

IRONWOOD

ADVENTURE WORKS

Great Hill Ultra

July 13, 2024

Finger Lakes Region, NY

DRAFT DATE: 11/15/23

SUBJECT TO UPDATES



Hardscrabble Finger Lakes Trail Running

The Great Hill Ultra traverses 62 miles through hills and valleys of the beautiful Finger Lakes. Full of challenging terrain, gully rim trails and exceptional views, this course meanders through swamplands and hilltops with a romp through charming downtown Naples. We've linked together our favorite Naples area trails ending in the West River Valley in the shadow of the Great Hill. This community-supported event is filled with great folks and great trails. These are our favorite areas packaged up for you in one spectacularly challenging run.

New this year is a 50k course! Starting at the Great Hill Ultra mid-point at the base of Cleveland Hill, runners descend via the Finger Lakes Trail into downtown Naples and complete the Hi-Tor Wildlife Management Area sections above downtown Naples and the circumnavigation of Great Hill ending in the shadow of Great Hill.

Event Schedule:

July 11

5:00pm: Online race registration closes

July 12

Noon: Camping access at our finish zone opens

4:00pm: Packet Pick Up

5:30pm: Dinner

6:30pm: Pre-race safety meeting, and event introduction at the main tent

July 13

RACE DAY!

100k

5:00 AM: Busses to start zone begin loading at the finish area

~5:40: busses arrive at start area

6:00am: RACE START!

50k

8:00 AM: Busses to start zone begin loading at the finish area

~8:40: busses arrive at start area

9:00am: RACE START!

7ish-9ish: Evening Awards

July 14

2:00am: RACE COURSE CLOSES

8:00am: Breakfast & Coffee

IMPORTANT: All race participants must check in Saturday morning so we know you are starting the race and can account for you, even if you picked up your packet Friday night.

100k Course Details

Distance: ~62 miles (~100km)

