



Schedule of Events:

Saturday, September 7th

5:30pm- 7:00pm: Southern Tier Brewing – Packet Pickup

Sunday September 8th

6:00am – 8:45am: Packet pick up at Southern Tier Brewing

7:00am to – 9:00am – Wave Starts – Please check www.4for44.com for team start times

3:30pm: Awards Southern Tier Brewing *****Tentative Time Subject to Finishers*****

What's in the Race Manual?

- Race Guidelines
- Safety Information
- Other Information
- Leg Descriptions, Maps, Driving Information

Safety Information:

Be Aware of Traffic and Obey Traffic Laws

Runners are to understand that they **DO NOT** have exclusive use of the roadway and are required to obey all traffic laws. This includes stopping at traffic lights and crossing roadways.

Bad Weather

The race will occur rain or shine. However, under certain severe weather conditions where the safety of runners is in jeopardy or where significant damage or alterations to the race course occur, we reserve the right to cancel the event. There will be no refunds given if the race is canceled due to weather. Conditions that may result in a race being canceled or delayed include but are not limited to the following: severe heat, electrical storm, snowfall, tornadoes, earthquakes, hurricanes, flooding, fog, etc.

Race staff will monitor any severe weather in the area and provide updates to runners at transfer points around the course. If there is an imminent threat on course due to severe weather, race staff may hold runners at a transfer point until the threat passes.

Follow Race Course Sign and Pavement Markings

Runners are to run on the shoulder of all roads, using sidewalks or trails when available, unless signs or maps direct otherwise. Course will be marked with signs and spray chalk on pavement. Follow is an example of course turn signs. While there are very few turns, please pay attention and know the directions segments you are running. Signs can be vandalized and moved, we will have course official monitoring busy sections.



Race Guidelines & Rules:

We want every team to have a really fun day, but there are a few rules and guidelines. Please read the next section carefully as there are some important items to consider.

- Only one team member may run at a time.
- There may only be 2 team members in exchange zones, the one coming and the one going. Team exchange **MUST** take place in established transfer area. It is the responsibility of runners to stay within designated areas.
- Only cross the street in designated areas. When crossing any street, participants must obey police guidance, volunteer directions, traffic laws and pedestrian signals. Cross at points marked by cones.
- Each runner must complete 3 legs. Order requirement for team participants to complete their legs in the relay does not matter as long as the minimum is met by each participant.
- In the event that a participant cannot continue the event, a current member of the existing team may complete any outstanding legs of the event and the team will be adjusted for awards based on the number of participants completing the 3 or more legs.
- There is no need to submit your team's leg assignment worksheet as it is intended to help captains plan for their team.

Runner completing the last leg (Leg 12) must wear the bib with the timing tag on the back.

Vehicles are not allowed to support their runner along the route. Because the legs are so short and the course is on "open roads," vehicles should proceed to the next transfer.

Transfer Station Check In

Each transfer station will have a race official to check in teams for each leg. It is the responsibility of the runner finishing the prior leg to check in with the official.

Estimated Pace

It is very important to estimate your team's pace as accurately as possible. To help with pace estimate we have put together a Leg Assignment Worksheet available on the race website to simplify calculations www.4for44.com/course/

We have based our course staffing and finish line personnel on teams estimated pace. Please review your team's estimated pace on the start time list and send changes to info@evlhalf.com. Each transfer station has a window of time that it will be staffed. If you are much faster or slower than your team's estimated pace there may not be staff to check you in and your team may be held at a station if much faster than your start group or skipped forward if running behind average pace.

Entry Transfer Policy

A team mate back out and have a replacement? No problem, just go to the following link in your registration email to "manage registration" New team members after August 20th can not change shirt size from original entry.

Parking ****REALLY IMPORTANT****

When parking at transfer zones: Park in parking stalls or along side the road with ALL four tires to the right of the white fog line. Please follow parking instructions on include map. Failure to follow instructions will lead to team **DISQUALIFICATION!**

****Very Important****

Some transfer areas have very specific parking instructions, please pay attention to these instructions in the included descriptions for each area. Managing auto traffic around the course and transfer stations is vital and we have put together specific rules for each area.

Please also pay attention to parking around Southern Tier Brewing for the start and finish. The map below highlights places to park on Stoneman Circle and other parking lots. Please **DO NOT** park on Hunt Rd as your car will be ticketed and towed.

****Very Important****

We have enough parking for one car per team around the Southern Tier Brewing facility. We highly encourage your team to car pool but if this is not an option please leave additional team members cars at the Chautauqua Mall Parking lot 318 E Fairmount Ave, Lakewood, NY. Please be sure to have your team placard visible on the vehicle. **Teams that violate having more than one vehicle at Southern Tier Brewing will be disqualified.**



Respect Local Residents & Communities

While traveling through the local communities, please remember we are guests and you should treat all residents with courtesy and respect. Going out of your way to thank locals will go a long way in helping the event return each year. The following “Do Not’s” are not intended to cover the broad spectrum of issues, so use common sense while in residential areas. We reserve the right to dismiss or disqualify any team based on a lack of respect.

- o Do not honk horns or yell out vehicle windows.
- o Do not block any residential or business driveways
- o Do not impede traffic by driving too slowly or by not properly pulling vehicle over to the side of the road when stopping

Littering & Property Damage

Any runners who are reported to have damaged private or public property or to have littered, urinated or defecated on private or public property will be dismissed from the course and will not be invited back.

Restroom facilities will be available at every transfer station.

Follow Race Officials Instructions

Race officials include staff and volunteers. Course volunteers at transfers are considered Race Officials. They have authority to disqualify a team for rule violations, abusive behavior, or a team's failure to follow instructions given by volunteers. Abusive treatment or disregard for their authority will result in disqualification, depending on severity.

Follow Correct Route - Navigation is the Responsibility of Each Team

Teams are responsible to make sure that their runners stay on the course. Vehicles may wait for their runners at critical points to direct them which way to go. If a runner gets off course, they are to return on foot or in their support vehicle to the point where they went off course and continue from there. Do not drive ahead to make up for the mileage that they may have added. Signage is occasionally moved; be prudent in your knowledge of the course.

Visible Race Number

Team race numbers must be worn and visible on the **front** of each runner at all times while on the road. Bib numbers must be pinned to the outer most layer of clothing, including jackets, shorts, and reflective vests. Slap bracelets provided must be also visible.

Provided team name placards must be placed on the dashboard.

