



Obatron Fitness

2024 Race Schedule

All races are in person. Registration is through RunSignUp.com. Our website is www.obatron.com. Like us at <https://www.facebook.com/ObatronFitness>.

All races offer finisher medals or medallions, an amenity kit, and opportunities to Earn Extras through Points Posts in our Facebook group page, Obatron Fitness Conversation Space, and other avenues. Points turn into raffle tickets for choose-your-own prize chances from us and any sponsors. Donating to our Charity Partner for a given race also earns you raffle prizes.

June Jaunt (West of the River Series: Race 1 of 3)

Distance: 5K

Race Date/Time/Location: Sunday, June 16 (Father's Day), 8:45 a.m. at Studio 22, 67 Old Hojack Lane, Hilton, New York 14468.

Shirt Cutoff: Register on or before May 29, 2024

Cutoff Time: 1 hour, 15 minutes (8:45 a.m. to 10 a.m.) with a pace of 24:12 per mile or faster

This race is mostly flat with slight elevation in the last mile. Race food features cold treats like frozen fruit and an ice cream bar.

June Jaunt is a Rochester Runner of the Year race.

The Potato Run (West of the River Series: Race 2 of 3)

Distance: 10K

Race Date/Time/Location: Sunday, September 1, 8:30 a.m. at Greece Canal Park (GCP), Towpath Shelter (near the Canal Path) 241 Elmwood Rd., Rochester, NY 14626

Shirt Cutoff: Register on or before August 14, 2024

Cutoff Time: 2 hours, 15 minutes (8:30 a.m. to 10:45 a.m.) with a pace of 21:46 per mile or faster

This race starts off with a short flat stretch before turning uphill, downhill, and back to flat within the first half a mile. Following the path out of the park, the next 1.5 miles or so is rolling hills. It returns to the park by way of the packed dirt Canal Path, leaving the hardest parts in first third of the race.

Food includes much potato goodness and historically offers a salt potato bar.

Nocturnal 12

Distance: As many miles as you want within 12 hours. Oct 19-20, 5 p.m. to 5 a.m.

Location: Lake Ontario State Parkway Trail at Island Cottage Road in Greece

Shirt Cutoff: Register on or before October 2

The course is a 2.06-mile out-and-back strip of wide pavement that runs gently between a wild life preserve and the parkway. It's mostly hidden from view by mature trees. It is mostly flat and is very foot-friendly.

Race features all-night food and beverage options for a wide variety of dietary needs. This is a specifically sober event.

Barbecue Bash Quarters (West of the River Series: Race 3 of 3)

Distance: 1-4 Quarters of a Marathon (6.55-26.2 Miles)

Race Date/Time/Location: Sunday, November 3 (Daylight Savings Time Ends), All start at 7:30 a.m. at Spencerport Depot and Canal Museum (SD&CM), 16 East Ave, Spencerport, NY 14559

Shirt Cutoff: Register on or before October 16, 2024

Cutoff Time: 7 hours (7:30 a.m. to 2:30 p.m.) for all options. 1 Quarter Pace: 1:04:07; 2 Quarters Pace: 32:04; 3 Quarters Pace: 21:22; 4 Quarters Pace: 16:02