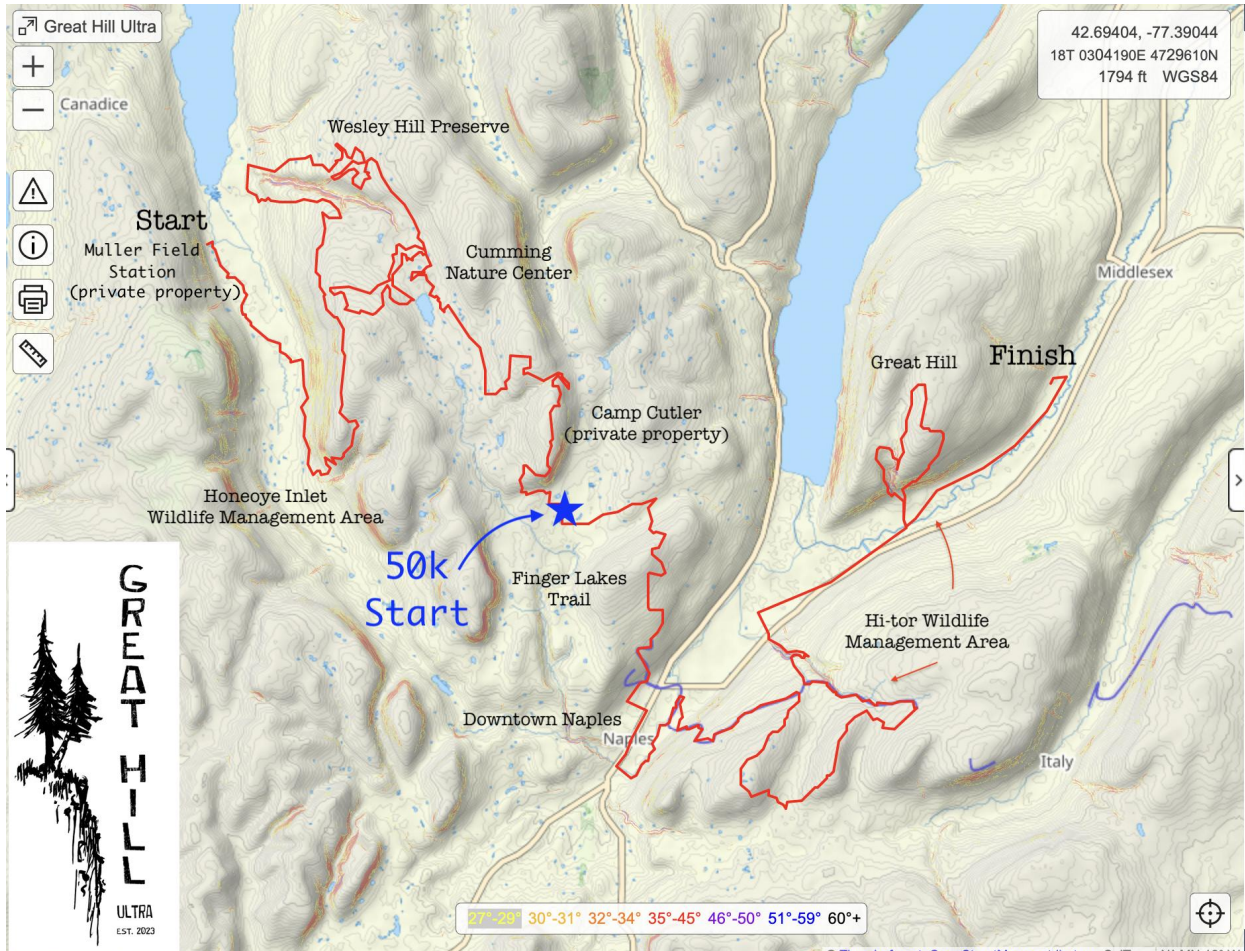
Race Route: Point to point

Start: Muller Field Station (Honeoye Valley: Town of Richmond)

Finish: West River Valley (Middlesex, NY)

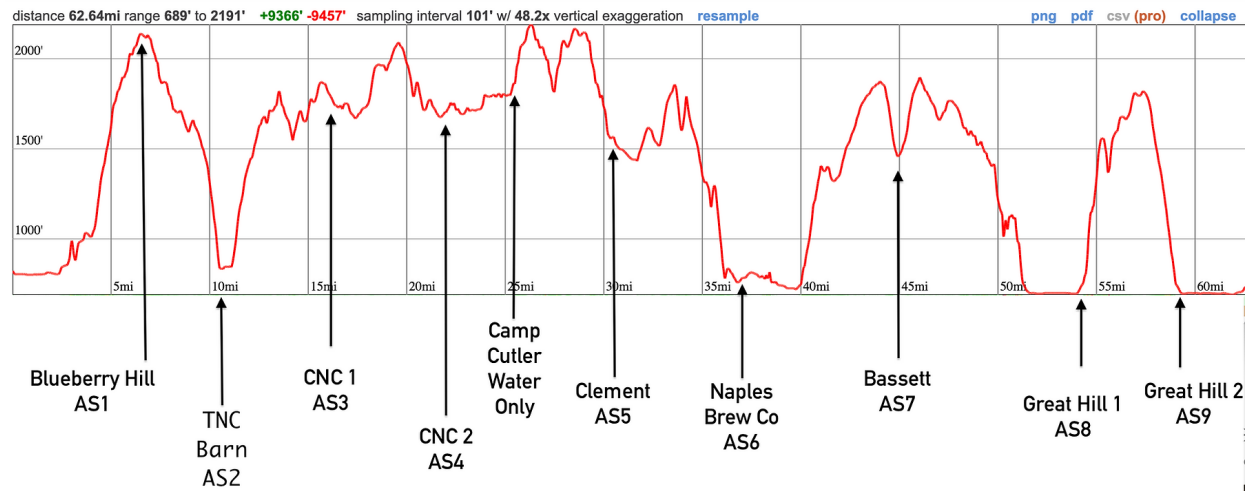
Elevation: +9366', -9457'

Terrain: 84% Trail, 3% Gravel, 13% Pavement



100k Elevation Profile

+9366', -9457'



50k Course Details

Distance: ~31 miles (~50km)

