



**April 6, 2019**

CANOE CREEK STATE PARK  
HOLLIDAYSBURG, PA

09:00 - 13 MILE START  
09:15 - 5 MILE START

# THE DIRTY RUNNERS' QUILL GUIDE

ALLEGHENY  
TRAIL RUNNERS INC





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## A MESSAGE FROM THE ATR OFFICE

Thank you for being a participant in the eight annual Dirty Kiln Trail Race at Canoe Creek State Park We hope you will have as much fun running the race as we had bringing it all together. We created this race with two goals in mind. First we wanted to expand on our success we had over the past seven years in creating great races. Second, we wanted to get back to our roots and create a race that we, as trail runners, would be excited about participating in. After lots of hard work and planning from everybody involved, we are to announce that we have achieved both of these goals! The 5-mile course has plenty of variety and is a great introductory course for the beginning trail runner. The 5-mile course has plenty of variety and to give a great introductory course of the beginner trail runner. Our longer course turns up the heat with twice the number of stream crossings and three times the climbing. By nature, trail racing is a low frills endeavor. We wanted the course to be incentive enough to entice new trail runners to keep up with the sport and recruit more runners to participate in the sport. All this paired with the comradery of trail events, we hope that you will find and make new friends here. To all the participants, happy trails!

**EVERY BREATH,  
EVERY THOUGHT,  
EVERY ACHE,  
EVERY STRIDE,  
EVERY FOOT CLIMBED  
IS PART OF THE ADVENTURE.**

**BEST OF LUCK  
TO ALL RUNNERS.**



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## One of the Twenty Must-See Pennsylvania State Parks

Canoe Creek State Park is a 911.91-acre (369.04 ha) Pennsylvania state park in Frankstown Township in Blair County, Pennsylvania. Canoe Lake, at 155 acres (63 ha), is the focus of recreation at the park and is open for fishing year-round. Canoe Creek State Park is a half mile off U.S. Route 22. The park was opened to the public in 1979 and was developed as part of an expansion effort in the 1970s to improve the state park system in Pennsylvania.

The area in and surrounding Canoe Creek State Park is rich in limestone. The limestone was quarried and used for many purposes like providing needed raw materials for the iron and steel industries of Pennsylvania. There are several abandoned quarries on the park lands. Two limekilns also operated within the boundaries of the park during the 1900s. The remnants of a kiln once owned by the Blair Limestone Company stand today as a reminder of the industrial past.

This limestone was extracted and used for many purposes, including supplying a raw material for the once thriving iron and steel industry of Pennsylvania.

Once mined, the limestone was taken to a kiln and heated. Two calcining plants (limekilns) operated in the park during the early 1900s:

The Petersburg spur of the Pennsylvania Railroad traveled through what is now Canoe Creek State Park to connect the lime kilns with the mainline railroad.

The Blair Limestone Company Kiln remnants are the focus of historical and interpretive programs and displays. This company was a subsidiary of Jones and Laughlin Steel Company of Pittsburgh, Pa. The Frank Felbaum Bat Sanctuary is the home of the largest nursery colony of little brown bats in Pennsylvania. This one-time church, now known as the Canoe Creek Bat Refuge, attracts visitors interested in observing the bats as they emerge each night for feeding. The park is also the site of a hibernaculum for more than 30,000 bats of six species, including the endangered Indiana bat.

Canoe Creek State park is on the path followed by many species of migratory birds including waterfowl, bald eagles and ospreys. The wetlands provide habitat for birds like the bluebird, oriole, red-winged blackbird and the brown thrasher. The park also provided a habitat for the woodland creatures most common in Pennsylvania, white-tailed deer, turkey, squirrels, chipmunks, and ruffed grouse.

The beautiful and winding hiking trails of Canoe Creek State Park allow hikers to explore forests, fields, wetlands, shrubby areas, historic sites, and the lakeshore.

Hiking trails range from easy to difficult and provide ample opportunity for wildlife watching. Vistas atop Sugarloaf and Moore's hills provide scenic views of the park and surrounding area. On a clear day, visitors can even catch a glimpse of Blue Knob State Park, more than 20 miles away.

