

Salt Springs Field, Forest & Falls Trail Race

9 a.m. Saturday, Sept. 3, 2016

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 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 7:30 a.m. and closes at 8:30 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 becomes Pa. State Route 29. Turn right onto Silver Creek Road (state route 4008) (landmark is Snake Creek Marine). The park is located about 1 mile up Silver Creek Road.

Entry fee: Cost (without T-shirt): \$10 if registered by midnight Sept. 1 or \$15 day of. Want a T-shirt? Cost is \$10 for the shirt and it MUST be ordered by Aug. 24. No refunds.

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

Awards: First male and female in each race. Other prizes are given by raffle.

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 at the pavilion near the campsites. It turns left on Salt Springs Road, crosses the bridge and curves right behind the Wheaton House (park office), making a gradual climb. Stay right on (unmaintained) Buckley Road at the Y. Just past the gate, turn right and pick up the (yellow) Meadow Trail, which winds in and out of meadows and woods. The course will take a sharp right onto (red) Silver Creek Trail and go down a steep, winding hill and then run through the woods above Silver Creek.

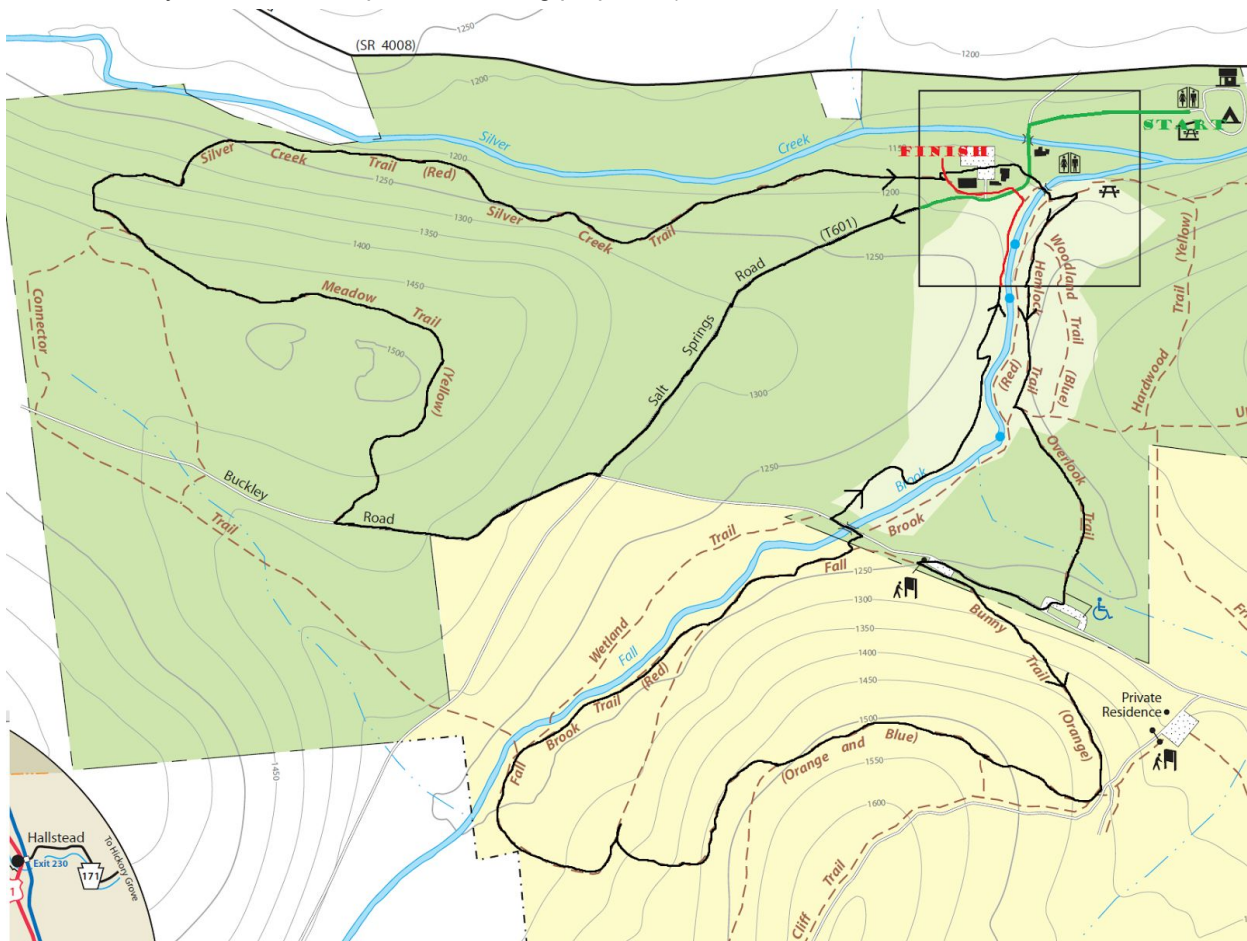
As you get closer to the creek and the main part of the park, look for a stone wall. Just past it, look for a sharp turn to the left and a steep drop down into a field that runs behind the barn. The course crosses the field toward Silver Creek, runs along the creek a short bit before turning right and heading past the Williams Pavilion (registration site). Short-course runners will go to the parking lot, turn right, go to the stop sign, turn right and drop down behind the barn and head to the finish line.

Long-course runners will cross the parking lot and ascend the stairs to run in front of the Wheaton House. 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, which climbs the hillside. At a fork in the trail (marked with pavers), bear left on the (blue) Woodland Trail. Follow until it curves right and intersects with the wide Overlook Trail.

Turn left on Overlook (handicap-accessible). The trail will end at the handicapped parking spot on Buckley Road. Turn right on Buckley Road, run down to the small parking lot on the left and enter the lot. On the left is the entrance to the Bunny Trail (you'll be looping back to this lot). Run up the Bunny Trail to the woods and turn left. At the intersection with the logging road, turn right. At the next intersection, turn right again into a field (still the Bunny Trail). Run through the berry patch and into the woods. Leave the Bunny Trail (turn left) for the (red) Fall Brook Trail and follow it until it rejoins the Bunny Trail. Soon you'll be back in the parking lot where Bunny started.

Turn left onto Buckley Road, run over the bridge, look for the entrance to the (blue) Gorge Trail on the right. Follow the Gorge Trail through woods, briefly into a field, then back down by Fall Brook. Soon you will run on a narrow path that takes you increasingly higher above the rushing waterfalls. Finish with a short, steep descent toward Salt Springs Road. Make a quick left and run behind the barn for the finish line.

(Map shows approximation of both courses. Short course is top loop; long course is both loops. Map does not detail every turn, but is adequate for training purposes.)



Ready to race? Register online at RunSignUp.com or 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 if you want a T-shirt and Sept. 1 if you don't. Race-day registrations accepted.

Entry form for Salt Springs Field, Forest & Falls Trail Race
online registration also available at RunSignUp.com

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)

Cost: \$20 with T-shirt, register by Aug. 24 OR \$10 without T-shirt, register by Sept. 1 OR \$15 day of

T-shirt size, (men's): S M L XL Youth: S M L

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 & Falls Trail Race. I have read this application and 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 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. 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** _____