Race Route: Point to point

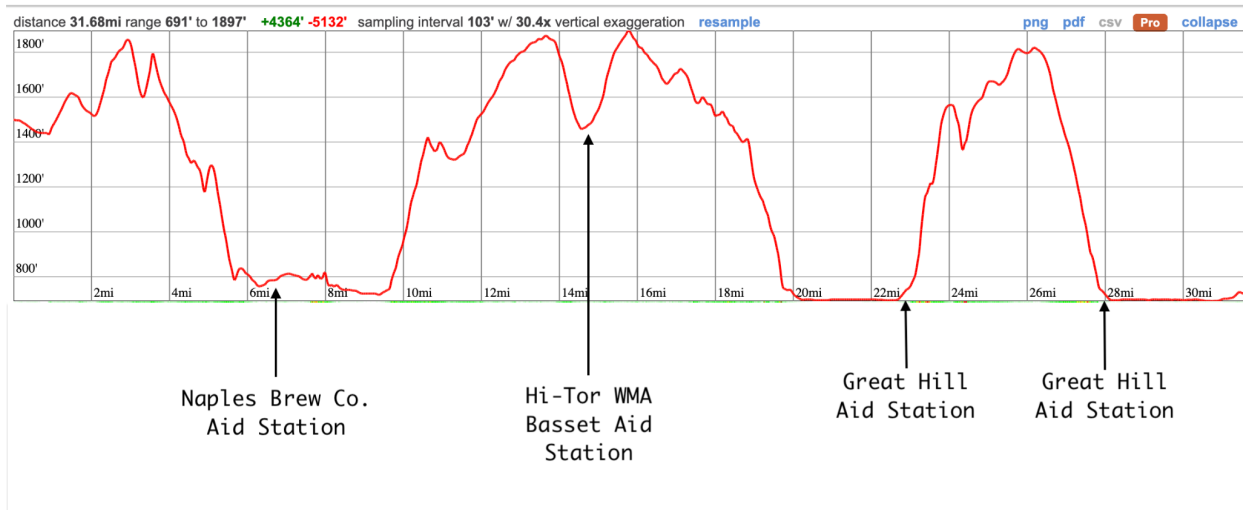
Start: Cleveland Hill on Clement Rd.

Finish: West River Valley (Middlesex, NY)

Elevation: +4364', -5132'

Terrain: 83% Trail, 3% Gravel, 14% Pavement

50k Course Elevation



Course Narrative

The Great Hill Ultra 100k begins at Finger Lakes Community College's Muller Field Station south of Honeoye Lake, runners will head south into the New York Department of Conservation's Honeoye Inlet Wildlife Management Area(WMA). At approximately mile 3 of the race, runners will cross East Lake Road in the Town of Richmond to continue up on a 2 mile climb into the Honeoye Inlet WMA to the Blueberry Hill overlook. Runners will then head north along the ridge and descend back to The Nature Conservancy barn (TNC Barn AS2) barn at mile 10. Runners then run north on East Lake Road about a half mile turning east up Wesley Hill road for a 1 mile climb on gravel .

Runners enter the Finger Lakes Land Trust's Wesley Hill Preserve for 4 miles of beautiful gullies and hemlock woods and then exit onto Gulick Rd. in the town of South Bristol heading south 1 mile on pavement to the RMSC Cumming Nature Center(CNC). They complete about 6 miles on CNC property and exit back onto Gulick Rd. heading south for 1 mile on pavement to Seneca Waterways Camp Cutler owned by the Boy Scouts of America(BSA). On Camp Cutler property runners use trails managed by Camp Cutler as well as those managed by the Finger Lakes Trail Conference. After about 6 miles of great rail, runners exit BSA property onto Clement Road in South Bristol heading west. (50k starts here.)

50k Runners Start Here

Runners turn right onto CR 33 and then left onto Semans Rd in the town of Naples, continuing on the Finger Lakes Trail through West Hill Preserve down into Naples onto Mt. Pleasant St.

In Naples, running past Engine 14 Brewery and the old vineyards at Hazlitt's, runners drop onto the sidewalks of Main Street from Lake Niagara Street to an aid station at the Naples Brewery(mile 37). From there, runners cross at a crosswalk and continue on the sidewalk

making a left onto Mark Circle Rd. After about a quarter mile, runners are back on trail as they enter NY DEC Hi-tor WMA. After about a mile running along Naples Creek, participants climb into the heart of the Hi-Tor WMA on trail and gravel lanes until they descend back into the West River Valley at the intersection of Rt. 245 and Parrish Crossing Rd.

With police and volunteer presence to manage this crossing safely, runners will cross Rt. 245 onto Parrish Crossing Rd for about .25 mile when they turn North onto the Lehigh Valley Rail-Trail for 2.25 mile. Emerging onto Sunnyside Rd, runners turn left towards Hi-Tor WMA at South Hill (Great Hill). After a .5 miles on pavement at Sunnyside, runners head into the WMA on the south side of Clark Gully for a 5 mile loop that includes single track trail and gravel town roads descending back to where they began the climb at the last aid station that they will see twice. Runners head back down Sunnyside Rd, turning left (north) finishing their race on 3 miles of Lehigh Valley Rail-Trail to complete this 62 mile challenge on private property on Cayward Cross Rd.