Water & Fuel

Estimate how long it will take your team to finish your race and then determine how often you need to eat to keep you on a relatively normal schedule. Don't forget that you are going to need some protein as well as carbs for that period of time; solid food really seems to help keep runners feeling their best.

Due to the nature of the event, 4 For 44 teams are largely self - supporting. This means your team provides its own food, water, sports drinks and minor first aid items. While the primary function of your vehicles is transportation, since there is little time for lingering at the exchange zones your support vehicle is also typically the best place to refuel and rehydrate.

Bulk gallons of water will be available Transfer station 8 (Mayville Lakeside park)

Restrooms

In addition to the Start/Finish every transfer station will have restrooms available. Some stops will have port O Johns and others have restrooms in buildings. The following descriptions for transfer stations notes each restroom's location.

Lingo and Other Info

Roadkill:

The term used for a person you pass during your leg of the relay. The methods for counting roadkill vary. Purists will subtract from their roadkill tally if they are passed. Others will count a person as roadkill even if that person passes them again. Opinion varies about roadkill; some folks love it, while others feel it is unsportstmanlike.

Legs:

The term for each section of the relay. Each leg will end at a Transfer point.

Transfer:

The set area for exchanging the wrist bracelet between two runners.

Team Spirit

No matter what we do to provide a great race, most of your experience, good or bad, will come from your own teammates. Part road trip and part road race the 4 For 44 is the perfect excuse to have a great time! We encourage you to live it up out there ...responsibly.

Decking your vehicle out and wearing crazy costumes is part of the race. So prepare for the fun. Pick a theme that works with your team name. Go the extra mile and invest in team singlets or costumes. Give out an award for the MVP. Gather up those nutty decorations down in the basement and put them to good use.

Cheer every runner that passes, not just your own.
Your team might even win the Best Team Theme Award!

After Race Party

Plan to stick around a while at Southern Tier Brewery as we will have the game on, might give your team a bit of incentive to run a bit faster to get there before half time.

We will buy you your first Beer as well as some great snacks. Southern Tier will have plenty to eat for those looking for a bit more.

Course Map and Leg Descriptions:

The course will be well marked at all turns and exchange points. Volunteers or police officers will be used in areas where there is more vehicle traffic. Following are maps of each leg. Running route is the blue solid line and on certain routes there are specific routes for driving directions noted by a red dashed line.

A interactive course map is available at <https://www.plotaroute.com/map/351627>



Leg 1:

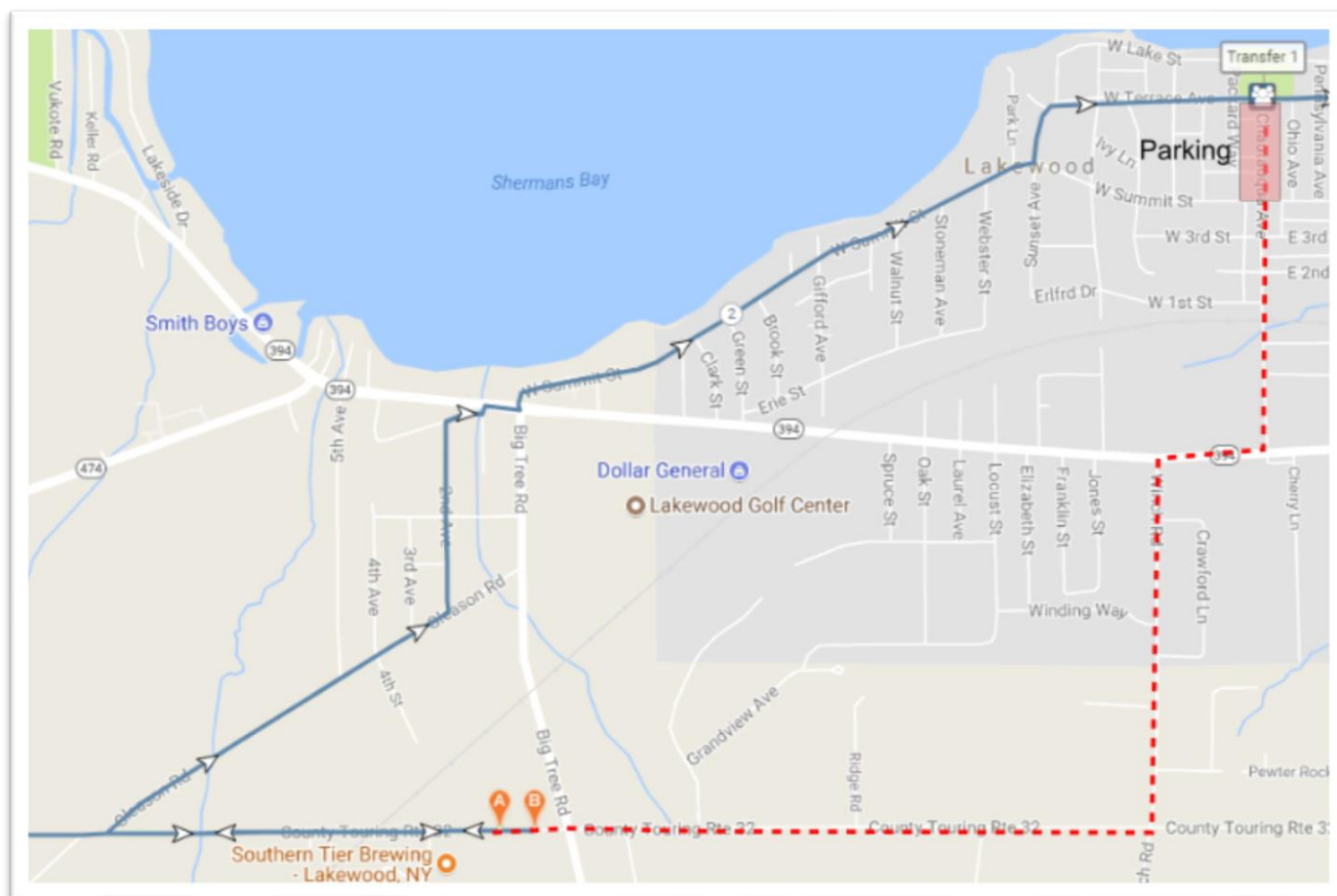
Southern Tier Brewing to Lakewood Town Park