These trails follow the shores of Canoe Lake and pass through woodlands, wetlands, meadows and the historic limestone kilns. Canoe Lake is stocked with game fish by the Pennsylvania Fish and Boat Commission. Fisherman can catch bass, trout, walleye, muskellunge, pickerel and catfish during the summer and winter months at Canoe Lake. Ice fishing is permitted. The sand beach at Canoe Lake is open starting Memorial Day weekend and ending Labor Day weekend.

The only motorized boats permitted on Canoe Lake are electrically powered. They must be properly registered with any state. Non-powered boats such as rowboats, canoes and kayaks must also display registration stickers from any state.

Canoe Creek State Park has a large picnic area near the lake. Charcoal grills are available for use. There are three pavilions for rent. Eight modern cabins are available to rent year-round. Each cabin sleeps six people and has electric heat, two bedrooms, living room, dining room, bathroom, and kitchen.

The Terry Wentz Education Center is open year-round, near the modern cabins, and provides brochures on the education program and the wildlife of the park



## First 5-Miles: The Course

*The course planned below is tentative. Because of possible unforeseen circumstances (think: flooded creeks, downed trees, and other random acts of nature) we reserve the right to make last minute course changes, if necessary.*

### THE FIRST LOOP AROUND THE LAKE

#### **SECTION 1: BLAIR LIMESTONE KILNS**

Runners will start at the ball field near Pavilion #2 in a long mass start before heading down a slight hill toward the lake. Then the trail spreads out slightly as you climb a slight knob. Here is where the mud will begin to fly! You will cross a paved service road and then onto Limestone Trail – a wide gravel trail. You will make a right, crossing Marys Ann’s Creek on a metal foot bridge. You will then make a left onto a wide stone and shale service road and run past the Blair Limestone Company Kilns on your right. You will continue running up the valley then make a slight right onto Moore’s Hill Trail.

#### **SECTION 2: “NO MOORE’S” HILL**

Moore’s Hill Trail is a well-worn singletrack that bends around the contour of the hill until it makes a sudden 250 foot climb up the hill within half of a mile.

“No Moore’s” Hill is all relative. Newbies will be saying “No Moore!” and will hike to the top while more seasoned trailrunners should be able to run up the entire hill without any problem.

After the first dozen or so runners go through, this and most of the other trails are going to become slick in many places. The trail flattens out at the top and then makes a drop into Canoe Creek Valley. Expect long straight grades at the top then sharper switchbacks and turns as the trail gets a little steeper near the bottom. When you make it to the bottom, you will pass the remains of another kiln on your right. After running along Canoe Creek, be prepared for the first stream crossing, The Canoe Creek Stream Crossing and onto Beaver Pond Trail on the other side.

#### **SECTION 3: THE BEAVER POND TRAIL**

The Beaver Pond Trail is a flat, fast and lively singletrack but you can expect some shoe sucking mud that might slow you down. Be careful of the bridges because the mud tracked onto them will make them slippery. After you go around the lakeside of The Ponds, you will then emerge from the woods at the Canoe Creek boat launch area, across the east side of the lake and then to a boat mooring area near Pavilion #3. There will also be a water stop here. If you are running just the 5-mile race, this will be your only water stop



## **SECTION 4: FISHERMAN'S PATH AND THE ROLLER COASTER**

After the mooring area, you will be running along the lake before making a hard right onto a new yet muddy singletrack that detours around the recent lakeshore erosion improvements. After making a sharp left, there will be a stretch of mud and ankle grabbing roots that you will need to plow through. Next, expect a few short up and downs where you are climbing one second and going down a steep slope the next second. Finally you will make it to the breast of Brumbaugh Dam where you can give your legs a rest. Next is the Roller Coaster. The trail hugs the shoreline with lots of roly-polly up and downs. As you get closer to the spillway, the trail will flatten yet will get muddier until you make it near the spillway. Instead of crossing the spillway here, you will take a grassy service road up a hill and down the other side to The Confluence Crossing where New Creek and Canoe Creek meet. The creek crossing may be deep and can be anywhere from ankle to waist deep depending on recent rains! All the mud will wash away. You will cross a metal bridge and then a wide path back toward the breast of the dam.

## **SECTION 5: HOME STRETCH**

The last half mile is a piece of cake as you take a service road past the spillway and then wind yourself through some of the horse trails near the park office before dropping into the main park grounds and to the finish.

