

On The Rocks Trail Run

At Rocky Ridge County Park, York, PA

Saturday, August 21, 2010

****7:30 AM* 250 Entry Limit****

Rain Date: Sunday, August 29, 2010

8.3 Mile Trail Run, Total vertical climb is OVER 1,900 feet.

(Measured with a GPS Watch)

****DO AN OFF ROADING EVENT WITH YORK ROAD RUNNERS CLUB****

Course Surface Description:

Rocks, Little Rocks, Some Big Rocks, Some dirt with rocks, Rocks with dirt, gravel with rocks, rocks with little rocks, few tree roots, and some groomed to grassy trail sections.

Course Description:

I consider the first mile to be fast, and the second mile has a climb and plateaus out. The third mile is also very fast, and the fourth mile has a climb that plateaus out at the 1st aid station. The fifth mile is a very fast mile (the flattest mile in the whole race). The sixth mile starts with a fast technical downhill, which is an up & back, but the end of mile six is downhill. The seventh mile has the longest climb and the next aid station. The last portion of the race will consist of a flat section, a fun fast downhill and a scenic uphill climb to the finish. Check out the web page for course map, turn sheet, and pictures. (<http://ontherockstrailrun.webs.com>)

Participants:

Runners and hikers are welcome but you must be able to complete this 8.3 miles in 3 hrs. The 1st aid station must be reached in 1 1/2 hrs and the second aid station in 2 ½ hrs. There will be no exceptions for any participants. Participants MUST BE Over 18 years of age for safety reasons.

Warning: *If you cannot run/hike on the road without tripping or stumbling this race is not for you. If you haven't done much trail-running, and are primarily a road-runner, this course will provide a very unique/difficult/breath taking experience. Please visit the park and check out the course map and turn sheet before signing up. (Web page: <http://ontherockstrailrun.webs.com/>)*

Entry Fee: \$25.00 POSTMARKED BY Aug. 5, 2010.

\$30.00 POSTMARKED After Aug. 5, 2010 & Race Day Registration (No Shirt)

Race Shirts:

The 1st Annual ON THE ROCKS TRAIL RUN race shirt will be a Wicking Tech Shirt which retails for about \$24. The race application must be postmarked by August 5, 2010 to receive a shirt. Application post marked after August 5, 2010 and race day registrants will not receive t- shirts.

Refreshments:

Will be served after the event for the participating runners/hikers and volunteers.

Volunteers Needed:

Volunteer(s) are needed for race day. If you volunteer before or after the race you will run free. It is first come, first serve because there are limited positions available. E-mail me at ontherockstrailrun@hotmail.com

Internet Directions: Use 400 Deininger Road, York PA 17406.

Driving Directions: From Route 30 (bypass), take Mt. Zion Road exit. Follow route 24 North (MT Zion Rd.); at the top of the hill turn right on Deininger Road and follow road back to park. Once you enter into the park the front parking lots are on the right & left. Continue on the road, which ends at a rear parking lot.

Participation Awards Only: Handed out at the Finish Line.

****All the remainder of the proceeds will be given to Margaret E. Moul Home****

Race Day Registration & Number Pickup: 6:30 – 7:20am

If the race is cancelled check the web page before you show up. (<http://ontherockstrailrun.webs.com/>)

Any Question please e-mail Race Director Scott Newcomer: ontherockstrailrun@hotmail.com

Make Checks Payable & Mailed to: Scott Newcomer, 4285 Pleasant Valley Road, York, PA 17406.

Insurance Provided by USATF through York Road Runners Club.

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip _____ Sex: M F Race Day Age _____

Date of Birth ___/___/___ (must be 18 or more) Tel:(_____) _____ AM? ___ PM? ___ BOTH? ___

Single Entry (\$25) _____ After Aug. 5 & Race Day (\$30) _____ Shirt Size: S M L XL

Liability Waiver:

In consideration of your acceptance of my application for participation in the ON THE ROCKS TRAIL RUN, I, for myself, my heirs, executors, administrators and assign, waive and release any and all claims for damages, for death, personal injury or loss of property I may have, or which may accrue to me as a result of my participation I discharge and release York Road Runners Club, York County Parks, the ON THE ROCKS TRAIL RUN organizers, and its respective agents, committee(s), and any other involved representatives from all liability arising out of or connected in any way with my participation in the ON THE ROCKS TRAIL RUN. Whether or not caused by the negligence of any of the above parties.

