

ATHLETE RACE DAY GUIDE

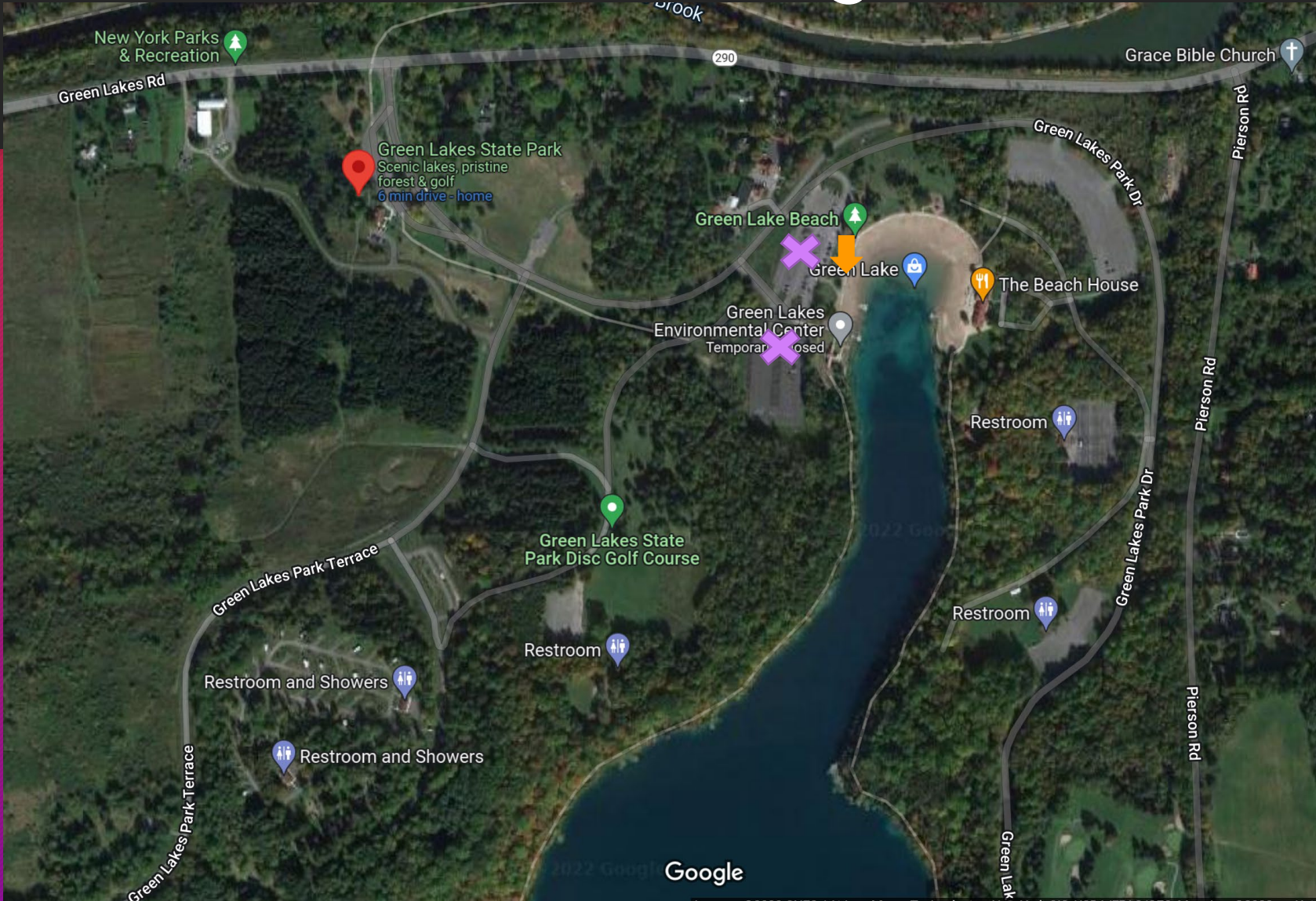


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Race Parking



✖ Parking

↓ Start/Finish

Packet Pick Up



Packet pick up for all events will be held:

- **Friday May 16th:** The Community Room @ Fleet Feet, 5800 Bridge Street, East Syracuse, NY 13057
 - Time: Friday, 5:00 pm to 6:00 pm
- **Race Day, May 17th:** Green Lakes
 - Time: Saturday, 7:00am to 7:45am

Race Description



- **Location:** Green Lakes State Park, 7900 Green Lakes Rd, Fayetteville, NY 13066

Date/Time: Saturday, May 17, 2025 the race goes off at 8:00 a.m.