2.87 mile – Easy

Restrooms – Next to transfer point

Running Directions

Miles	Directions / Notes
0.000	Southern Tier Brewing, Lakewood, NY 14750, USA
0.016	Left on County Touring Rte 32
0.597	Turn right onto Gleason Rd
1.215	Turn left onto 2nd Ave
1.504	Turn right onto Chautauqua Blvd
1.562	Turn left onto 1st Ave
1.575	Turn right onto NY-394 E
1.629	Turn left onto W Summit St
2.515	Turn left onto Sunset Ave
2.870	Transfer 1



Driving directions on next page



Driving Directions

- Turn right onto County Rd 32, Left onto Winch Rd, Right onto Rt 394, Left onto Chautauqua Ave
- Parking on Chautauqua Ave and W Terrace at transfer point

Leg 2:

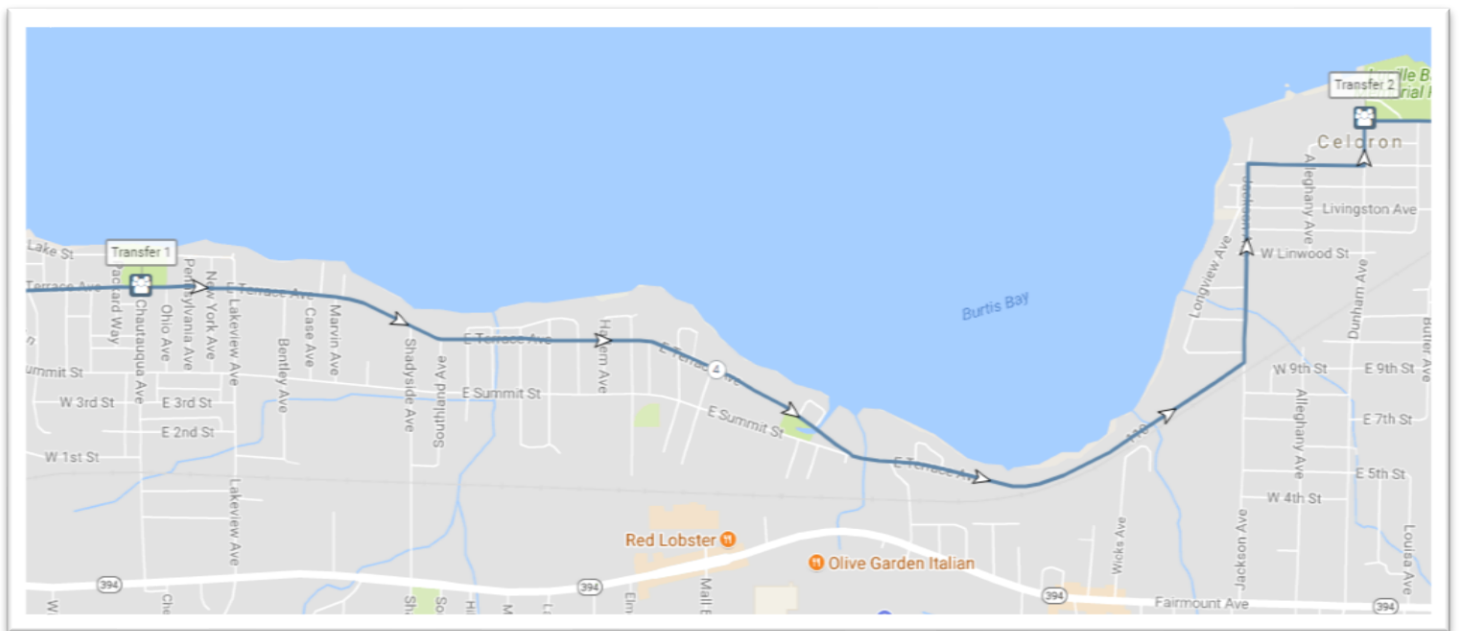
Lakewood Town Park to Lucille Ball Memorial Park - Celoron

2.86 mile – Easy

Restrooms – Next to transfer point

Running Directions

Miles	Directions / Notes
2.929	Transfer 1
4.293	Slight left onto 110/E Terrace Ave
5.072	Turn left onto Jackson Ave
5.433	Turn right onto W Duquesne St
5.643	Turn left at the 2nd cross street onto Dunham Ave
5.726	Transfer 2 – Lucille Ball Memorial Park - Celoron



Driving Directions

-Same route as run. Parking at Lucille Ball Memorial Park – Celoron

Leg 3:

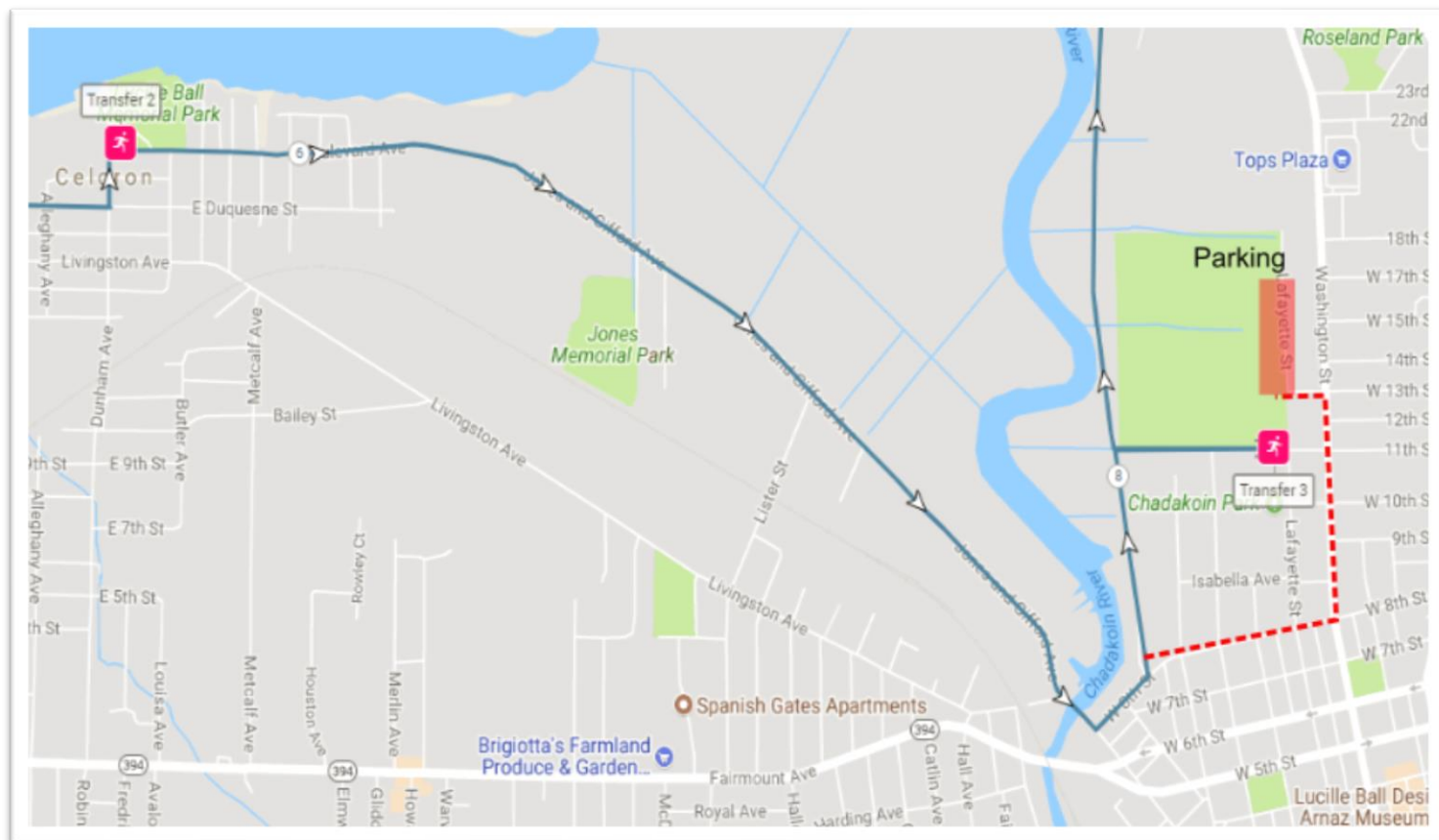
Lucille Ball Memorial Park to Chadakoin Park – Jamestown

