

SWEET HAPPENINGS

START LINE

5:00AM - 1:30PM

SARATOGA SPA STATE PARK -
19 ROOSEVELT DRIVE
SARATOGA SPRINGS, NY 12866

TEAM CHECK -IN/ PACKET PICKUP (VAN #1)
SAFETY GEAR CHECK/ SAFETY BRIEFINGS (VAN #1)
HYDRATION STATION
PETZL
RAGNAR MERCHANDISE
FREE FRUIT COURTESY OF PRICE CHOPPER AND HANNAFORD



EXCHANGE 6

7:30AM - 6:30PM

GAVIN PARK - 10 LEWIS DRIVE
SARATOGA SPRINGS, NY 12866

TEAM CHECK-IN /PACKET PICKUP (VAN #2)
SAFETY GEAR CHECK/ SAFETY BRIEFINGS (VAN#2)
FIRST AID STATION
FREE GRANOLA STATION
HYDRATION STATION
MUSIC
SARATOGA SPRINGS TOURISM INFORMATION
GROUP-BASED EXERCISES BY NASM CERTIFIED TRAINERS- 9:00 AM-5:00 PM

Corrective Pilates-based exercises for warm-up, toning, stretching, and cool-down



PROTEIN SCIENCES

NUUN

CLIF BAR



EXCHANGE 12

11:30AM-12:00AM

MILLION DOLLAR BEACH - BEACH ROAD
LAKE GEORGE, NY 12845

FREE SHOWERS AND INDOOR TOILETS
OUTDOOR SLEEPING ON THE BEACH
FIRST AID STATION
HYDRATION STATION
CONCESSION SALES, BRING CASH:

*Veggie Burgers, Cheeseburgers, Grilled Chicken, Fries, Nachos, Onion Rings, Pretzels, Pepsi Products
Prices range from \$2.75-8.25 for a meal*

EXCHANGE 18

7:00PM-5:00AM

TICONDEROGA MIDDLE SCHOOL -
116 ALEXANDRIA AVE
TICONDEROGA, NY 12883

FIRST AID STATION
HYDRATION STATION
OUTDOOR SLEEPING
TICONDEROGA HIGH SCHOOL FUNDRAISER:

*Indoor showers and toilets: \$2
Indoor sleeping: \$1
Pasta dinner w/salad and roll: \$5
Coffee: \$1*

EXCHANGE 24

10:30PM-9:00AM

ESSEX COUNTY FAIRGROUNDS - 6634 MAIN ST
WESTPORT NY, 12993

FIRST AID STATION
HYDRATION STATION
INDOOR/OUTDOOR SLEEPING
WHY KNOT PIZZA CONCESSIONS, BRING CASH:

*By the slice: \$2.50 cheese, \$3 pepperoni,
\$3.50 specialty*

DACY MEADOW FARMS CATERING, BRING CASH:

BBQ sandwiches, various soups, homemade pie, cider, coffee, \$3-6

EXCHANGE 30

3:00AM-3:00PM

PATTNO AND GALE MEMORIAL PARK- 219 GROVE RD
AU SABLE FORKS, NY 12912

FIRST AID STATION
HYDRATION STATION
OUTDOOR SLEEPING
PANCAKE BREAKFAST FUNDRAISER, BRING CASH
AND SUPPORT A GOOD CAUSE:

Plate of Pancakes and Syrup: \$5, Coffee or Hot Chocolate: \$1

FINISH LINE

9:00AM-8:00PM

LAKE PLACID HORSE SHOW GROUNDS - 5512 CASCADE ROAD
LAKE PLACID, NY 12946

HYDRATION STATION
FIRST AID STATION
RAGNAR HQ, LOST & FOUND, SHIRT SWAP
RAGNAR MERCHANDISE SALES
TEAM PHOTOS TAKEN AND PRINTED ONSITE:

One Free Per Team, Additional Available For Sale

LAKE PLACID PUB AND BREWERY

\$1.00 Beer

Fresh wraps, grill

FREE PIZZA FROM MR MIKE'S PIZZA

1 Per Van

FREE MASSAGE

MUSIC

NUUN

MONSTER ENERGY REHAB

PEACE TEA



PHOTOCARD DAY
-PRINTED ON LOCATION-



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