Event: The race offers two race distances, our 10 miler and 3 miler.

- **10 miler:** If you are a local CNY runner, you know about our own little backyard gem - Green Lakes. This race will take you through all the twists and turns of this beautiful park. The race starts at the sandy beach of Green Lakes and slowly winds its way around Round Lake and up towards, as the locals call it, the Serengeti. The race continues its way around the top before its descent to the lakes back to the beach.
- **3 miler:** Want to try your hand at trail racing; however, you want a shorter race distance? Test out racing around the 2 lakes! The race starts at the sandy beach of Green Lakes and slowly winds its way around round lake and back to the beach.

Aid Station(s)



- This is a carry your own water and nutrition event.
 - That said, there will be aid stations at miles 2 and 7 with either Gu Roctane Drink or water.
- Water and a post race snack will be provided at the end of the race for all as well.
 - *Carry in, carry out. No trace left behind!*

Support of Local Businesses: Scavenger Hunt



Chances to Win!:

1.4 print out cookies will be on survey flags used to mark the course. If you see the card, grab it and hold on to it to get 2 free cookies from Sugar Blossom Cake Shop at the end of the race. 1 allowed per person.



2.2 print out cheese steak will be on survey flags used to mark the course. If you see the card, grab it and hold on to it to get a \$25 gift card from Gino's Cheese Steak and Onion at the end of the race. 1 allowed per person.



Support of Local Businesses



We Support Local Businesses!

- Stretching/Massage Pre/Post Race: Tom Woznica of Redeem Physical Therapy & Performance will have a tent set up for pre and post-race stretching and massage gun! Plus, please be sure to pick up marketing material on all Redeem has to offer!
- Family Fun: [Fastsigns](#) for donating signs for our participant's families/kids to decorate during our event. FastSigns jumped at the opportunity to make sure that your families would have a fun way to participate during race day
- Swag bag Sponsor - Locke & Steele Investigative Agency



Support of Local Businesses: Route Sponsor



- Route Sponsor: Thank you Locke & Steele Investigative Agency for sponsoring this year's Sand to Serengeti route!
- Sponsoring this route helps our event take place each year by offsetting the permit costs of using the state park.
- Thank you for helping us keep this race going and allowing our participants to enjoy our amazing local trails!



