



## **SUMMER SOLSTICE 5mi. Trail Run**

SPONSORED BY - Thor Labs And Murphy Healthcare

KITTATINNY VALLEY STATE PARK (Goodale Rd)

DATE : Friday, JUNE 25th, 2010

CHECK IN: 4:30 p.m. Race Time: 6:30 p.m.

ALL PROCEEDS BENEFIT "FREE" Digital Mammography Program

CASH PRIZES AWARDED TO TOP 3 M/F - \$100/\$75/\$50

TOP 3 M/F IN 5YR. AGE CATEGORIES:

5-19, 20-24, 35-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

REGISTRATION ONLINE: [www.raceforum.com/solstice](http://www.raceforum.com/solstice)

DOWNLOAD RACE APPS: [www.runningintheusa.com/summersolstice](http://www.runningintheusa.com/summersolstice)

RACE CONTACT: Mare Galeos @ 973.919.1373

COURSE CONTACT: Duke DeGroat, e-mail [duke@thedukeagency.com](mailto:duke@thedukeagency.com)

## **COURSE DESCRIPTION:**

Run begins on Sussex Branch Trail (SBT) by park entrance on Goodale Rd. Entire run is on tower hill side of park. From starting line, course heads down SBT toward Yates Ave. Course bears RIGHT after 1/4 mi. onto GREEN TRAIL (#1 on map) on Goodale side of SBT. At end of GREEN TRAIL, course comes back onto SBT and turns RIGHT onto BLUE TRAIL (#2 on map). At end of BLUE TRAIL, course comes back out onto the SBT. Runners will follow SBT all the way down to the end at Yates Ave. WATER STATION HERE. Course turns around and heads back down the SBT. It turns right onto GREEN TRAIL (#3 on map) which is on tower hill side of SBT. It then turns right onto RED TRAIL (#4 on map). WATER STATION at cross section of GREEN/RED TRAILS. Course follows RED TRAIL up to the tower. Runners will cross over gravel road near tower. Course continues to follow RED TRAIL partially down the hill. Then it runs into YELLOW TRAIL (#5 on map) which runners will follow the rest of the way down hill. YELLOW TRAIL runs into the gravel road at the abandoned barn house. Course turns right onto the gravel road past the barn house. FINISH at the end of the gravel road near the starting line.

## **DIRECTIONS:**

ROUTE 80w to exit 34B (Sparta-Jefferson Rt.15n) for 12 miles to 2nd Sparta exit (Rt.15s). Make left at end of exit ramp. Continue for 5mi. At the 6th traffic light make a left. Max's Station House restaurant is on your right. Continue .3 miles then bear right at fork onto Goodale Rd. Continue 2.2 miles to RACE SITE on your Left.

COMING FROM THE SOUTH: Take 206n to Goodale Rd (approx. 1mi. from Exxon Station). Make right onto Goodale and continue to RACE SITE on your right.