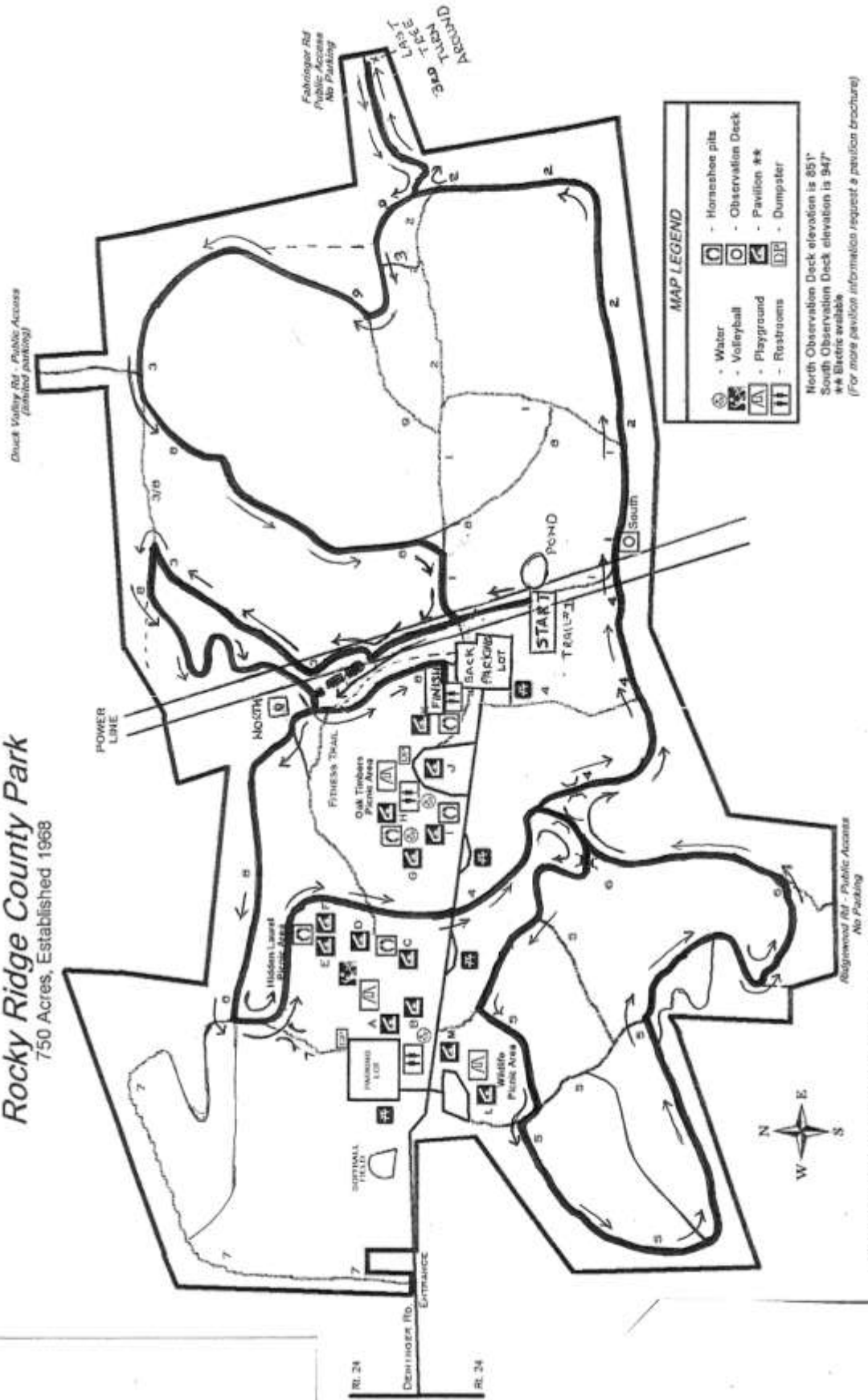
I acknowledge that there are inherent risks and dangers in trail running this event including, but not limited to: falls, contact with other participants, the effects of the weather including heat and/or humidity, the conditions of the running course, and getting lost that may arise at any time during the ON THE ROCKS TRAIL RUN. My participation is voluntary and is done at my own risk. I voluntarily assume all risks or loss, damage or injury that may be sustained while participating in the ON THE ROCKS TRAIL RUN. I attest that I am physically fit and sufficiently trained for the completion of this event. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties is not an admission of liability to provide or to continue to provide any such service and is not a waiver of any said parties of any right hereunder. I understand serious accidents occasionally occur during run/hike events and that participants in the ON THE ROCKS TRAIL RUN may sustain mortal or series injury as a consequence thereof. Nevertheless, I agree to assume those risks and to release and indemnify and hold harmless all the persons mentioned above who might otherwise be liable to me (or my heirs of assigns) for damages, of whatsoever kind or nature.

I attest that the equipment and clothing I will use in this activity is in good condition, and that I have the experience and ability to complete the activity safely, I understand that proper equipment in good condition can prevent serious injury. I agree to abide by the rules of this event as established by the ON THE ROCKS TRAIL RUN Committee and obey the directions of the event officials. I hereby grant full permission to the event organizers, committee(s), volunteers, and any other involved parties of the foregoing to use photographs, videotapes, motion pictures, or any other record of this event, including my name, likeness and/or voice for any legitimate purpose. I have read, understood and agree to the LIABILITY Waiver on this form. (All unsigned entries will be returned).

