



Friends of Salt Springs Park

August 2013

www.friendsofsaltspringspark.org

570-967-7275

We have the trails, now how about a race?

Saturday, August 31, 8:30 a.m.

The first Salt Springs Fields, Forest and Falls Trail Race starts at 8:30 a.m. on Saturday, Aug. 31, a new addition to our annual Celebration.



There are two courses: a 2.5-miler that is good for those new to trail racing and a 5.5-miler that will satisfy more experienced runners.

Both courses will start at the pavilion and proceed up Salt Springs Road before heading on to the Meadow Trail and Silver Creek Trail. The short course ends in the field behind the barn, while the long course continues up Hemlock Trail to Bunny Trail and back to the barn via the Gorge Trail.

Trails used for both courses offer technical challenges and varied terrain. They will be clearly marked and there will be several water stops.

Cost is \$10 if registration is received by Aug. 24, or you can register the day of the race for \$15. Registration opens at 7 a.m. and closes at 8:15 a.m.

After the race, stick around for prizes and the Celebration!

Download the registration form at www.friendsofsaltspringspark.org/html/racereg_13.pdf.

If you have questions, or would like to volunteer, email Diana Bean at dbean0120@gmail.com.

Annual Salt Springs Celebration

Saturday, August 31, 11 a.m.–5 p.m.

Salt Springs Park is the only Pennsylvania state park funded and managed by a nonprofit group of volunteers—the Friends of Salt Springs Park. The Celebration is the Friends' annual event to showcase our work and this fine park, as well as the adjoining 437 acres we own and manage for public use. See what's new in the park this year.

For your enjoyment we provide an afternoon of free music, activities for young and older, hikes and demonstrations, and exhibits. You can support our work by purchasing some lunch and items in our gift shop and joining in the silent auction and raffles.

Here are couple new additions to the festivities this year:

Jim Johnson, of Binghamton, will fly his remote-controlled helicopter. It is mounted with a video camera, and we'll get to see what the camera sees as it flies over the park.

Ann Baldwin, of Shooting Star Farm, Brackney, will bring a couple alpacas and do some spinning, carding, and felting.

Reuben Everitt is providing hay rides.

At 1:00 p.m., Wheaton House front porch, meet Bob Marley (okay, Winterstein). New to our "stage" this year to play original and borrowed acoustic guitar and self-written songs, Bob will be an entertaining addition to our Salt Springs musical family.

Mark Your Calendars

TONIGHT: Perseid Meteor Shower Viewing. Sunday, August 11, 8:30 p.m.

Meet at the Wheaton House and walk out to the field. Bring chairs, telescopes, and snacks to enjoy this annual light show of "falling stars." We'll have a bonfire if it's chilly. Someone from Kopernik Observatory will be on hand to talk about this phenomenon. **Free.**

Cliff Trail Hike. Saturday, August 17, 11 a.m.



Concetta Schirra will lead a hike to the top of the Cliff Trail, where we'll see and learn about vernal pools. This is a long, strenuous hike. Pack a lunch and we'll have a picnic along the way. The hike will be paced accordingly. **Meet at the Buckley Road parking lot (south side of the road). Fee: \$5, members; \$10, nonmembers.**

Full Moon Bike 'N Bonfire. Wednesday, August 21, 6-8:30 p.m.; bonfire at 9:30. Bike the roads that border the park and the Friends land. Four, 8, and 12 mile loops will be considered based on interest. For adults only. End the evening after the ride, or join us just before moonrise (9:46 p.m.) with a relaxing bonfire. Bring food to share. **Free.**

Mushrooms and Mycelia. Sunday, August 25, 1 p.m.

How much do we really know about mushrooms? From fairy tales to scientific research, the world of "fungus among us" is amazing and often misunderstood. Learn about these living organisms in a brief discussion and slide show and then a trail walk. Bring sturdy shoes, cameras, and resource books if you have any. **Free.**



Upper Fall Brook Trail Hike. Saturday, August 31, time tba. Concetta Schirra will lead a hike along the upper part of Fall Brook Trail. **Fee: \$5, members; \$10, nonmembers.**