Bussing & Starting Details

All runners will be required to ride the bus from the finish zone (42.68371, -77.29358). Camping at the finish zone is included in your entry fee for runners and crew.

100k: Buses will begin departure from the finish zone at 5:40am. Buses will depart once they are full. The bus ride will approximately be 30 minutes.

The start zone has very limited parking. Crew and spectators are not allowed at the start zone.

50k: Buses will begin departure from the finish zone at 8:40am. Buses will depart once they are full. The bus ride will approximately be 15 minutes.

The start zone has very limited parking. Crew and spectators are not allowed at the start zone.

Aid Station Details

	Location	Section Miles	Total Miles	SUPPORT				CUTOFF
				CREW	DROP BAG	PACER	SPECTATORS	Cutoff Times (19:20/mile)
AS0	Muller Field Station	0	0	WATER ONLY				
AS1	Blueberry Hill Overlook	6.3	6.3					
AS2	TNC Barn	4.2	10.5					
AS3	CNC (Pond)	6.5	17	YES	YES		YES	

AS4	CNC (Pond)	5.5	22.5	YES	YES		YES	
AS5	Top of Cutler	2.7	25.2	WATER ONLY				
AS6	Clement	5.6	30.8					
AS7	Naples Brew Co.	6.5	37.3	YES	YES	YES	YES	6:00 PM
AS8	DEC Basset Lot	7.7	45				YES	
	245 Crossing	6.75	51.75	WATER ONLY			NO!	
AS9	Big DEC Parking	1.35	53.1	YES	NO AID		YES	
AS10	Clark Gully	0.9	54	YES	YES	YES	YES	11:00 PM
AS11	Clark Gully	5	59	YES	YES	YES	YES	
Finish	Finish	3.5	62.5				YES	2:00 AM

Aid Station Standards

Untapped Maple Aid (multiple flavors)

Untapped Maple Gels

M&Ms

Potato Chips

Cookies

Gummy Bears

Pepsi, Mountain Dew, etc.

Bananas

And more!!

Specialty*

Grilled Cheese

Pierogies

Bacon

Pickles

Soup

*Select Aid Stations late in the race

Ironwood Adventure Works races are cupless races. Please bring a container.

Aid Station Descriptions & Locations

AS0: Race Start

Muller Field Station (Finger Lakes Community College)

Address:

Coordinates: 42.70754 N, -77.51172 W

Parking: Nope

Potty: Yep
Volunteer Support: Yep
Cell Service: Yep

Location notes: Runner access only. There is no parking on the property for runners or crew, and runners will be required to ride the bus from the finish zone to the start. Runners will be let off the bus and need to walk about 100 yards to the starting gate. Porta-potties will be on site along with water, but no other aid station supplies. This property is typically closed to the public.

AS1: Blueberry Hill Overlook

Honeoye Inlet Wildlife Management Area (New York Department of Environmental Conservation)

Coordinates: 42.68996 N, -77.47708
Parking: Nope
Potty: Nope
Volunteer Support: Yes
Cell Service: Yep
Crew: Nope

Location Notes: AS1 is remote and has a spectacular view of the Honeoye Inlet. This aid station will be fully stocked. There is no vehicle access for crews or spectators.

AS2: The TNC Barn

The Nature Conservancy

Coordinates: 42.71830 N, -77.49872
Parking: Nope
Potty: Yep
Volunteer Support: Yes
Cell Service: Yep
Crew: Nope

Location Notes: AS2 is a fully stocked aid station.

AS3 & AS4: RMSC Cumming Nature Center

Address: RMSC Cumming Nature Center
6472 Gulick Rd.
Naples, NY 14512

Coordinates: 42.70846, -77.45569

Parking: Yes
Potty: Yep
Volunteer Support: Yes
Cell Service: Nope (open Wifi in the nature center though)
Crew: Yep

Location Notes: AS3 & AS4 are the same aid station and runners will hit this aid station twice. The Cumming Nature Center has plenty of parking, wi-fi, landline phone, water, and indoor bathrooms. To enter the Cumming Nature Center, there is a \$3 admission fee per person.

AS5: Cutler on Gulick (Entrance to property)

Coordinates: 42.68180, -77.44014

Parking: Nope
Potty: Nope
Volunteer Support: Nope
Cell Service: Nope
Crew: Nope

Location Notes: **Camp Cutler is private property and closed to all but the runners on race day.** Please do not park on their property.

AS6: Cutler on Clement Rd.

