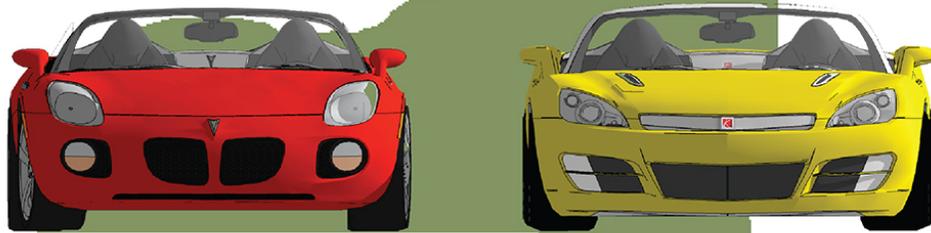


2019 NASSAM

IN A **KAPPA** STATE OF MIND



CORNING, ♥ NY. JUNE 11th-15th, 2019

RUN GUIDEBOOK

Issue Date: June 8, 2019

This guidebook has been prepared for 2019 NASSAM Road Captains and Participants, to provide additional information about each of the Runs available during the 2019 North American Solstice and Sky Annual Meet (NASSAM).

This guidebook as well as the Garmin GPX files and Google Maps links provided for Run navigation are provided for information purposes only.

All participants are responsible for operating their vehicles in a safe, responsible manner and for complying with all state and local traffic laws and safety regulations.

General Driving Notes

The State Speed Limit in NY is 55 mph. This speed limit will apply on many of the country backroads we will be driving on in between the populated towns and villages of the region.

Obey all posted speed limits, especially within the reduced speed limit zones in the many towns and villages on the run routes.

There are numerous railroad crossings in the region. Proceed slowly across all railroad crossings, as some are rougher crossings than others.

If you are participating in an organized Group Run and you decide to break off from the group to explore on your own, notify the Group Leader before splitting off.

Prior to departing on any Run, ensure your car has a full tank of gas. Many of the Runs travel over backcountry roads and avoid population centers so you may not encounter a gas station for many miles.

Additional costs associated with participation in the 2019 NASSAM Runs described in this guidebook are the sole responsibility of the participants. These may include, but are not limited to, admission fees to parks and other sights of interest, parking, meals and beverage tastings.

Consumption of alcohol while participating in any 2019 NASSAM Runs, either as part of a group or individually, will be at the sole discretion of the participant. If participants wish to engage in wine, beer and/or spirit tastings available at the many wineries, breweries and distilleries in the Finger Lakes Region, participants are encouraged to take advantage of one of the many commercial transportation options available, such as bus tours and private limousine tours.

NAVIGATION INSTRUCTIONS

Runs have been mapped in segments for ease of navigation and to keep file sizes manageable. Each run segment will begin and end at a designated stop on the run, either the Radisson Hotel, a pre-planned restroom stop or a Run Destination. Drivers should initiate navigation before leaving the designated starting point as noted in the title of each run segment.

Garmin GPX files are available for download at <https://nassam2019.com>

Smartphone navigation is also available using the Google Maps app. Hyperlinks to each segment are available on the NASSAM website at <https://nassam2019.com>. Prior to departing the designated starting point for each run segment, simply click on the correct hyperlink on your smartphone (with the Google Maps app already installed) and initiate navigation using the Start button on your screen. If using Google Maps for navigation, the app will notify you as you pass through each pinned waypoint along the route and ask if you want to exit navigation or continue on the planned route. Select Continue on your smartphone screen to continue on the run.

LETCHWORTH STATE PARK RUN

\$10 PER CAR ENTRY FEE TO LETCHWORTH STATE PARK IS REQUIRED FOR THIS RUN

Total Driving Time (not including lunch, bathroom breaks or time exploring the Park) - 4 hours, 182 mi

Part 1 - Letchworth State Park Run - Radisson to Portageville Entrance - 1 hour 45 minutes, 74 miles

At the Portageville Entrance, pay the \$10 entrance fee and proceed north on Park Road.

