



Dear River Chasers,

Thank you for registering and participating in this year's Rochester River Chase. This will certainly be one of the most exciting races in the area, and one people will certainly be talking about in the future.

Due to the unique set-up of this race, there is some pertinent information that we would like you to have prior to your arrival at Ontario Beach Park on August 17. Please read the following information carefully and send any questions or concerns to [rochriverchase@gmail.com](mailto:rochriverchase@gmail.com).

**Location and Parking:** The Rochester River Chase will be held at Ontario Beach Park in Charlotte. The park has parking, water, and restrooms available for registered racers. When you arrive at the park, please follow signs for the Portside Shelter parking area. Packet pick-up and registration will be held at the Portside Shelter, which will also host the post-race festivities and awards ceremony. See attached map of Ontario Beach Park.

**Packet Pick-Up and Registration:** Packet pick-up and day-of registration will take place from 6:45 – 7:30 AM. All registered runners must pick up their packet and verify their starting wave. Runners registering on August 17 will be placed in the most appropriate wave; however, if waves are full, day-of runners will be placed in the next fastest wave with open spaces.

**Starting Waves and Start Line:** When you pick up your race packet, you will receive your race number as well as your starting wave. Wave are structured with the slowest seeded runners beginning first and the fastest runners leaving last. It is absolutely imperative that you start in your assigned wave. A timetable will be posted at the registration area outlining the start times for each wave. Please plan to arrive at the start line at least **Ten minutes** before your wave departs. The start area is approximately ½ mile from the Portside Shelter at the Tapecon, Inc. parking lot. From the Portside Shelter this is south on River Street; just across the RR tracks in the area where Latta Rd. ends at River Street. It is fine to drop off runners at the start area, but please do not plan to park here. Each runner will be checked in to the start line to insure they run in the correct wave. If you miss your wave, you will be assigned to the next available wave but this will cost you valuable “lead time.” Please do not attempt to switch waves to run with a friend or increase your lead. This is the most unique feature of our race and your honesty will ensure its success.

**The Course:** The Rochester River Chase features some of the most scenic running in the area. After crossing the Col. Patrick O'Rorke bridge, you will spend the next four miles on the Genesee Valley Trail and pass through Seneca Park before heading up the iconic 69 steps to the west side of the Genesee River. After a brief run along Lake Avenue, you will join the Genesee Riverway Trail and cross the picturesque causeway at Turning Point Park before the fast flat finish up River Street. The course will be clearly marked and marshals will be present throughout; however, the best recipe for an enjoyable race is to familiarize yourself with the course layout and pay heed to all directions from clearly marked race officials. Please see the attached map of the course. **NOTE:** We have worked on

this course to minimize the interaction of runners with vehicle traffic. There are two sections; the O'Rorke drawbridge/Thomas Ave. and along Lake Avenue where the course follows sidewalk. In total this is less than 2 miles of the course. We have committed to law enforcement that our course will utilize these sidewalks and not the highway. Please follow the course markings and marshals so we can honor this commitment.

**Safety and Aid Stations:** At least four aid stations will be on course in addition to the start and finish area. Please follow appropriate race etiquette when approaching these stations in large groups. As this race is largely run on trails, space can be tight in areas, especially with aid stations. Your consideration of the race staff and your fellow runners is expected and appreciated. In addition to the posted aid stations, there will be a leading bicycle and trailing bicycle to ensure runner safety and course direction. In the event of an emergency, please notify the nearest aid station worker, marshal, or bicycle. Restrooms are available at the Portside Shelter at the start and finish of the race as well as at Seneca Park at mile 3.5.

**Post-Race:** After you cross the finish line, please join us for some refreshments and music to celebrate your accomplishment. The post-race party will take place in the Portside Shelter along with the awards ceremony. Please feel free to make use of the picnic tables and enjoy the beautiful shoreline with friends, family, and fellow runners.

Once again, we thank you for your support of this exciting new race and we are certain you will be thrilled to be part of the inaugural year of this event. We look forward to seeing you on August 17, 2013.

Best wishes and happy running,  
Rochester River Chase



***Bringing out the olympian in you.***

# GVH Rochester River Chase 2013

## Course Map

### 10 Mile Handicap Race

"Chase 'em Down"

August 17th

8:00 am Start of 1st Wave



# Ontario Beach Park

