

## 2019 Tussey mOUntaiNBACK Discovery Training Series

A free group run series covering the entire course of the Tussey mOUntaiNBACK 50 Mile Relay and Ultramarathon over 8 Saturday mornings. Great training for any reason (FYI mOUntaiNBACK race day is Oct. 27). Runners help shuttle the group in this series. See details below!



Date	Course Leg(s)	Distance/ Rating	Meeting Location*	Arrive By	Start Time	Shuttle Drivers Location*/Time
Aug 31 Run#1	Leg 1	8.0mi - mod/easy	TMSL	8:00a	8:00a	Out and back on Leg 1, 4 miles each way. No shuttles needed for this run.
Sep 7 Run#2	Leg 2	5.3mi - easy-mod	CL	8:00a	8:20a	CL 8:00 - take runners to start of Leg #2 (Bear Meadows)
Sep 14 Run#3	Leg 3	5.5mi - mod-hard	CL	8:00a	8:00a	Drop off vehicles at PRSP by 7:30, carpool back to CL
Sep 21 Run#4	Legs 4 & 5	7.2mi - easy/hard	PRSP	8:00a	8:00a	Drop off vehicles at TZ#5 by 7:30, carpool back to PRSP
Sep 28 Run#5	Legs 6 & 7	7.8mi - hard/easy	ASNA	8:00a	8:20a	ASNA 8:00 – take runners to start of Leg #6
Oct 5 Run#6	Legs 8 & 9	9.0mi - easy/mod	WDSP	8:00a	8:20a	WDSP 8:00 – take runners to start of Leg #8 (ASNA)
Oct 12 Run#7	Legs 10 & 11	7.8mi - easy/hard	WDSP	8:00a	8:00a	Drop off vehicles at TZ#11 by 7:30, carpool back to WDSP
Oct 19 Run#8	Leg 12	6.4mi - mod/easy	TMSL	8:00a	8:00a	Out and back on Leg 12, 3.2 miles each way. No shuttles needed.

### \*Directions to Meeting Locations:

**TMSL** = Tussey Mountain Ski Lodge – park in second (far) parking lot on left.

**WDSP** = Whipple Dam State Park parking lot – access via SR 26 south; after turning in the park driveway, take the first right.

**ASNA** = Alan Seeger Natural Area parking lot - access via US-322 east; turn right onto Bear Meadows Rd for 9.2 miles, left on Stone Creek Rd, immediate left into parking lot; OR\* access via SR-26 south; turn left onto Miller Rd, becomes Slate Hill Rd, becomes (left?) Alan Seeger Rd, becomes Stone Creek Rd (5.9 miles); left into parking lot just past Bear Meadows Rd. **\*NOTE: There is bridge work in progress on Alan Seeger Road WEST of the intersection with Bear Meadows Road. This is scheduled to be completed by 9/27/19.**

**PRSP** = 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).

**CL** = Colyer Lake - access via SR 322 east, turn right onto Taylor Hill Road (shortly after Shaner ball fields), right onto Church Hill Road, right on Bubbs, right on Lake Road, follow to parking lot on right (park in back of lot).

<http://www.tusseymountainback.com/events/mountainback-discovery-series>

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