

2017 Discovery Training Series

Just for the hill of it.®

**Eight (free) group runs on Thursday evenings
in Rothrock State Forest**

Covering the course of the Tussey mOUntaiNBACK 50

Aug 10, Wk 1 (of 8): Out and back on Leg #1 of the Mountainback course. Mi: 6.4; terr: hard/mod. TMSA. Arrive by 6 p.m. Start: 6 p.m.

Aug 17, Wk 2 (of 8): Legs 2&3 of the course. Mi: 7.8; terr: easy. WDSP. Arrive by 5:40 p.m. for travel to start. Start: 6 p.m.

Aug 24, Wk 3 (of 8): Legs 4&5 of the course. Mi: 9.0; terr: mod/easy. WDSP. Arrive by 6 p.m. Start: 6 p.m.

Aug 3, Wk 4 (of 8): Legs 6&7 of the course. Mi: 7.8; terr: hard/easy. ASNA. Arrive by 5:30 p.m. Start: 5:30 p.m.

Sept 7, Wk 5 (of 8): Legs 8&9 of the course. Mi: 7.2; terr: easy/mod. PRSP. Arrive by 5:10 p.m for travel to start. Start: 5:30 p.m.

Sept 14, Wk 6 (of 8): Leg #10 of the course. Mi: 5.5; terr: mod. CL. Arrive by 5:10 p.m. for travel to start. Start: 5:30 p.m.

Sept 21, Wk 7 (of 8): Leg #11 of the course. Mi: 5.3; terr: hard. CL. Arrive by 5:30 p.m. Start: 5:30 p.m.

Sept 28, Wk 8 (of 8): Leg #12 of the course. Mi: 4.0; terr: easy. TMSA. Arrive by 5:10 p.m. for travel to start. Start: 5:30 p.m.

Runners collaborate to provide shuttle transportation for the Discovery series.

**Get more info at
tusseymountainback.com**

Registration is now open for the



Ultramarathoner Keely Henninger breezes through Penn Roosevelt State Park during the USA 50 Mile Championships at the Tussey Mountainback. Photo by Heidi Stetts

Directions (from State College area):

Tussey Mountain Ski Area – park in second (far) lot on It.

Whipple Dam State Park - beach parking lot.

Penn Roosevelt State Park - access via SR 322 east, thru Potters Mills, rt on Crowfield Rd. (at start of 4 lane), travel 5.8 mi to park (veer lt at Crowfield & Boal Gap intersection).

Alan Seeger Natural Area - access via Bear Meadows Rd, lt on Stone Creek Rd

Colyer Lake (south access) - access via SR 322 east, rt on Taylor Hill Rd, rt on Church Hill Rd, rt on Bubb, rt on Lake Rd, follow to pkg lot on rt (pk in back).

