

5th Annual Bear Meadows Made-in-the-Shade 7 or 10.6 Miler

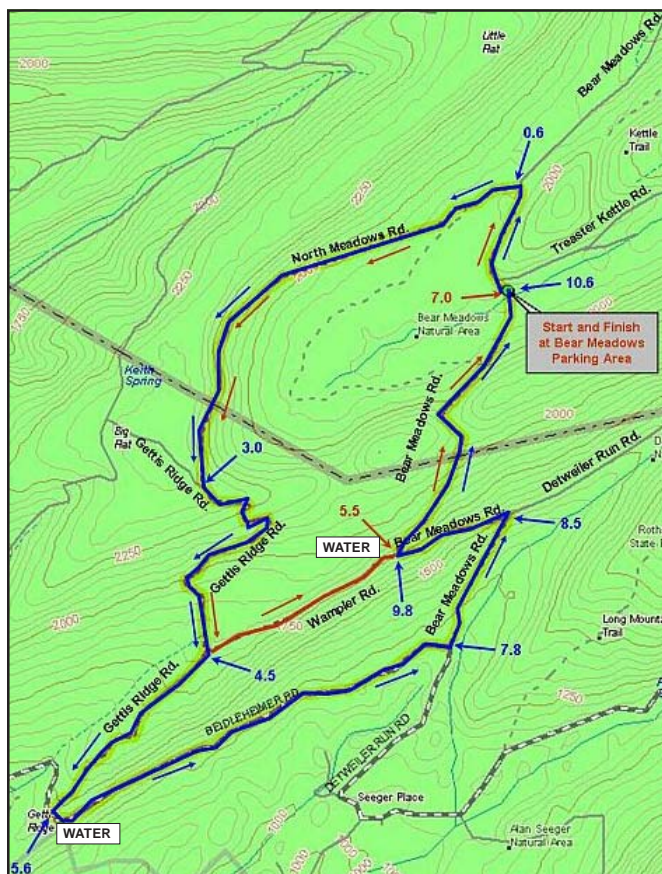
(Tussey Teaser #5, a.k.a. Nick's Bear Meadows Mountain Runs)

Date: June 27, 2010

Start: 8:30 AM Fee: None!

Location: Start and finish at Bear Meadows Natural Area.

Course: Two single loops with the same start and finish at Bear Meadows Natural Area. Run 7.0 or 10.6 miles, you choose the distance! **Start:** The routes both begin on Bear Meadows Rd heading back the way you came in. You climb about 60 ft in 0.6 miles. At North Meadows Rd, make a left. There is a slight dip till about Mile 1. From Mile 1 to the intersection of Gettis Ridge Road is a climb of 515 ft in 2 miles. Make a left on Gettis Ridge Road and start a very steep descent. This descent is rocky in places and requires that you pay good attention to your footing. At the intersection of Gettis Ridge Rd and Wampler Rd, you will have descended 558 ft in less than a mile-and-a-half, a 7.2% grade. At Wampler Rd you get to decide if you want to do the 7-mile Inner Loop or the 10.6-mile Outer Loop. **Finish (7-mile "Inner Loop" route):** You have run nearly 4.5 miles. Make the left onto Wampler Rd. You gently descend for another mile to Bear Meadows Rd. Make a left. You climb now for about 3/4-mile, an ascent of 330 ft. Then you descend 250 ft to the finish in the final 3/4-mile. **Finish (10.6-mile "Outer Loop" route):** Turn right at the intersection with Wampler Rd, staying on Gettis Ridge Rd. Continue on Gettis Ridge Rd to Beidleheimer Rd. At Beidleheimer, you have run 5.6 miles and have descended over 900 ft since the 3-Mile point. Make a left on Beidleheimer. You will now run for over two miles to the next turn, but descend only another 280 ft. Use this time to prepare for a long, steep climb! Make a left at Bear Meadows Rd. Bear Meadows Rd now makes you climb nearly 900 ft in two miles, a grade of 8.5%! There are three switchbacks. When you reach Wampler Rd, you will be about a mile-and-a-half from your car, but you'll only have to climb another 3/4-mile. The last 3/4-mile is a downhill coast. **Water:** At mile 5.5 on the 7.0 course and at miles 5.6 and 9.8 on the 10.6 course.



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 2010 Discovery Training Series
 Eight Great Thursday runs on the
 mOUntaiNBACk course, Aug. 19-
 Oct. 7. Visit "Events" at
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Just for the hill of it!

Awards: Door prizes, and supreme satisfaction in your accomplishment. Drawing for grand door prize to one runner who has run all 5 Tussey Teasers!

Course Records:

7.0 Miler: Male: Dave Mengle 51:48 (2008), Female: Carrie Jackson 1:08:05 (2007)

10.6 Miler: Male: Dave Moore 1:13:14 (2007), Female: Tara Murray 1:32:59 (2008)

DRIVING AND PARKING: The run starts from the small parking area at Bear Meadows Natural Area on Bear Meadows Rd in Rothrock State Forest, which is about 10 miles outside of State College off of US Rte 322. Take Rte 322 East from State College to the Tussey Mountain turnout, about 2 miles past Boalsburg, PA. Make a right onto Bear Meadows Road. Less than a mile up the road is the Tussey Mountain Ski Area. **If possible, plan to meet other runners here and carpool up, as parking at the start is limited.** Continue on the same road past the Ski Area. Bear Meadows Road forks to the left as you start ascending the mountain (the right fork is Laurel Run Rd and is a gravel road). Continue on Bear Meadows after it becomes a gravel road. Continue ascending on Bear Meadows Road, and keep going straight as you pass the North Meadows Road turnout on your right. Just before the Bear Meadows Natural Area, stay to the right where Treaster Kettle Road forks to the left. The Bear Meadows parking area is on your right just past this fork. **Keep driving past this lot, and park on the right side of the road.**

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How did you find out about this event?: _____

Name _____

Address: _____

Town, State, Zip Code: _____

Phone Number - Day:(_____) _____, Evening: (_____) _____

E-Mail: _____

Sex: M ___ F ___, Age (on race day): _____

In consideration of this entry being accepted, I (please print) _____, do hereby indemnify, hold harmless, assume liability for, MTB50, the Made in the Shade Run, its sponsors, volunteers and employees, the Commonwealth of Pennsylvania, its agents, servants, employees, officers and directors, from any and all costs and expenses including but not limited to, attorney's fees, reasonable investigative and discovery costs, court costs, and all other sums which the Made in the Shade Run, its agents, servants, employees, officers and directors may or become obligated to pay on account of any, all and every demand for claim or assertion of liability, or any claim or action, founded thereon, arising or alleged to have arisen out of my participation in the Beidleheimer Sidewinder 10K or my use of real or personal property belonging to the Commonwealth of Pennsylvania, its cities, towns, agents, servants, employees, officers, and directors, or by any action or omission by me.

Signature (required): _____ Date: _____

(If under 18, parent or guardian must sign): _____ Date: _____