTON GANSEVOORT ROAD/CR 32
11.2	L	—	FORTSVILLE ROAD/CR 31
12.6	R	—	CLARK ROAD
13.7	L	—	SELFRIIDGE ROAD
16.2	R	SS/TL	REYNOLDS ROAD/NY 197
18.7	R	TL	WEST RIVER ROAD
18.8	CKPT	—	CHECK POINT: CHECK IN WITH TIME KEEPER: DRINKS • FOOD • PARTS
22.2	R	—	MOTT ROAD
24.5	L	—	JEWELL ROAD
25.3	R	—	KOBOR ROAD/RAILROAD STREET
26.7	R	SS	NY 32
26.7	S	—	CROSS RR TRACKS AND CONTINUE ON WILTON GANSEVOORT ROAD
30.8	L	—	NORTH ROAD
32.0	S	TL	CROSS BALLARD ROAD AND CONTINUE ON TRAVER ROAD
34.1	L	SS	NORTHERN PINES ROAD/CR 34
36.4	L	TL	SARATOGA ROAD/MAPLE AVE/US 9
38.6	S	TL	CROSS NY 50 AND CONTINUE ON MARION AVENUE
38.7	L	SS	EXCELSIOR AVENUE
39.0	L	—	HIGH ROCK AVENUE
39.2	R	SS	TURN INTO MILL PARKING LOT
39.3	L	FINISH	EXIT MILL PARKING LOT AND REPEAT...
CODE KEY: L=LEFT TURN R=RIGHT TURN S=GO STRAIGHT BR=BEAR RIGHT BL=BEAR LEFT SS=STOP SIGN TL=TRAFFIC LIGHT US=US ROUTE NY= NEW YORK ROUTE CR=COUNTY ROUTE			

There are shops, restaurants, convenience stores and gas stations located near the start in Saratoga Springs, and on the course in Wilton (at Northern Pines Road and Ballard Road), and in Gansevoort. There is also a 24-hour Wal-Mart, and 24-hour supermarkets, drug stores and/or convenience stores located off the course in Saratoga Springs, Wilton and South Glens Falls.

Please note that the northeastern section of the course does not have many services, and you should try to have enough fuel and other supplies to get through the night by 11:00 PM. After that, it may be difficult to resupply until 5:00 AM.

IMPORTANT PHONE #'S

John's Cell: 518.583.3708 | Kathy's Cell: 518.587.7801

THANKS TO OUR SPONSORS



The Saratoga  Hilton

