

JUNE JAUNT 2024 PARTICIPANT GUIDE

Thank you for participating in June Jaunt in Hilton, NY, on June 16, 2024, 8:45 a.m. to 10 a.m.!

June
Jaunt:
5K
June
Hilton



The Potato
Run: 10K
September
Greece



Barbecue
Bash
Quarters:
1, 2, 3, or 4
Quarters of a
Marathon
November
Spencerport



West of the River Series
Race One, Two, or All Three Events

<https://runsignup.com/Race/NY/Rochester/WestoftheRiverSeries>

Following is information to help you enjoy the race and make your day as smooth as possible!

Packet Pick-up

Day 1, 10:30 a.m. to 12:30 p.m.

Greece Canal Park, Millennium Lodge Parking Lot, 241 Elmgrove Rd., Rochester, NY 14626

IMPORTANT: If you register on or after Friday, June 14, your packet will NOT be available at Day 1 Packet Pick-up. You will have to wait until the short window before the race to get it.

Enter the park and follow the road toward the lodge, which is the only building **at the end of the road** and is between the playground and tennis courts. If you turn left onto the road that is lined on both sides with trees, you haven't gone far enough.

The race director, Vicky Beaver, will have the packets and raffle containers at her car, not in a building or shelter! Look for her to be set-up either along the trees at the first entrance to the lot on the left or in greenway at the picnic tables accessible from the second entrance on the left. Her exact location will depend on where others have parked when she gets there and if the picnic tables are already in use.

Day 2, 8:00 a.m. to 8:30 a.m.

Studio 22, 67 Old Hojack Ln., Hilton, NY 14468

Race day packet pick-up is inside Studio 22. It will not be ready before 8 a.m. If you can avoid waiting until Day 2, please do. It will be much less hectic if you're able to get it on Day 1.

Packets will be at the front desk and raffle items will be nearby either in the cardio room or in the lobby. Put your tickets in before the race.

RACE DAY IN GENERAL

Arrival

Location

Studio 22, 67 Old Hojack Ln., Hilton, NY 14468

Parking

The Old Hojack building has two entrances, one each on the west and east sides of the building. There are spots on both sides of the building, but check-in for packet pickup is inside Studio 22, whose most direct parking is in the lot on the west side of the building. If you're coming from Lake Ave., the first entrance is the east entrance and the second entrance is the west entrance.

If parking is full at the host site, there is parking .3 miles from the gym at the Village Office & Hilton Community Center, 59 Heinz St., Hilton, NY 14468. Alternatively, there are a couple of businesses across the street from the gym, which are nearly, if not completely, closed during the time of the race. We have no agreement with them for using their lots, so parking there is at your own risk. That said, we didn't see any signage restricting parking for that time of day.

Check-In

8:00-8:30 a.m.

Go into Studio 22 to check in: get your packet, drop off any donations, turn in any coloring sheets for your Earned Extras, and enter the raffle. Check-in will be at the front counter when you enter. Donations will be dropped off nearby. Raffle items will also be nearby. Deposit your raffle tickets BEFORE the race!

Before the Race

Donations

We welcome donations to the Hilton Foodshelf and Kellar's Kats. Most urgent Foodshelf needs are listed on their Facebook page (<https://www.facebook.com/HiltonFoodshelf>):

Toilet paper	Dish Soap	Hand Soap	Deodorant
Kleenex	Laundry Detergent	Shampoo & Conditioner	Juice
Cookies & Crackers	Peanut Butter	Jelly	Canned Pasta
Baked Beans	Canned Fruit	Jell-O & Pudding	Pasta & Spaghetti
Pasta Sauce	Rice Sides	Pasta Sides	Tuna
Canned Chicken	Tops Gift Card	Wegmans Gift Card	Aldi Gift Card

Kellar's Kats Klubhouse is in the same lot, so we're excited to encourage folks to bring things for them, too. They can use cat litter, cat toys, and cat treats.