Recommended stops while in Letchworth State Park:

Upper Falls - Parking area is located on the right approximately 0.5 miles north of the admissions booth, immediately after the high bridge. There is a 200 step stone stairway down to the viewing area. Recommend you allow 15-30 minutes to descend the stairs, view the falls and climb back up.

Middle Falls - Approximately 0.5 miles past the Upper Falls parking area there will be a right-hand turn for Middle Falls parking area. Follow signs from the parking area to view Middle Falls.

Lower Falls - Approximately 1 mile past the turn for Middle Falls is a right-hand turn leading to the parking area for Lower Falls. Follow signs from the parking area to view Lower Falls. It is a short walk on the Gorge Trail to the Viewing Area, as well as to a set of stairs leading to a footbridge over the river.

After viewing the falls, proceed north on Park Road. Several Overlooks on the right-hand side of the road provide additional views of the gorge. Feel free stop at one or more of these areas.

Mt. Morris Dam Overlook Area - Located on the right approximately 1 mile before you exit the park, this is the last recommended stop inside the park. There is also a Gift Shop here for anyone interested in purchasing souvenirs.

Rest Rooms:

1 - Located near the Museum, on the left approximately 1 mile north of the Portageville Entrance Admission Booth, for those who may need a restroom upon arrival at the park.

2 - A second restroom is located at the Highbanks Recreation Area approximately 1 mile south of the final stop at Mt. Morris Dam. Recommend you stop prior to exiting the park and starting your return trip to the hotel.

Lunch Options:

Within Letchworth State Park - Caroline's Restaurant at The Glen Iris Inn, located on the right-hand side of Park Road, just after the turn-off for the Middle Falls.

Upon exiting Letchworth State Park at the Mt. Morris Entrance - Charred American Bar + Grill, 36 Main St., Mt. Morris, NY

Part 2 -Letchworth State Park Run - Mt. Morris Entrance to Radisson - 2 hour 10 minutes, 91 miles

Upon exiting Letchworth State Park from the Mt. Morris Entrance, initiate navigation for your return trip using the file/link titled "Letchworth State Park to Radisson" (GPX file on Garmin devices or google maps link if using your smart phone).

Driving notes:

If you choose to stop for lunch in Mt. Morris, I recommend initiating your return trip navigation while still at the Mt. Morris Entrance to Letchworth State Park to avoid any errors using the Garmin file or google maps link.

Stephens Gulch Road has undergone recent road patching after replacement of drainage pipes under the road resulting in some uneven pavement. Proceed with caution over these sections of road.

ITHACA WATERFALLS RUN

\$8 PER CAR ENTRY FEE IS REQUIRED FOR ENTRY INTO BUTTERMILK FALLS AND TAUGHANNOCK FALLS (One-Day Pass for use at all stops)

PARKING IN ITHACA WILL COST \$1 PER HOUR IN A PUBLIC PARKING GARAGE

Total Driving Time (not including lunch, bathroom breaks or time exploring the Falls) -
3 hours 10 minutes, 124 miles

Part 1 - Ithaca Waterfalls Run - Radisson to Ithaca - 1 hour 50 minutes, 68 miles

You will enter Buttermilk Falls State Park at the lower parking area first. At the entrance, pay the \$8 parking fee and park your car to explore the Falls. You will receive a date-stamped ticket that is a one-day pass and will cover your entrance into the remaining state park areas you will visit on this run.

Buttermilk Falls is directly accessible and visible from the parking lot in the lower area. There are 9 or so other waterfalls, accessible by hiking the Gorge Trail.

Recommended Optional Hike: Gorge Trail to Rim Trail (approximately 1 mile). From the base of the Falls, ascend steeply on the Gorge Trail on the right-hand side of the Falls. At approximately 0.4 miles cross the bridge over Buttermilk Creek and turn left to descend down the Rim Trail. The Rim Trail brings you back down to the lower parking area.

Exit the lower parking lot of Buttermilk Falls State Park and continue navigation to the upper parking lot. Show your one-day pass at the entrance for access to this section of the park.

There is a water crossing on the Park Road headed to the parking area. Proceed to the parking area where you may stop for a restroom break if needed, then proceed back down the Park Road to continue the run.

