

Salt Springs Field, Forest and Falls Trail Race

8:30 a.m. Saturday, Aug. 31, 2013

Salt Springs Park, Franklin Township, PA



Choose the 2.5-mile loop or the 5.5-mile loop through Salt Springs Park — there is a course for both new and experienced trail runners! This race takes you through meadows, past the park's namesake salt spring, through old-growth forests, past "Penny Rock" and along the gorge overlooking the park's iconic waterfalls. Stick around after the race for the annual Celebration (food, fun, art, silent auction, hiking).

This race is sponsored by the Friends of Salt Springs Park, a nonprofit group that manages the 842-acre park. Learn about the park at www.friendsofsaltsspringspark.org.

When: Registration opens at 7 a.m. and closes at 8:15 a.m.

Where: Salt Springs Park is in Franklin Township, 6 miles north of Montrose, Pa., and approximately 23 miles south of Binghamton, N.Y. From Montrose, go north on Route 29, turn left onto Silver Creek Road (state route 4008). From Binghamton, take I-81 south to Exit 1 in Kirkwood. Cross the bridge and turn left onto Route 7. At the intersection of Route 7 and 7A (at light), turn right on Route 7, which will become Pa. State Route 29. Turn right onto Silver Creek Road (state route 4008). The park is located about 1 mile up Silver Creek Road.

Entry fee: \$10 if postmarked by Aug. 24. \$15 day-of. No refunds.

Distance: Choose the 2.5-mile loop (perfect for new trail-racers and kids) or the 5.5-mile loop.

Facilities: There are bathrooms with composting toilets. Water will be provided on the course.

Parking and registration: Park in designated parking (easy to spot). Registration and starting line will be at the pavilion (to the left as you enter the park, before you cross bridge.) No parking at pavilion.

Awards: First male and female; other categories will be at the whim of the race director.

Safety: There will be no medical or rescue personnel on-site. By entering this race, you agree to be responsible for yourself and your actions, to know your limitations and to govern your level of competition accordingly. It is possible to sprain an ankle, break a bone, tumble down a hill, trip, slip and be stung by insects. If you have allergies, carry your medication with you. The trails will be clearly marked.

The course: The race starts on a wide dirt road with a gradual climb before traversing a gate and picking up the Meadow Trail, which winds in and out of meadows and woods. The course will take a sharp right turn onto Silver Creek Trail and go down a steep, winding hill and then run through the woods above Silver Creek. Look for old stone walls and trees twisted by tornadoes (on second thought, watch your feet!)

The path drops down into a field west of the barn, and runners will ascend stairs to run in front of the Wheaton House (park office). There will be traffic and people here, so use caution!

Cross the road and continue over the footbridge, past the salt spring and up more stairs to access the Hemlock Trail. This trail follows the east side of Fall Brook, climbing into old-growth hemlock forest. Part of the trail is a boardwalk, which can be slippery when wet. Run past Penny Rock on your left (look for the thousands of pennies pounded into the layers of rock) and look over the edge of the gorge on your right and see the falls (climb them later to cool off!)

