Be ready for the Mountainback on October 7!

The 2006 Tussey Mountainback Discovery/Training Series

Eight Great Thursday Evening Runs in Rothrock State Forest

August 10, session 1 (of 8): Out and back on Leg #1 of the Tussey Mountainback 50 course. Miles: 6.4; terrain: hard/moderate. This run begins at 6:00 p.m. (Note: times and locations vary for each run.) Plan to arrive early to be ready to go at the start time. Runners meet at Tussey Mountain Ski Area. Directions below.

August 17, session 2 (of 8): Legs 2 and 3 of the Tussey Mountainback 50 course. Miles: 7.8; terrain: easy. This run begins at 6:00 p.m. (Note: times and locations vary for each run.) Plan to arrive early to be ready to go at the start time. Runners meet at Whipple Dam State Park. Directions below.

August 24, session 3 (of 8): Leg #4 of the Tussey Mountainback 50 course. Miles: 6.2; terrain: difficult. This run begins at 6:00 p.m. (Note: times and locations vary for each run.) Plan to arrive early to be ready to go at the start time. Runners meet at Whipple Dam State Park. Directions below.

August 31, session 4 (of 8): Legs 5 and 6 of the Tussey Mountainback 50 course. Miles: 8.7; terrain: easy/moderate. This run begins at 6:00 p.m. (Note: times and locations vary for each run.) Plan to arrive by 5:40 p.m. to arrange travel logistics. Runners meet at Penn Roosevelt State Park. Directions below.

September 7, session 5 (of 8): Leg #7 of the Tussey Mountainback 50 course. Miles: 4.9; terrain: moderate. This run begins at 5:30 p.m. (Note: times and locations vary for each run.) Plan to arrive early to be ready to go at the start time. Runners meet at Penn Roosevelt State Park. Directions below.

September 14, session 6 (of 8): Legs 8 and 9 of the Tussey Mountainback 50 course. Miles: 5.7; terrain: easy. This run begins at 5:30 p.m. (Note: times and locations vary for each run.) Plan to arrive early to be ready to go at the start time. Runners meet at Colyer Lake (boat launch lot). Directions below.

September 21, session 7 (of 8): Leg #10 of the Tussey Mountainback 50 course. Miles: 5.3; terrain: hard. This run begins at 5:30 p.m. (Note: times and locations vary for each run.) Plan to arrive early to be ready to go at the start time. Runners meet at Colyer Lake (boat launch lot). Directions below.

September 28, session 8 (of 8): Legs 11 and 12 of the Tussey Mountainback 50 course. Miles: 8.2; terrain: moderate/difficult. This run begins at 5:30 p.m. (Note: times and locations vary for each run.) Plan to arrive early to be ready to go at the start time. Runners meet at Tussey Mountain Ski Area. Directions below.

DIRECTIONS:

Tussey Mountain Ski Area – park in second (far) parking lot on left.
Whipple Dam State Park parking lot – access via SR 26 south; after turning in the park driveway, take the first right.
Penn Roosevelt State Park - access via SR 322 east, through Potters Mills, turn right onto Crowfield Rd. (at start of 4 lane) and travel 5.8 miles to the park (veer left at Crowfield & Boal Gap intersection).
Colyer Lake (south access) - access via SR 322 east, turn right onto Taylor Hill Road (shortly after Shaner ball fields), right onto Church Hill Road, right on Bubb, right on Lake Road, follow to parking lot on right (park in back of lot).

Online registration for the 2006 Mountainback is available at

www.tusseymountainback.com

Form - or join - a relay team . . . or do the ultramarathon.
Race date: October 7.* Visit the website for complete details.
Registration closes September 23.** ***May the Forest Be With YOU!