

Name: Screaming Legs Trail Challenge

What: 10 Mile Trail Race, 4 Mile Trail Race, 1 Mile Run/Walk

Date: August 31, 2013

Location: Registration, Start and Finish will be in the area by the Equestrian Arena in Brady's Run Park at Shelter 2 along Brady's Run Road.

Time: 10 Mile Race & 4 Mile Race
Race Day Registration/Package Pick Up: 6:30 – 7:45 am
Race Time: 8:00 am

1 Mile Walk/Run
Race Day Registration/Package Pick Up: 8:00 – 9:15 am
Walk Time: 9:30 am

Purpose & Beneficiary: The purpose of this event is to raise money and awareness for LIFE Beaver County's services for the elderly in Beaver County. LIFE Beaver County is a company within the Lutheran SeniorLife organization. Lutheran SeniorLife is a non-profit organization that specializes in providing services and living options for seniors. LIFE means Living Independence for the Elderly. It is an innovative alternative to nursing home care designed to do just that by restoring and preserving adult independence. LIFE Beaver County helps eligible older adults who are living at home by managing their complex medical, functional and social needs. Participants have a full range of medical, social and rehabilitation services available to them.

Cost:

Pre-Registered

- 1 Mile Walk: \$20
- 4 Mile Race: \$20
- 10 Mile Race: \$35

Race Day Registration

- 1 Mile Walk: \$25
- 4 Mile Race: \$25
- 10 Mile Race: \$40

Make checks payable and send to:

Lutheran SeniorLife Foundation
401 S. Main Street
Zelienople, PA 16063

Description: The Screaming Legs Trail Challenge will have your lungs wailing and your legs screaming. The courses will climb and follow the hills of the Brady's Run Park valley. This event will serve as a great premier end of summer race as well as a great training event for ultra marathons, adventure races and mud runs. You will run through mud, streams and a creek. You will hop over tree stumps and roots, rocks and downed trees. The courses will follow Brady's Run Trail South, Brady's Run Trail North and the Wildwood Trail with some variations along the route. There will be water stations halfway through the 4 mile race and approximately every 4 miles for the 10 mile race. It is recommended that you carry your own water if this will not be enough. Timing of the race will be completed by Miles of Smiles Timing Services.

Courses:

All courses are subject to change due to weather conditions and conditions of the trails.

1 Mile Walk Course:

The course will be an out and back on the paved asphalt multi-purpose trail that connects the area by the horse arena and the area by the Brady's Run Lodge. Start and Finish will be located on the trailhead by the Equestrian Arena. The course is primarily flat with one small incline and decline each way.

4 Mile Run Course:

The course will start by the Equestrian Arena and make a right up South Drive. Make first left and continue up to the Wildwood Trail trailhead. Follow Wildwood Trail until it intersects with the Brady's Run Trail South. Make a right and follow the trail downhill until you reach South Drive again. Make a right and continue back down to the finish by the Equestrian Arena.

10 mile Course:

The course will start by the Equestrian Arena and make a left to cross Brady's Run Road. At Brady's Run Road, runners will make a right. Continue until you come to the Brady's Run Trail North trailhead and make a left up the trail. Follow Brady's Run North Trail past the baseball fields and across Achortown Road. The trail will take you to the playground on the west end of the park. Cross the creek, run past the playground and cross Brady's Run Road to the west entrance of Brady's Run Trail South. Make a right at the trailhead and follow the Brady's Run Trail South until it intersects the Wildwood Trail. Follow the Wildwood Trail until its trailhead on South Drive. Follow South Drive down the hill to the right and finish back at the Equestrian Arena.

Awards:

Award ceremony will take place at 10:00 am for 4 Mile Race/Hike

Award ceremony will take place at 10:45 am for 10 Mile Race

Overall Male – 10 mile & 4 mile races

1-3

Overall Female – 10 mile & 4 mile races

1-3

Age Groups – 10 mile & 4 mile races

14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over

There will be no awards given for the 1 mile walk

Water Stations:

4 Mile Course:

- ❖ Middle of Wildwood Trail where the trail comes close to Wildwood Road (approximately 2 miles)

10 Mile Course:

- ❖ Creek Crossing (approximately 4 miles)
- ❖ Middle of Wildwood Trail where the trail comes close to Wildwood Road (approx. 8 miles)

Race Rules:

- ❖ Bib numbers must be worn on the front and be clearly visible at all times.
- ❖ Race officials will determine order of finish if runners cross the finish line together.
- ❖ Runners must stay on course. Trails will be marked and runners must follow the marked trail. Runners found running off course will be disqualified.
- ❖ For safety, runners who withdraw during the race must inform a race official or aid station volunteer.
- ❖ **No littering!** This event is trying to have as little environmental impact as possible. **Please Leave No Trace.** Anyone caught littering the course, even something as little as an energy gel tab, will be disqualified.

- ❖ Be polite to all volunteers, park staff, and anyone you encounter during the event. The park will still be open during the event and other hikers, runners or bikers may be using the trails. Many people have worked to make this event possible. Treat them with the great deal of respect and appreciation they deserve. We want to be invited back for years to come.
- ❖ Most of the course is single track. Please be courteous and helpful to other runners/hikers. When approached from behind, slower runners shall yield to faster runners when prompted. Uphill runners will yield to downhill runners. Safety is the number one concern on the day.