2.55 mile – Easy

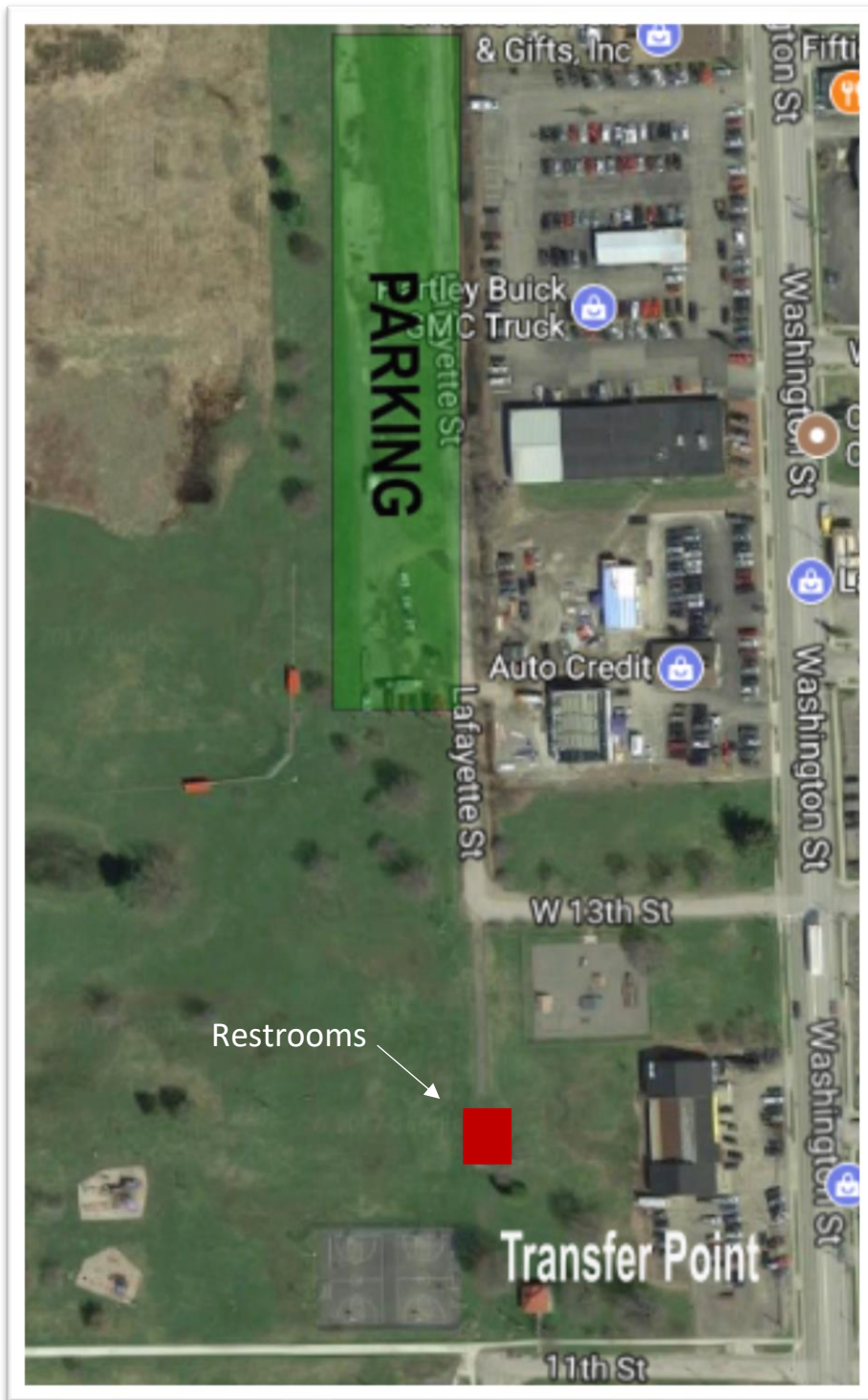
Restrooms – Near basketball court

Running Directions

Miles	Directions / Notes
5.726	Transfer 2
5.729	Turn left onto Boulevard Ave
7.600	Turn left onto W 8th St
7.703	Turn left onto Riverwalk Trail
8.010	Turn right onto Chadakoin Park Trail
8.270	Transfer 3



Driving directions on next page



Driving Directions

-Follow same route as run until W 8th St. Continue on W 8th St, turn Left on Washington St, turn Left on W. 13th St. Parking at Park on Lafayette St.