Ithaca Lunch & Shopping: Park in the Seneca Street Parking Garage on the corner of E Seneca Street and N Tioga Street. Entrance to the parking garage is on N Tioga Street. There is a parking fee of \$1 per hour at this garage.

Proceed on foot across E Seneca Street to Ithaca Commons, a pedestrian mall in Downtown Ithaca for lunch and shopping opportunities. Enjoy lunch and shopping and then return to the parking garage to continue on the run.

Part 2 - Ithaca Waterfalls Run - Ithaca to Radisson - 1 hour 20 minutes, 5.6 miles

Proceed from the parking garage in Ithaca to Taughannock Falls State Park. There will be three stops at Taughannock Falls programmed into the run route.

Taughannock Falls Stop #1 - Turn left off of NY-89 into the Gorge Trail parking area. Show you one-day pass at the entrance for access to this section of the park. From this area, you can see the Lower Falls just a short walk down the cinder trail.

Taughannock Falls Stop #2 - Exit the Gorge Trail parking area and turn left to continue run navigation. Pull into the parking lot at the Falls Overlook to view the main falls. There is also a restroom and small gift shop here.

Taughannock Falls Stop #3 - Exit the Overlook parking area and turn left to continue run navigation. Pull into the dirt parking area on the left on Jacksonville Road to view the upper falls. There is a short hike with a steep climb up a narrow path to the bridge over the falls for those that want to get the best view of the upper falls.

After enjoying your time at Taughannock Falls, resume navigation and proceed back to the Radisson.

FINGER LAKES RUN

Total Driving Time (not including lunch in Skaneateles or winery/brewery/distillery stops) -

4 hours 13 minutes, 189 miles

Part 1 - Finger Lakes Run - Radisson to Skaneateles - 1 hour 57 minutes, 89 miles

This run will proceed north and through the village of Watkins Glen before proceeding along the shores of Seneca Lake and Cayuga Lake. Participants may stop at any number of the wineries, breweries and distilleries along the shores of these lakes at their own discretion. If you are participating in an organized group run, notify the Group Leader if you decide to break off from the group to explore on your own.

Parking in Skaneateles:

Navigation will direct you to the free municipal parking lot at 26 Fennel St, Skaneateles, NY. If this parking lot is full, proceed to the pay lot at 24 Jordan Street where parking is \$0.75 per hour. Walk back down towards the lake and have lunch at one of the numerous restaurant on Genesee Street.

Lunch recommendations in Skaneateles:

Elephant & The Dove, 9 E Genesee Street - Authentic Mexican Cuisine, closed Tues and Wed

Sherwood Inn, 26 W Genesee Street - Hotel with several dining options

LakeHouse Pub - 6 W Genesee Street - Traditional American Cuisine

Part 2 - Finger Lakes Run - Skaneateles to Radisson - 2 hours 16 minutes, 99 miles

Your return from Skaneateles will take you south along the eastern shore of Skaneateles Lake before cutting back southwest through Ithaca and back to the Radisson.

FINGER LAKES 2 RUN - SODUS POINT

Total Driving Time (not including lunch in Sodus Point, bathroom breaks or winery stops) -

4 hours 50 minutes, 208 miles

Part 1 - Finger Lakes 2 Run - Radisson to Sodus Point Beach - 1 hour 52 minutes, 87 miles

The run will proceed north and through the village of Watkins Glen before proceeding along the western shore of Seneca Lake and north to the Sodus Point Beach Park on the southern shore of Lake Ontario. Participants may stop at any number of the wineries, breweries and distilleries along the shore of Seneca Lake at their own discretion. If you are participating in an organized group run, notify the Group Leader if you decide to break off from the group to explore on your own.'

Lunch in Sodus Point: After enjoying your stop at Sodus Point Beach Park, you can grab lunch at one of the restaurants along Grieg Street or in town before beginning your return trip. Park along the baseball fields or in the municipal lot for lunch.

Part 2 - Finger Lakes 2 Run - Sodus Point Beach to Radisson - 3 hours, 121 miles

Your return to the Radisson will take you south along the shores of Canandaigua Lake and Keuka Lake where there are additional wineries that participants may visit at their own discretion.