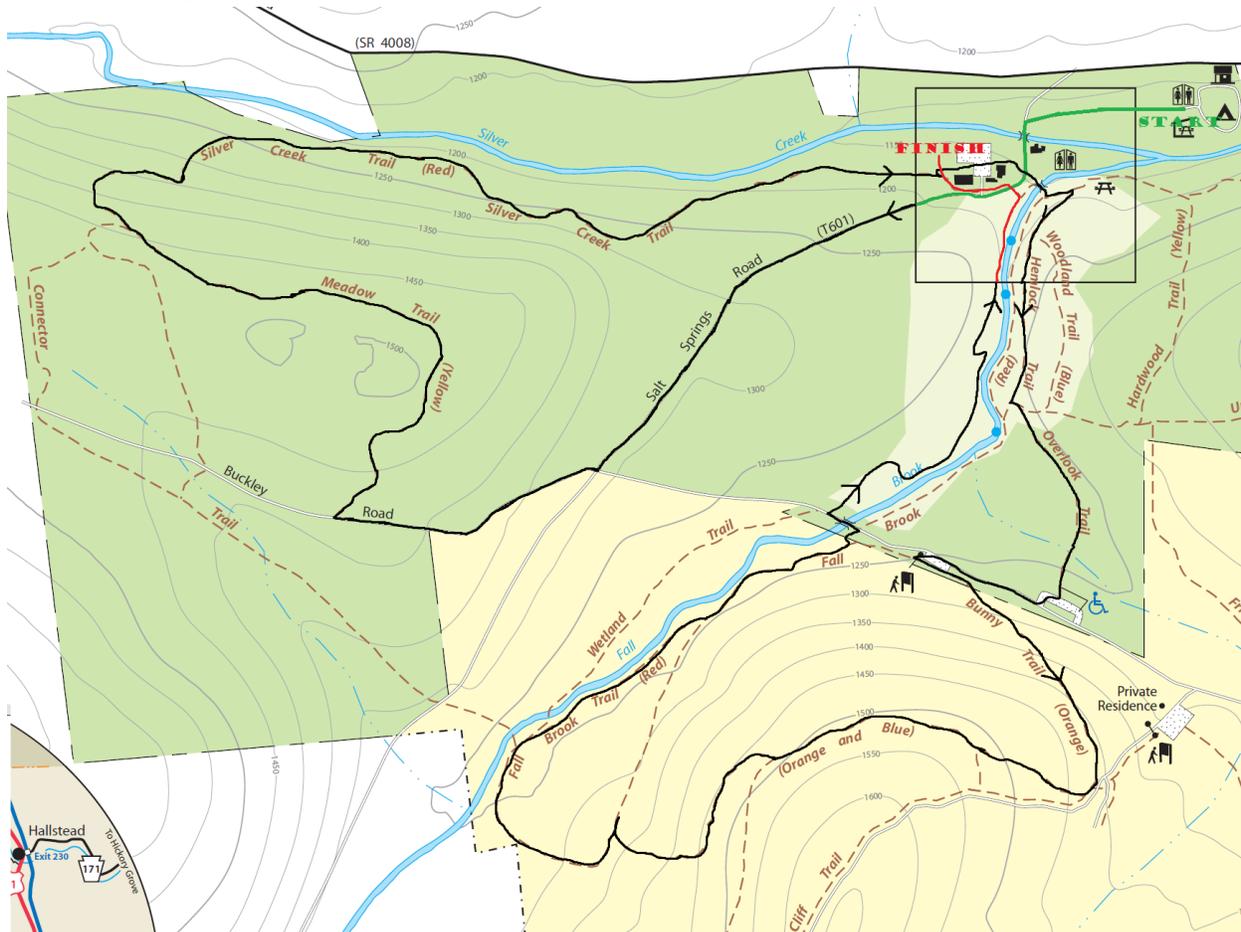
The trail will end at the handicapped parking spot on Buckley Road. This is where the two distances diverge.

Short course: Turn right onto Buckley Road, cross the bridge and turn right onto the Gorge Trail. (Jump to “Home Stretch” for the end of this course.)

Long course: Turn right on Buckley Road, run to the small parking lot on the left and turn left onto the Bunny Trail for a romp through woods and fields before hopping over to Fall Brook Trail. At the tail end, rejoin the Bunny Trail and end up back in the parking area. Turn left on Buckley Road, cross the bridge, then turn right onto the home stretch of the circuit, the Gorge Trail.

Home stretch: For both distances, the Gorge Trail takes you up in a meadow before dropping you down into the woods at the top of the falls, where you will run on a narrow path that takes you increasingly higher above the rushing waterfalls. Finish with a short, steep descent, crossing the road where it all started. Run behind the newly renovated barn down into the field for the finish line!

(Map shows long course; short course omits the Bunny and Fall Brook loop at bottom)



Ready to race? Fill out the form below, PLEASE PRINT, and make sure to sign the waiver. Don't forget your check, and get it in the mail so it's postmarked by Aug. 24. Race-day registrations accepted.

Entry form for Salt Springs Field, Forest and Falls Trail Race

Name _____

Address _____

City and state _____ Zip _____

Phone _____

Sex _____ Age on race day _____ Date of birth _____

Email (print clearly!) _____

Next of kin (name & number) _____

2.5-mile loop _____ 5.5-mile loop _____ (you can change this at registration)

Make checks payable to: Friends of Salt Springs Park **Amount enclosed \$** _____

Mail to: Diana Bean
180 W. Lake Road
Brackney, Pa. 18812

Questions: Call Diana (race director) at 570-663-2714 (evenings) or email her at dbean0120@gmail.com.

WAIVER:

I, the undersigned, accept responsibility for myself and for any injuries I may incur during this Salt Springs Field, Forest and Falls Trail Race. I have read this application and I fully understand that participating in this event may be dangerous to my health. I am aware of and assume all risks of participation including, but not limited to, sprained ankles, cuts, bruises, broken bones, insect bites, lacerations, other serious injuries or death. I have trained sufficiently for this event and understand I will be running on sometimes narrow trails and uneven terrain. I will not hold any of the organizers, landowners, Friends of Salt Springs or any agency in Pennsylvania, nor any volunteers, responsible. My actions and mishaps are accountable to no one but myself. I agree to withdraw from the race if so instructed by a race official. I fully understand that there will be no medical or rescue personnel on the course. I grant the race organizers the free use of my name and any photos or videos of me for any use related to the race that they see fit. I acknowledge that my entry fee is not refundable, even if the race is canceled by an act of nature or man.

Date _____ **Signature** _____

If participant is under 18 years of age, a parent must also sign this waiver.

Date _____ **Signature** _____