You get raffle tickets for donations to either charity.

Raffle

Every racer gets some raffle tickets to deposit into a jar corresponding to the prize they'd like to win. If you bring a donation or do the Earned Extras activities, you will get more tickets. There is no charge for raffle tickets. If you are a volunteer, there is a separate raffle for you! **Deposit the tickets before the race. Tickets will be drawn while you're racing or volunteering!**

Warm-up

Do some dynamic stretches, go for a short warm-up walk or run, and generally give yourself some time to get ready. There's a great indoor green space for it. Make it social! If you're chatting with someone, now you have a partner. 😊

Restrooms & Locker Room

There are restrooms inside the locker rooms. You may use the showers, too. Bring your own towel, lock, and toiletries.

Photo Opportunities

Take a picture with one of our adorable summer plushies, your sundae, your medal, or all of the above!

We will try to get pictures of finishers, but do not have a dedicated volunteer for that role. Any pictures we get will be posted to Obatron Fitness page and shared in the Obatron Fitness Conversation Space group on Facebook.

Start Line/Finish Line

8:45 a.m.

The start line is at the west entrance. Line up in order from fastest to slowest as much as possible. There is no timing mat at the start. You will face the road and immediately turn left. The finish is through the east driveway where you'll see the refreshment tent. When you finish the race, you will need to cross the timing mat to get your time.

During the Race

Course

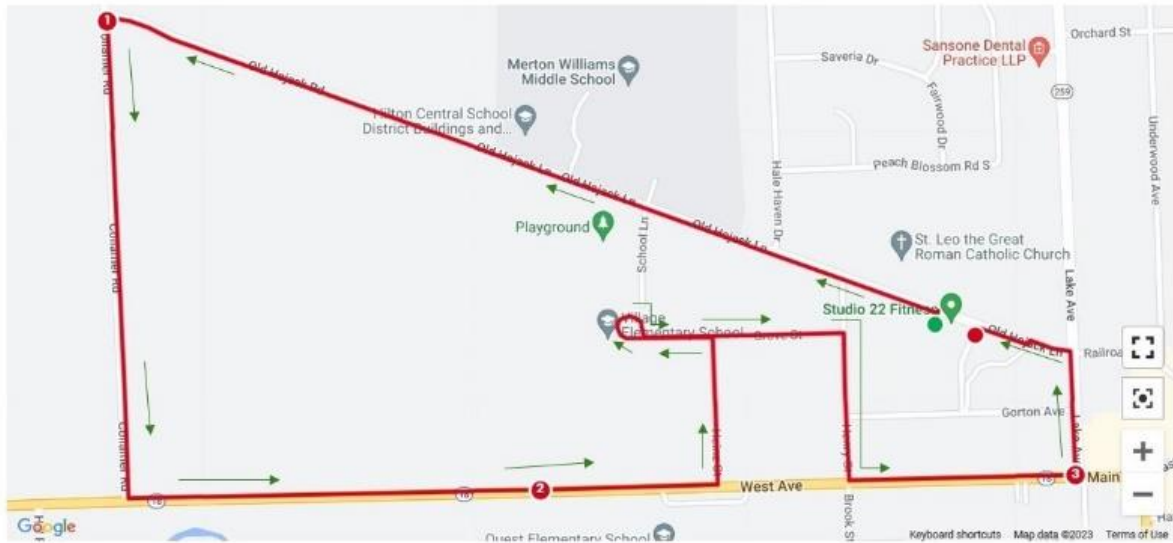
No roads are closed for the race! You will be on sidewalks for less than half a mile of the race. Beware of uneven surfaces, intersections, and driveways.

The course is super easy to follow with very few turns! You can see the course map at <https://www.mapmyrun.com/routes/view/5556356155>. The actual start/stop will vary slightly from what's depicted. There may not be volunteers at every turn. Look for chalk arrows and arrow stickers on the ground and signage with arrows affixed to road signs or on yard signs, particularly as you get back in town where you're on the sidewalk. You'll detour away from the long stretch of West Ave for a short trip through the neighborhood before you come back out and continue to the gas station at the light where you'll make your next left.