Bathroom break: There is a Kwik Fill Gas Station with a restroom at 190 S Main Street, Naples, NY, approximately an hour and half into your return trip.

ANIMAL ADVENTURE PARK RUN

AN ENTRY FEE TO ANIMAL ADVENTURE PARK IS REQUIRED FOR THIS RUN IF YOU WOULD LIKE TO GO INTO THE PARK.

Total Driving Time (not including lunch, bathroom breaks or time exploring the Park) -
5 hours 10 minutes, 205 mi

Part 1 - Animal Adventure Park Run - Radisson to Speedway Apalachin - 1 hour 40 minutes, 69 miles

The run will proceed east and cross the NY/PA border several times before arriving at the Speedway Gas Station on NY-434 for a restroom break.

Part 2 - Animal Adventure Park Run - Speedway Apalachin to Animal Adventure Park - 1 hour, 39 miles

At the Speedway Gas Station, initiate navigation for the second segment of the run and proceed to the Animal Adventure Park in Harpursville, NY - home of April the Giraffe.

Admission to The Animal Adventure Park is \$13.99 + tax for adults and \$12.99 + tax for seniors (65+ years and older). Plan to spend about an hour at The Animal Adventure Park before heading to the Spiedie & Rib Pit in Binghamton for lunch.

Part 3 - Animal Adventure Park Run - Animal Adventure Park to Spiedie & Rib Pit- 32 minutes, 16 miles

The Spiedie & Rib Pit is located at 1268E Front Street #2, Binghamton, NY. The restaurant is attached to Monro Auto Service and Tire Center. If you miss the turn into the lot, proceed the the traffic light and turn left into the shopping plaza where you can enter the Spiedie & Rib Pit parking lot from the back. Try one of Binghamton's

famous spiedie sandwiches, a local favorite. Picnic tables are available outside in addition to several tables in the restaurant.

Part 4 - Animal Adventure Park Run -Spiedie & Rib Pit to Radisson - 1 hour 53 minutes, 82 miles

To begin your return trip to the Radisson, initiate navigation, proceed out the back of the Spiedie & Rib Pit parking lot, and exit the shopping plaza at the traffic light where you will turn left onto Front Street/US-11 South.

WATKINS GLEN RUN

\$30 PER CAR FEE TO DRIVE THE GLEN IF YOU WISH TO PARTICIPATE IN PACE CAR LAPS

Total Driving Time (not including lunch or laps at Watkins Glen) - 1 hours 20 minutes, 48 miles

This run has been mapped as one continuous loop.

You will depart from the Radisson and drive to Watkins Glen International where you will have the opportunity Drive The Glen and do 3 laps behind a pace car for \$30.

After your visit to Watkins Glen International, you will proceed to the village of Watkins Glen where you can stop for lunch or dinner before returning to the Radisson.

NOTE: Road construction is scheduled to begin in the village of Watkins Glen on or about June 12th. This may impact travel to lunch/dinner as you drive through the village.

COOPERSTOWN/BASEBALL HALL OF FAME RUN

\$2 PER PERSON TROLLEY PASS, PLUS ADMISSION TO THE BASEBALL HALL OF FAME

Total Driving Time (not including lunch or visit to Baseball Hall of Fame) -

5 hours 45 minutes, 308 miles

This run has been mapped as one continuous loop.

You will depart from the Radisson and drive on the freeway to the Trolley Yellow Lot in Cooperstown. Parking in the Yellow Lot is free and you may purchase an all-day pass to ride the Cooperstown Village Trolley for \$2 per person. The trolley will take you to the Baseball Hall of Fame and other points of interest in Cooperstown.

If you wish to park in Downtown Cooperstown instead, it costs \$14 to park for the day in a village lot, or \$2 per hour at metered street parking, with a 2 hour maximum stay.

Once you have completed your visit to the Baseball Hall of Fame and Cooperstown, you will take a more scenic drive through the country to return to the Radisson.

Bathroom stops have not been designated on this route due to the length of this run.