Leg 4:

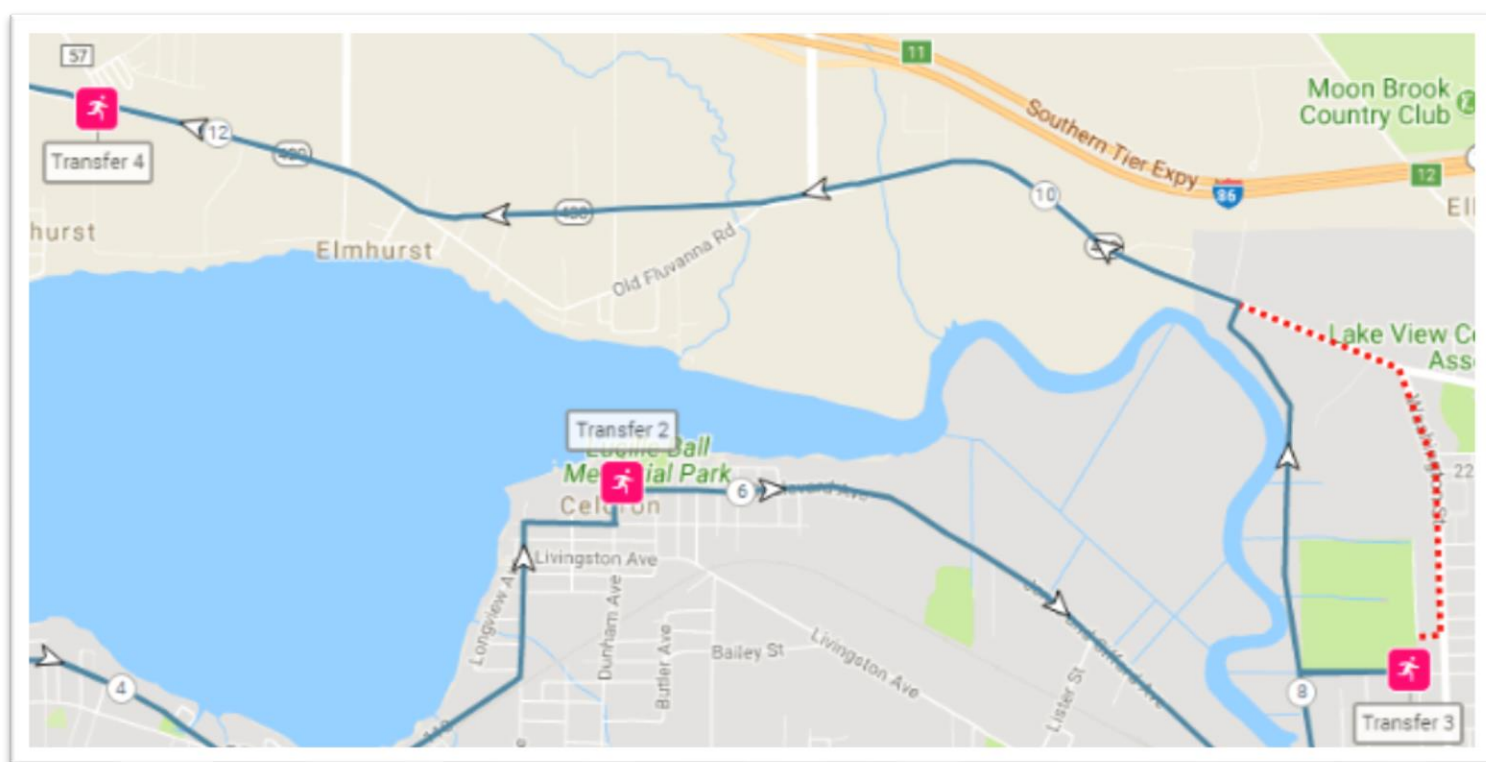
Chadakoin Park to Ellery Town Park

3.99 mile – Moderate – 180 feet vertical ascent

Restrooms – In park building

Running Directions

Miles	Directions / Notes
8.270	Transfer 3
8.530	Turn Right onto Riverwalk Trail
9.475	Turn left onto Fluvanna Ave
12.273	Transfer 4



Driving Directions

Turn left onto Washington St, Turn left onto Fluvanna Ave (430), follow 430 to Ellery Town Park

Parking in Ellery Town Park

Leg 5:

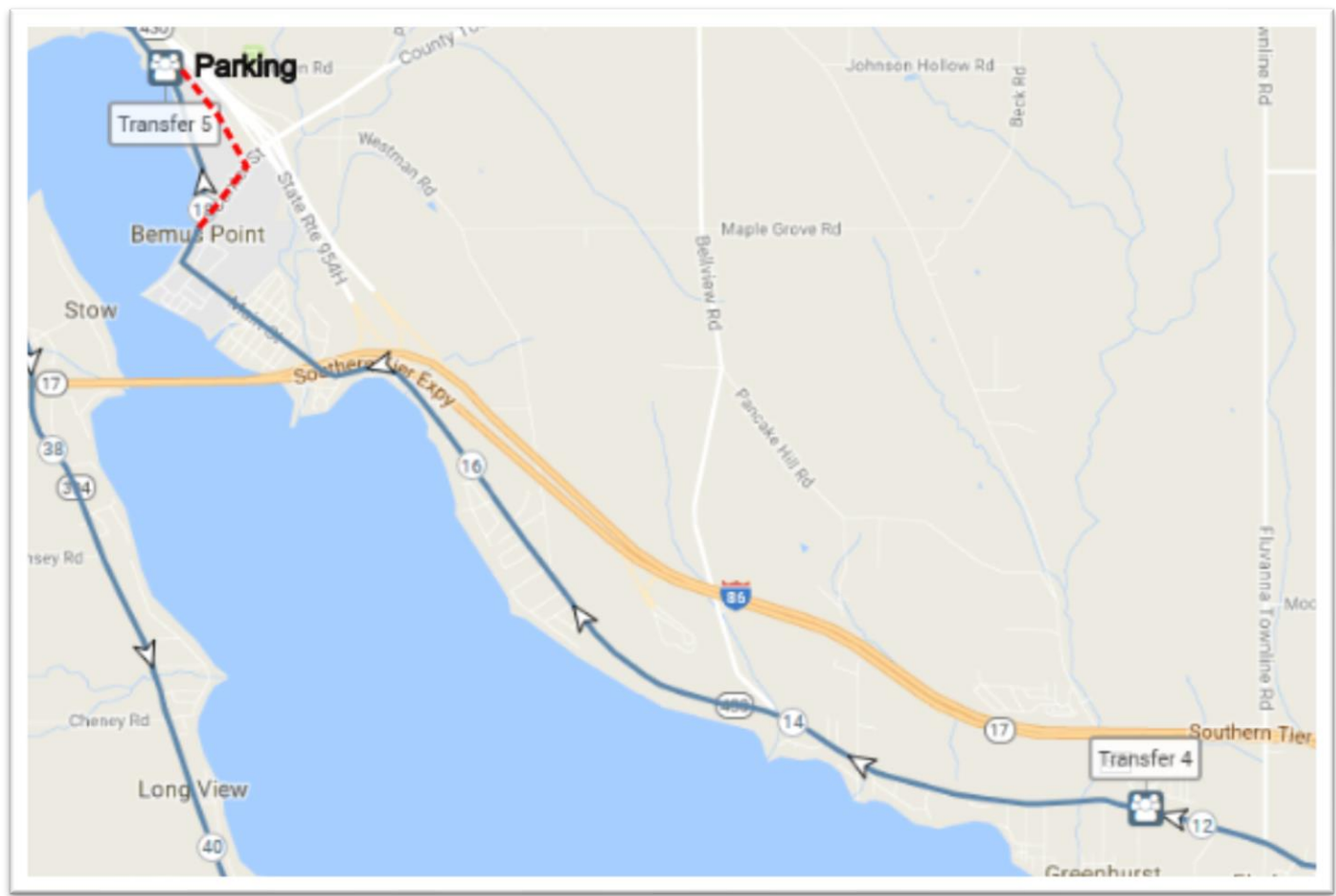
Ellery Town Park to Bemus Point (Frontage Rd)