Signature _____ Date _____

Rocky Ridge County Park

750 Acres, Established 1968



SHOW HANGINGS ARE AVAILABLE THROUGHOUT THE PARK TO ASSIST YOU IN MAKING YOUR VISIT ENJOYABLE AND SAFE. IF YOU HAVE ANY QUESTIONS, PROBLEMS OR SUGGESTIONS, DON'T HESITATE TO STOP AND VISIT WITH ONE OF OUR TRUCK OR TELEPHONE THE PARK OFFICE AT (717) 840-2440.

SMOKEY SAYS, "ONLY YOU CAN PREVENT FOREST FIRES."

COURSE TURN SHEET		
Turn #	Mileage	Direction - Description
	0.00	Start @ south side of the back parking lot on Trail#1 at the pond under the power lines
		Run North along parking lot on Trail#1
		At yellow gate which is on the left go straight at that intersection. This is the start of Trail#3
		Go Straight at the Toilet Sign Intersection
		Follow grassy path and when Trail#8 merges keep going straight (towards the left)
		Follow this until it merges onto the gravel path (Trail#8)
1	0.30	Turn right onto the gravel path (Trail#8)
		Stay on the gravel path and veer left following the path. The North Observation deck is on the right
		Once you go into the wood the path has fitness stations. You can do those if you want to.
2	0.44	Veer right leaving the gravel fitness trail. This is still Trail#8.
		Follow Trail#8 until the intersection of Trail#7
3	0.67	Turn Left onto Trail#7
		Turn Left before you go pass a stone arch bridge that is going over a draining ditch
		Immediately the Horse shoe pits will be on the right
		Follow the path to the right and go pass 3 picnic pavilions while the path turns to gravel
		Go straight towards the road
	0.81	Go across the road onto Trail#4 which goes downhill.
4	1.01	Turn Right onto a connecting trail to Trail#6
		Go across little bridge - Sorry no wet feet.
5	1.12	Turn Right onto Trail#6
		Go across the bridge -Sorry no wet feet
		Follow trail up the gradual climb
6	1.36	Turn left onto Trail#5 on top of the hill
		Follow Trail#5
7	1.54	At the T intersection turn right which is still trail#5
8	1.56	At the next T intersection turn left which is still trail#5
		This is a fast section
		Go straight at intersection (Pass a little trail that's on the left)
	2.70	Go Straight at intersection (Pass a trail that's on the right)
9	2.75	Turn Right onto Trail#6 (Go downhill)
		Go straight at intersection (Pass a trail that's on the right) Keep going down hill
10	2.91	Turn left following Trail#6 (DO NOT GO STRAIGHT CONTINUING DOWN THE HILL)
11	3.02	Turn left following Trail#6 at the intersection.
		Gradually start going uphill.
		You may want to stay to the right of the trail so you will not get wet feet. (This is very wet in the spring)
	3.29	At the next intersection go straight. (DO NOT TURN LEFT AND GO OVER THE BRIDGE)
		Keep Going up the hill
		Go across the bridge - Sorry no wet feet.
12	3.40	Turn right on Trail#4
		Go across the bridge -Sorry no wet feet
		Start going up hill
		Stay on Trail#4
13	4.19	Veer right on trail#1 at intersection. (Trail#4 ended)
		AID STATION - WATER - MUST REACH THIS POINT IN 1 1/2 HOURS. If not you will be pulled from the course.
		Go pass the South Observation deck on the right
14	4.33	Veer right onto Trail#2 at intersection.
		Stay on Trail#2
15	5.12	Turn a sharp right at the intersection of Trail#2 and Trail#9
		This is the access trail for Fahringer Road.
16	5.37	Go to Fahringer Road (Last tree on the right)
		Turn around go back to Trail#2 and Trail#9 intersection.
17	5.61	Turn Right on Trail#9
		Go straight at intersection (Trail #3 is on the Left)
		Trail#3 and Trail#9 merge together at this point.
		Stay on trail when it turns to the right (Trail Expands into a very wide right turn)
18	5.84	Turn Right at T intersection onto Trail #3 (DO NOT TAKE trail#9 which is the left turn)
		Follow Trail#3
		Go straight at intersection (The trail on the right is the Druck Valley Road Access trail)
19	6.48	Turn a sharp left onto Trail#8
		On top of the hill go right onto the grassy trail
20	6.98	Turn right onto Trail#1 which is gravel.
		AID STATION - WATER - MUST REACH THIS POINT IN 2 1/2 HOURS. If not you will be pulled from the course.
21	7.25	Turn right onto Trail#3 which is grassy. (Under the Power Lines)
		DO NOT GO TO THE PARKING LOT.
22	7.33	At the Toilet sign post turn right following Trail#3.
23	7.65	At the bottom of the hill Turn a SHARP LEFT onto Trail#8
24		Follow trail#8 and turn left onto the single track. This is still Trail#8 (DO NOT GO STRAIGHT ON THE WIDE TRAIL)
		This is the last gradual climb.
		Come out of the woods and keep to the right of the grassy intersection.
25	8.20	Turn sharp left onto the gravel Trail#8
	8.30	Finally the Finish.

**** MILEAGE WAS DONE WITH A GPS WATCH - They are good on roads, but normally the mileage is off in the woods****