

The Beast of Burden Ultra Marathon

Crew & Support Team Guide



There are 3 aid stations along the course, the Start/Finish, Gasport (a big No-No for crew/support) and Middleport. Since nobody is allowed at Gasport you should go to Orangeport Road. There you'll be able to access the towpath from the parking lot. Route 31 will allow you to reach access point since it runs parallel with the canal.

From Start/Finish to Orangeport:

- Travel East on Market Street with the canal on your left until you reach the stop sign.
- Turn right at the stop sign onto Cold Springs Rd. and go up the hill to the traffic light.
- Turn left at the light onto Route 31 (Chestnut Ridge Rd.)
- Follow Route 31 approximately 6 miles and turn left onto Orangeport Rd.
- Cross the railroad tracks and the bridge. Take the first right after the bridge and follow to end for parking and canal path access.

To Middleport Aid Station (20 Main St, Middleport, NY 14105):

- Continue East one Route 31, approximately 6 miles past Orangeport Rd.
- Turn left onto South Main St.
- Look for the aid station on the left side of Main St, near the laundromat.

