

2010 MVP HEALTH CARE ROCHESTER MARATHON

MILE MARKER #	WATER STOP LOCATION	# of PORT-A POTTIES	COURSE NUTRITION (All stops have Water)
START	Andrews Street Bridge	30	
2	935 East Avenue		
3	Wegmans: East & Winton	2	
5	Firehouse @Linden/East Avenue		Gatorade
6.5	#1 Relay Stop: St. John Fisher Park & Ride Lot	2	
7	E. Rochester High School: 200 Woodbine Avenue		Gatorade
8	Tim Hortons: 908 Fairport Road		
9.5	Perinton Park - Fairport Crew Building	2	Gatorade & PowerBar Gel
11	Ayrault @ Erie Canal		
12.5	#2 Relay Stop: Burgundy Basin/Erie Canal	2	Gatorade
13.5	Embankment Park @ Erie Canal		
15.5	Del Monte @ Erie Canal		Gatorade & PowerBar Gel
17	Clover @ Erie Canal		Gatorade
18	Edgewood @ Erie Canal		Gatorade
20	#3 Relay Stop: Clinton @ Erie Canal	2	PowerBar Gel
21	Kendrick @ Erie Canal		Gatorade
22	Genesee Valley Park @ Erie Canal		Gatorade
23.5	Wilson Blvd. -U of R		Gatorade
24.5	Ford St. & Exchange		Gatorade
FINISH	26.2 FINISH LINE		Gatorade
5.5 - Half Course	Clinton & Highland		Gatorade
7 - Half Course	Brighton Town Park – Shelter in Park	2	PowerBar Gel