

Be the **SNEAKER!** Follow these easy to remember tips to be a good steward of the Appalachian Trail and the great outdoors while still having a great run.

S Stay on the Trail. Help keep the Trail in good shape and avoid unnecessary maintenance by always staying on the Trail, even if it means running through some muck.

N Nature is fabulous all on her own. Leave everything just as you found it so others may also enjoy her splendor.

E Explore other options. Running on flooded or extremely muddy trails can cause a lot of extra damage so have a plan B along a ridgeline where drainage is not likely to be an issue.

A Always try to yield to uphill hikers. But, consider your footprint. It might make more sense to yield to a group, even if you have the right away. Aim for the fewest amount of feet stepping off the Trail.

K Know your plan including distance, elevation and estimated run time. And, don't keep it a secret. Always leave your run itinerary with a friend.

E Exercise courtesy, as well as your muscles. Leave plenty of room between yourself and other hikers and runners. When passing, always give a courtesy greeting to let people know you're coming around.

R Respect wildlife and natural resources. Many animals and plant species call the Trail home. Respect them all by keeping a safe distance and only stepping on durable surfaces.

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APPALACHIAN TRAIL
CONSERVANCY®

Trail Running



explore the road
less traveled

Lace Up

Lace up your sneakers and consider heading out onto the Appalachian National Scenic Trail for a run. Trail running is an increasingly popular way to get a terrific cardio workout while getting the added mental, emotional and spiritual benefits of being in the great outdoors. Trail running provides an ever changing landscape to fuel your run and delight your senses. Remember to approach trail running with the same sense of safety you would for hiking. Here are some tips to make the most of your trail run.

Slow Your Pace - By its very nature, trail running requires a slower pace. Your feet will land differently with each strike so adjust your pace with the terrain and when in doubt, walk! Take your time and find the rhythm of the trail.

Eyes Ahead - Try to keep your gaze about three to six feet in front of you so you are prepared for what lies in your path and can make adjustments accordingly.

Watch Your Form

Remember to engage your core so you can more easily dodge branches and shift course over rocks. Use your arms for propulsion and keep elbows a little wider for added balance.

Embrace the Walk - Tricky terrain, steep hills and rocky sections lend themselves much better to walking. Let go of your ego and embrace the idea of walking - it's a completely normal part of trail running!

Tools of the Trail

Equip yourself with the basics for a safe trail run. Consider a comfortable pair of trail running shoes that offer a rugged tread, bumpers on the front, a snug fit and plenty of room in the toe-box. Trekking poles help to reduce impact on your joints and aid with balance. Hydration packs or waist belts allow you to bring plenty of fluids along with you which is always a must when out on a trail.



Getting Started

- 1. Cumberland Valley - Boiling Springs (4 miles)**
Get started at the ATC (40.14983, -77.12868) and turn north heading up Boiling Springs Road (Route 174). Use the half mile walk up the hill as a warm up before turning into the woods to get started on your flat run through the Cumberland Valley. From the turn, follow the Trail 1.5 miles to the first road crossing at York Road (Route 74), one more mile to Lisburn Road or even one more mile to Trindle Road. From the turn to the road and back, this run is a perfect 5K.
- 2. Rock Maze - Boiling Springs (3-4 miles)**
Start at the Whiskey Spring Road trailhead (40.09807, -77.12868) and head north or south, your choice. The southbound route starts off with a steep climb, then zips through the maze before heading down to Old Town Road in just shy of a mile and a half. Head northbound and enjoy a softer climb and fantastic rock formations before reaching the two mile turnaround point at Little Dogwood Run. Or run just a bit further and visit the Alec Kennedy shelter.
- 3. Rock Bench - Carlisle (7 miles)**
Start at the Scott Farm Appalachian Trail Work Center on Bernheisel Bridge Road (40.25967, -77.10395) and head north along the Yellow Breeches Creek and under the bridge. The Route 944 underpass marks the two mile turnaround. Once you begin to climb, the rock bench is another mile and a half. The round trip mileage is just about even miles. For an option that is two miles shorter and still includes the climb, start at the Sherwood Drive trailhead (40.27391, -77.09950).
- 4. Rocky Knob Loop - Gardners (9-11.5 miles)**
Start at the Shippensburg Road trailhead (39.99710, -77.40478) and cross the road to head south on the Appalachian Trail (A.T.). Run for about two and a half miles until it connects to the Rocky Knob Trail (RKT), a four mile loop with an optional add on of just over a half mile to reach the Long Pine Run Reservoir. Add another two miles by following the Reservoir and then turning right onto Birch Run Road to connect back into the RKT before reconnecting with the A.T.