Support if Local Business: Free Pizza/Beer

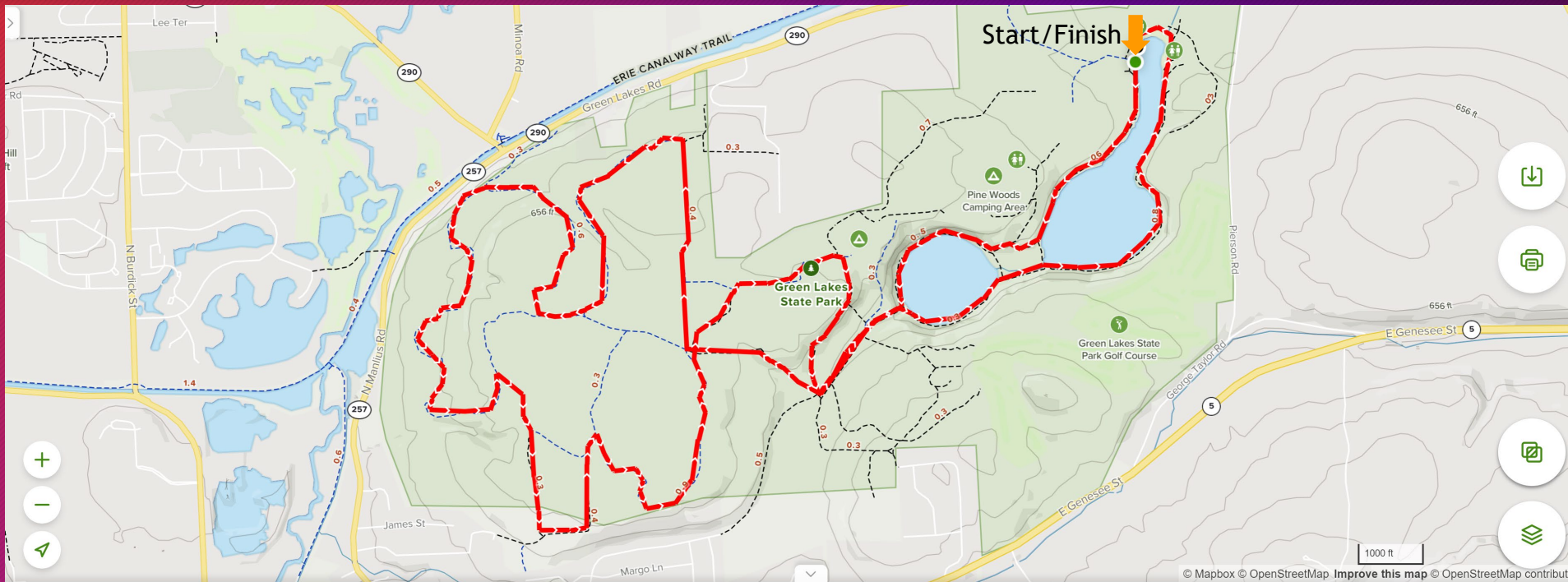


Local Food! This year's bib will have a tear-off ticket for you! Take that ticket and visit [Trappers 2](#) for our choice of a slice of pizza or domestic draft. Trappers is only about 2 miles from Green Lakes and why would you not get some food and drink after you just ran 10 miles?!



Course Map/Course Information

10 Mile



The start is at the beach and winds around the lakes and up towards to the Serengeti. Participants will experience the exposed fields (rain or shine) until the descends back towards the beach for the finish.

Course Map/Course Information

3 Mile



The start is at the beach and winds around the lakes and finishes at the same location as the start

Course Elevation



10 Mile : Around 900 feet of total elevation gain



3 Mile : Around 80 feet of total elevation gain

Awards



Awards for 10 miler:

\$100 cash award to 1st place female and male finisher.

\$50 cash award to the 2nd place female and male finisher.

\$25 cash award to the 3rd place female and male finishers.

\$25 gift card has been donated by Fleet Feet Syracuse for the halfway runner (median of the total number of finishers).

\$25 gift card has been donated by Fleet Feet Syracuse for the last place finisher.

Awards for 3 mile:

1st and 2nd place male and female get a ribbon award.

RAFFLE: \$100 gift card has been donated by [Fleet Feet Syracuse](#) to be raffled off to anyone who has donated to the Onondaga East Chamber through our race signup page [HERE](#)

Photos



- Volunteers will be on the course taking photos during the event.
 - The photos will be posted a few weeks after the race and free for everyone to enjoy and download.



Don't Forget



Bring some cash!

- Miles & Macros will be selling some merch after the race as well.



Charity Partner

Onondaga East Chamber



We here at Miles & Macros are so proud of our local Onondaga East Chamber's ("OEC") mission is to champion economic prosperity, foster a pro-business climate, and to improve the quality of life our area's residents. OEC engages the public, and the private sector by providing economic development news, resources, and networking opportunities. We have transformed into a Chamber without walls, servicing all communities.

OEC's Mission:

"OEC is a 501c(6) not-for-profit organization OEC's mission is to serve the Onondaga East County community by promoting and encouraging responsible business growth and development locally. We support a diverse array of civic and cultural programs and are devoted to increasing public awareness of the variety of products and services that Onondaga East businesses offer."