Coordinates: 42.66073, -77.42366

Parking: Maybe
Potty: Yep
Volunteer Support: Yep
Cell Service: Spotty
Crew: Yep

Location Notes: **Camp Cutler is private property and closed to all but the runners on race day.** Please do not park on their property.

AS7: Naples Brew Co.

Coordinates: 42.61545, -77.40252

Parking: Yep
Potty: Yep
Volunteer Support: Yep
Spectator Party: Maybe
Cell Service: Yep
Crew: Yep

Location Notes: It takes a community to make these things happen. Buy a beer from our friends! And thank them for supporting hardscrabble FLX trail running!

AS8: Basset Rd.

Coordinates: 42.60273, -77.36242

Parking: Yep

Potty: Nope

Volunteer Support: Yep

Cell Service: Spotty

Crew: Yep

Location notes:

Rt. 245 Crossing

Parking: Nope

Potty: Nope

Volunteer Support: Yep

Cell Service: Yep

Crew: Nope

Location Notes: Please do not park or spectate at this location.

AS9: DEC Parking (Rt. 245)-NO AID

Parking: Yep

Potty: Nope

Volunteer Support: Nope

Cell Service: Yep

Crew: Yep

Location Notes: This is a good place for spectators and crew. There will be no race support, but a nice place for a visit.

AS10 & AS11: Clark Gully

Coordinates: 42.66129, -77.33180

Parking: Yep

Potty: Yep

Volunteer Support: Yep

Cell Service: Yep

Crew: Yep

Location Notes: This is the last aid station on course, and runners will tag it twice. Crew should only spend a minimal amount of time at this site. Crews should not wait at the aid station while runners complete this final loop.

Finish:

Coordinates: 42.68371, -77.29358

Parking: Yep

Potty: Yep

Volunteer Support: Yep

Cell Service: Yep

Crew: Yep

Location Notes:

Drop Bag Info

Drop bags need to be clearly labeled with the name of the runner and the aid station location in which the drop bag should be placed. See the chart above for location names.

Crew

Crew may not provide aid to their runner at any point on the course other than designated crew access aid stations. Vehicles must park off of roadways, and be respectful of private property by not parking and turning around in driveways. Crew may not shadow or follow their runner on road sections and must obey all traffic laws. Crew may not visit any aid station that isn't identified for crew.

Please support local businesses!

Pacers

Runners are allowed one pacer at a time, but are allowed to switch out. Pacer must wear the pacer bib and be pre-registered in advance. Bibs can be swapped out as long as they wear the pacer bib. Pacers cannot "mule" for their runner.

Pacer Section: Pacers are allowed starting at mile 38ish (AS7: Naples Brew Co) & mile 54/59 (AS10 & AS11: Clark Gully). It is encouraged that pacers accompany runners around Clark Gully. Runners will hit the Clark Gully aid station twice at mile 54 and mile 59. Pacers are to accompany their runner on foot (no bikes). Multiple pacers may be used, but only one at a time and must swap out at designated pacer access aid stations.

Pacer Bibs & Waivers – Pacers must sign a paper waiver. Pacer waivers will be available at the start/finish areas and the above aid stations. Bibs must be acquired at runner registration. Pacers will be provided with a pacer bib which must be worn and visible while out on the course.

Crew / Pacer Parking – Vehicles must park off of roadways, may not shadow or follow their runner on road sections, and must obey all traffic laws. We ask crew vehicles to be kept to 1 per runner and that they not arrive at aid stations excessively early or stay long after their runner leaves the aid station. Pacers may NOT park at aid stations and leave their vehicle. Do not block any public roadways. Crew/Pacer vehicles will not be allowed to park along state highways (numbered highways) or within state right of way.

Camping Information

Camping will be available at the finish Friday and Saturday night at no extra cost for runners and crew.

Local Trail Resources

DEC Hi-tor WMA: https://www.dec.ny.gov/docs/wildlife_pdf/hightormap.pdf

Wesley Hill Preserve:

<https://www.gofingerlakes.org/wp-content/uploads/Preserve-Brochure-Wesley.pdf>

RMSC Cumming Nature Center:

https://rmsc.org/wp-content/uploads/SummerTrailMapforPrinting_1_1.pdf

DEC Honeoye Inlet WMA: https://www.dec.ny.gov/docs/wildlife_pdf/honeoyeinlet.pdf

Finger Lakes Trail:

<https://fingerlakestrail.org/plan-hikes-finger-lakes-trail/interactive-trail-map-segmented/>

Explore Naples: <https://explorenaplesny.com/>