Turn-by-turn directions are in your race packet, complete with a map on the back side. Take them with you, if you have concerns about missing signage. All but one turn is to the left.

From the west parking lot: Left on Old Hojack, Left at Collamer, Left on West (using the sidewalk when you get back to it is safer), Left on Heinz, Left on Grover, around the cul-de-sac at the school continuing passed Heinz, Right on Henry, Left on West, Left on Lake, Left on Old Hojack, Left into the east entrance to the finish line.

June Jaunt 5K Route



Race Etiquette

- Racers should line up in order from fastest to slowest. Chat with each other to figure that out!
- Face traffic anytime you are not on a sidewalk; you won't be on one for long.
- Race single file when oncoming traffic is present.
- Pass other racers on the right.
- If you are coming to a stop or drastically changing pace, raise your hand to warn people behind you.
- If you need to spit, do so very clear of other racers.
- **Do not litter!**
- When you finish your race, move far enough beyond the finish line to not impede any racers behind you.

Aid Station

The aid station is located at your second “T” intersection, about the halfway mark. It will have water, Gatorade, and Gatorade Zero to drink. Your own bottles are encouraged but there will be cups. Please use the trash beyond the table or carry your refuse back to the gym. **Do not litter!**

Post-Race

Prizes

The top male, female, and non-binary finisher (pacers/escorts excluded) will be awarded a prize. Those racers are bumped from the age groups when any awards are available for age groups. The top male, female, and non-binary finisher of each age group for 2024 will get a prize. They're very modest. They're meant to be fun while still being useful. If you don't like your prize, please don't spoil it for others who enjoy our brand of playfulness and joy by complaining. Prizes will not be held, so do collect what you've earned before you go.

Collect Raffle Items

Check inside to see if you've won a raffle prize. Be sure to collect it as any not picked up will not be delivered later.

Refreshments

Race food is for racers and volunteers! If we have enough to share with spectators, we will after it becomes clear there is still ample food for remaining finishers. We believe the last finisher should have substantial offerings just like the first finisher. We ask your consideration of others to ensure everyone gets their fair share and food they can eat.

- Get only one serving until everyone else has had a chance to get theirs
 - There are a ton of toppings, so that serving won't be small unless you have a very limited number of things that interest you or that you can eat!
 - Frozen and fresh fruit, ice cream cones, Fla-Vor-Ice, sauces, syrups, and related toppings are for all interested racers and volunteers (**exception: leave the non-dairy Reddi-Wip for those who don't do dairy**)
- **Leave plant-based "ice cream" for those who don't eat dairy products**
- Don't take things to share with your non-volunteer spectators that exceed what you would have gotten just for yourself
- If you want more, stick around cheering the final finishers and we'll send you home with leftovers!

Cool-down

You're welcome to cool down inside on the green space or outside in the lawn. When you're done, consider hanging out near the finish line or strolling toward Salvatore's to cheer folks as they come to the final stretch.

Consider More Races

If you've had fun, tell everyone and consider more of our races! If you did not have fun, tell us - preferably after we're done and before you tell others so we can give you the attention you deserve and have an opportunity to address your concerns.

The Potato Run, 10K – September 1, Greece (Race 2 of West of the River)

Nocturnal 12 – October 19-20, 5 p.m. to 5 a.m., Greece (Overnight Endurance Challenge)

Barbecue Bash Quarters, 6.55 to 26.2 Miles (1-4 quarters of a marathon) – November 3, Spencerport (Race 3 of West of the River)

June Jaunt is a Rochester Runner of the Year race! Please consider racing others in the series to support our fellow participating race directors. See more at www.rochesterrunneroftheyear.org. Jungle Jog is next!