6.36 miles – Hard – 262 ft ascent/-252 ft descent

Restrooms – Portos near transfer point on Frontage Road

Running Directions

Miles	Directions / Notes
12.273	Transfer 4
	Continue on RT 430
17.735	Turn right on Lakeside Dr
18.681	Transfer 5



Driving directions on next page

Leg 5 (Cont)



Driving Directions

-Follow running route, veer Right on Center St, Turn Right on Frontage Rd. Parking on shoulder

Leg 6: **Cars Can Not Follow Runners Through Long Point State Park**

Lakeside Drive/Frontage Rd to Midway State Park

2.72 miles – Moderate – 200 feet vertical ascent

Restrooms – Portos near transfer point

Running Directions

Miles	Directions / Notes
18.681	Transfer 5
18.681	Follow Lakeside Drive
19.901	Turn right onto Sunset Dr
20.363	Turn left onto NY-430 W
21.395	Transfer 6



Driving Directions **Cars Can Not Follow Runners Through Long Point State Park**

Follow Lakeside Drive back to Center St, turn left on Center St, Turn Left on Route 430. Follow runners route to Midway State Park. Follow signs to parking on grass lot.

Leg 7:

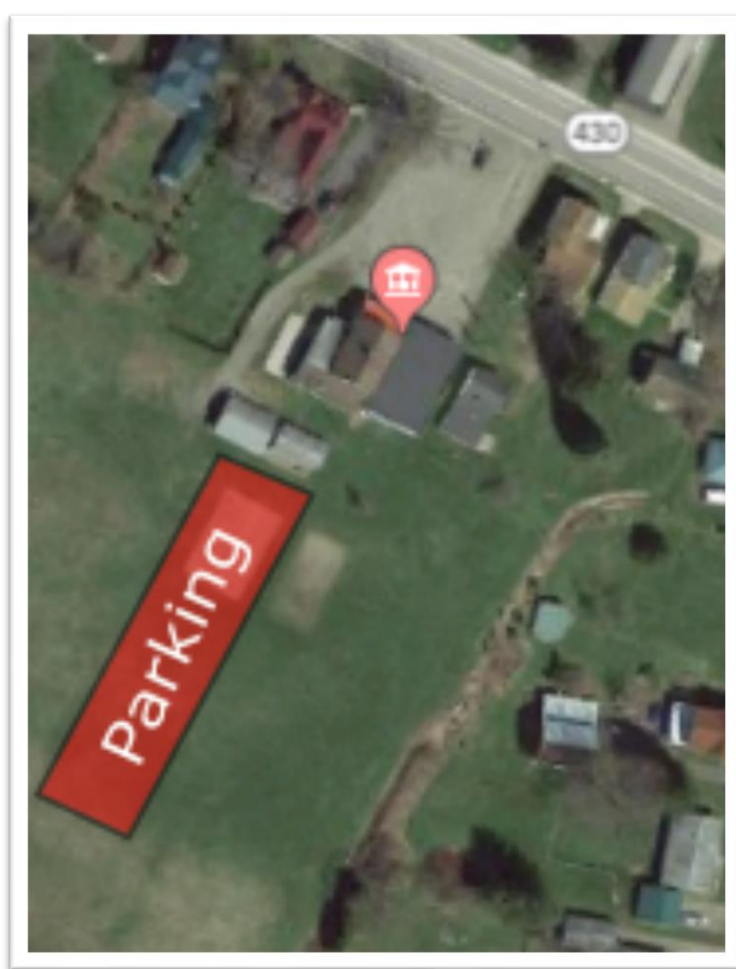
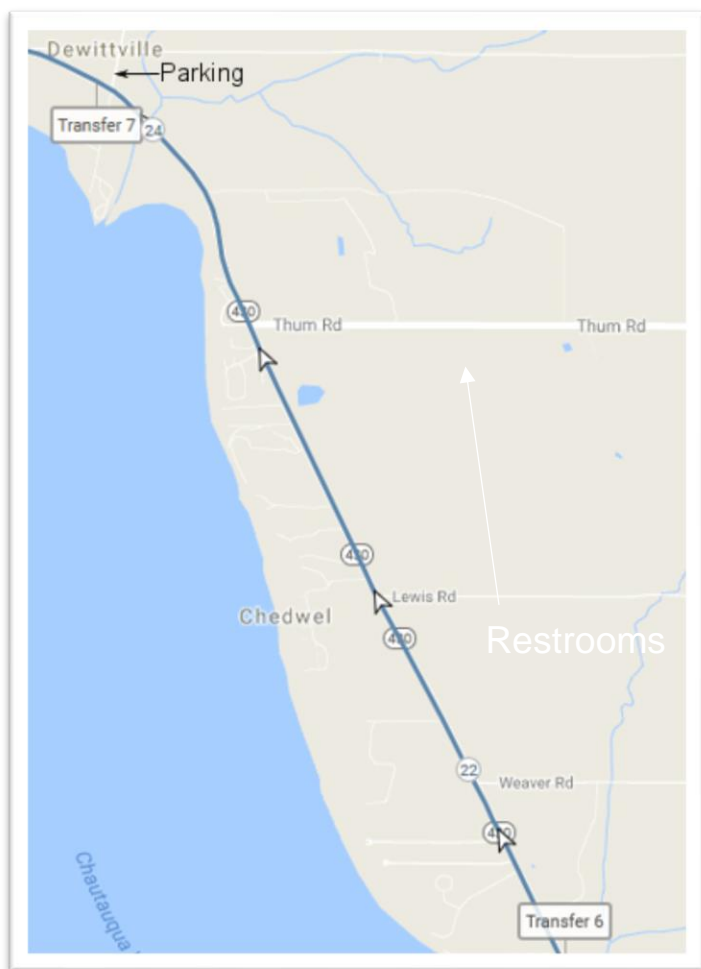
Midway State Park to Dewittville

