

Greetings Fellow Trail Runners!!

As a snow antidote (for those not into snowshoe racing), we were hoping to get your mind moving forward to the upcoming trail running season. Since the race most of us kick off our season with is not scheduled this year. We have created a concept for a new "race" to kick off the spring season and are extending an invitation for you to join us for the running of the first annual Shenipsit Old School Trail 10K & Half-Marathon.

Date: Saturday, March 30, 2013, 10:00 AM start (conveniently placed one week after the TARC Spring Classic Thaw, two weeks before Traprock and one week before Northern Nipmuck – if it ever returns).

Start/Finish: Commuter Park & Ride Lot off I-84, Exit 67, Vernon, CT (Facilities located at the nearby McDonald's & BK).

Course: An out & back route that follows the Shenipsit Trail, travels through Belding Wildlife Area, Valley Falls Park (10K turnaround), along the Hop River Bike Trail and out to Freja Park in Bolton (the old Manchester Drive In). Out & back the course is approximately 12.9 miles.

The course is mostly in the woods following a much overlooked section of the blue blazed Shenipsit Trail (except through Valley Falls) and includes sections of road, single track, double track and gravel bike path with some good (short) climbs. Total elevation for the half is 486 feet. Tricky spots and road crossings (3) will be marked.

For those not up for a Half-Marathon, there is a 10K (approximate) option with runners turning around at Valley Falls.

If you have access to MapMyRun.com, I ran this route last year. I have e run this course many times in training and find it quite fun and challenging. <http://www.mapmyrun.com/routes/view/66377850>

We'd like you to think of this event as a toned down race or a race in beta-testing (an "Un-Official Race" that we may even make official someday).

The Old School part is as follows. There is No Entry Fee. There are no number bibs. The event will be self timed (for those without watches there will be an "overall time" at the start/finish). As you finish, you place your name/time on the "Finish" list to be posted later.

There will be "Aid Station" Tables at the turnarounds in Valley Falls Park and Freja Park. With ample water (and Gatorade) at these stations along with minimal nutrition. If desired, at the start, give us whatever else you want to have at the tables and we will have it waiting there for you.

So, if you need a training run for Traprock or Waramaug, or if you need a "race" to test yourself and start your season come shake off the rust from a long winter and cover the miles. Bring some friends and have some fun (and try to beat them).

This is mine & Todd's way of giving something back to the Trail Community and our nod to trail racings "Old School" roots by providing a low key (and low cost) event that can grow organically over time.

We hope that you can join us. Send us an email if you have any questions (dironstarr@aol.com).

Ron Starrett & Todd Hobson