2.86 miles – Moderate – 206 feet vertical ascent

Restrooms – In Firehall

Running Directions

Miles	Directions / Notes
21.395	Transfer 6
	Follow RT 430
24.210	Transfer 7



Driving Directions

-Follow running route. Parking behind Dewittville Fire Department on Left.

Leg 8:

Dewittville to Mayville Lakeside Park

****Water available at Transfer Station 8****

5.10 miles – Moderate – 219 feet vertical ascent

Restrooms – In park building next to lake

Running Directions

Miles	Directions / Notes
24.210	Transfer 7
	Follow RT 430
27.887	Turn Left on Rails to Trails
24.210	Transfer 8



Driving Directions

-Follow running route. Continue on to Mayville past Rail to Trails turn for runners. Turn left on to RT 394. Transfer station at Mayville Lakeside park on Left.



Leg 9:

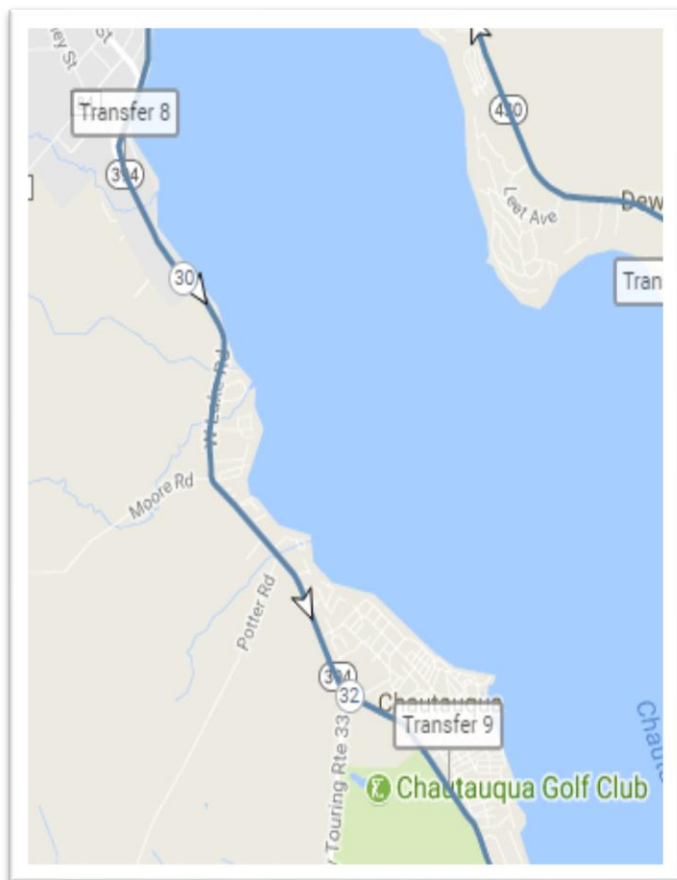
Mayville Lakeside Park to Chautauqua Institution (South Lot)

3.13 miles – Easy – 177 feet vertical ascent

Restrooms – Portos near transfer point

Running Directions

Miles	Directions / Notes
29.426	Transfer 8 – Lakeside Park
	Follow Route 394
32.554	Transfer 9 – Institute South Lot



Driving Directions

-Follow same route as runners. **DO NOT ENTER MARKET GATE ENTRANCE!!!** Parking in Chautauqua Institution South Lot 300 feet past runner transfer point.

Leg 10:

Chautauqua Institution (South Lot) to National Grid Lot **Please park on grass**

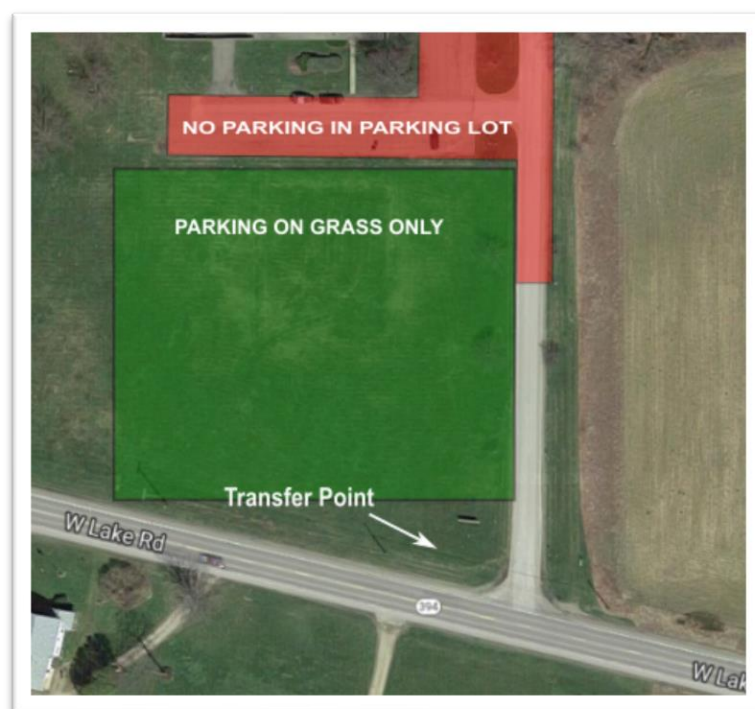
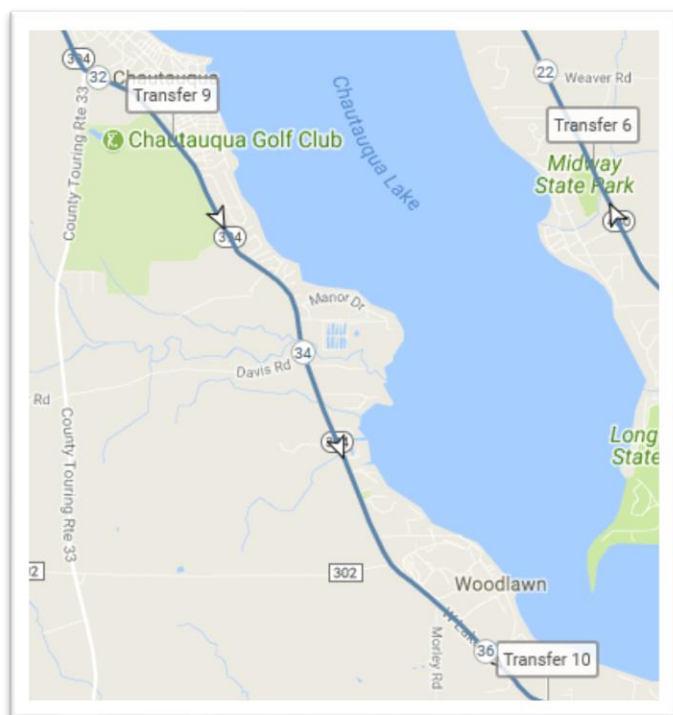
*****Important Note*** Due to traffic control runners arriving**

4.20 miles – Moderate – 190 feet vertical ascent

Restroom – Portos near transfer point

Running Directions

Miles	Directions / Notes
32.554	Transfer 9 – Institute South Lot
	Follow Route 394
36.460	Transfer 10



Driving Directions

-Follow same route as runners. Parking on grass in front of National Grid Facility 3685 W Lake Rd, Stow, NY.

****NO PARKING on pavement at National Grid!!!****

Leg 11:

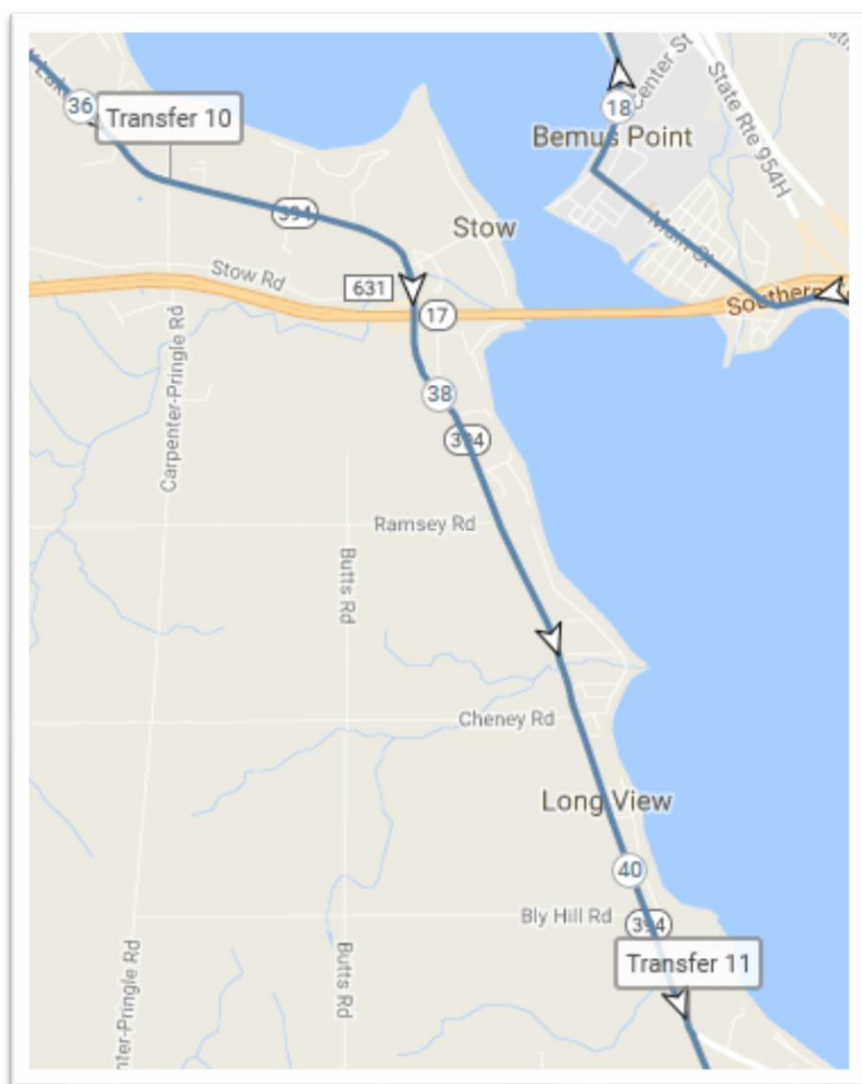
National Grid to Hewes Center BOCES

4.08miles – Hard – 321 feet vertical ascent

Restrooms – Portos near transfer point

Running Directions ** Pay attention to crossing at Hewes Center – Car traffic has right of way and runners may have to stop******

Miles	Directions / Notes
36.460	Transfer 10
	Follow Route 394
40.654	Transfer 11 – Hewes Center - BOCES



Driving Directions

-Follow same route as runners. Parking in Hewes Educational Center 2615 North Maple Street (Route 394) Ashville, New York

Leg 12:

Hewes Educational Center to Finish (Southern Tier Brewing)

3.2 miles – Moderate– 311 feet vertical ascent

Running Directions

Miles	Directions / Notes
40.696	Transfer 11
	Turn Right on to Maple Ave
42.801	Turn Left on to Gleason Rd
43.393	Turn Right on to Hunt Rd
43.980	FINISH!



Driving Directions

-Turn Right on to Maple Rd. Turn Left on to Hunt Rd to finish. **Runners Continue on Maple to Gleason Rd.

****Please pay attention to parking notes at the beginning of this manual for parking around Southern Tier!!! Teams not following parking rules will be disqualified****