## **Last 8-Miles: The Half-Marathon Course**

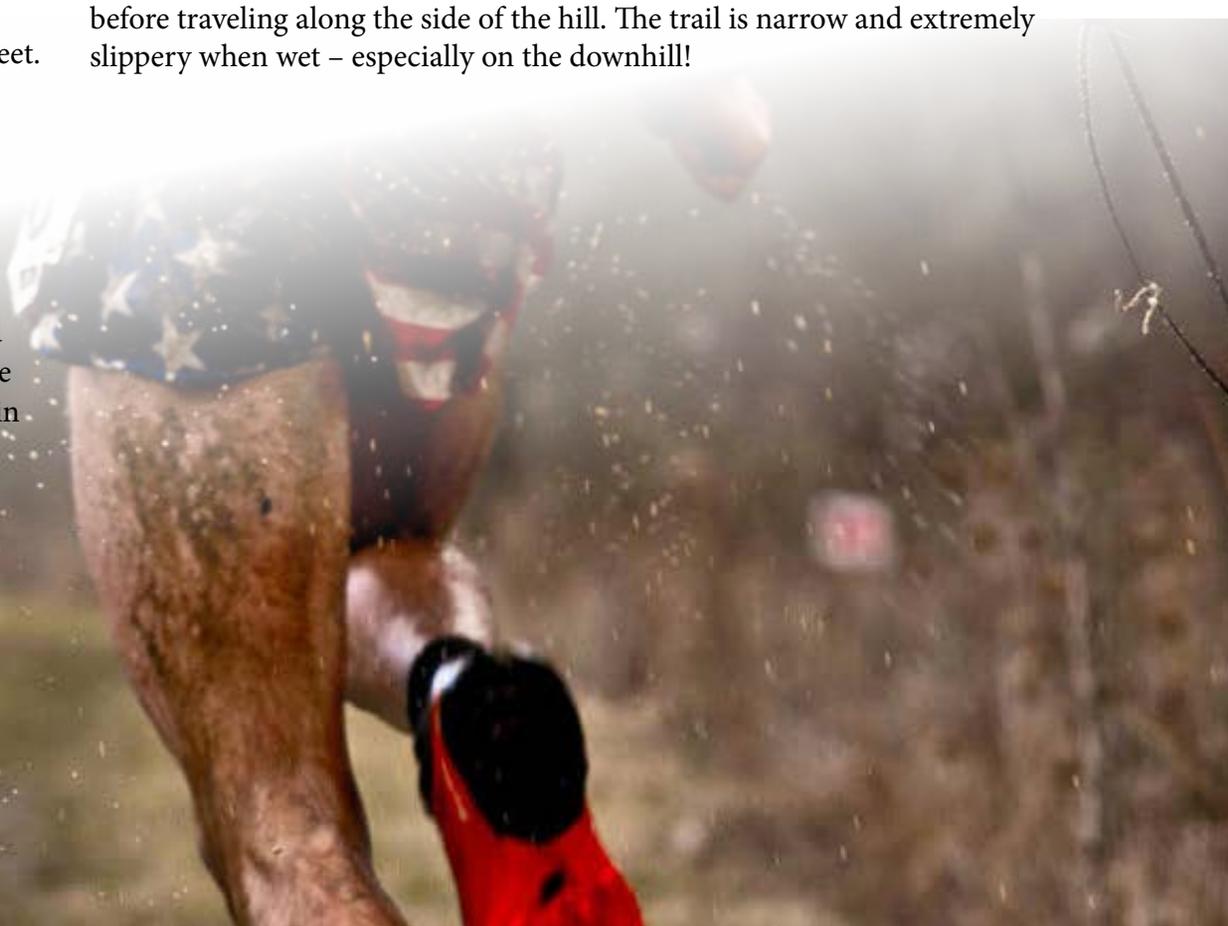
*For those who want to go the extra mile (or Eight), we have a much more challenging second loop for you to do.*

### **SECTION B1: START OF SECOND LOOP**

For those doing the second loop, you will approach the finish line with the first loop runners then run down to the lake just like you did at the start. Then, instead of bearing right toward The Limestone Kilns, runners will run up the hill to the left.

### **SECTION B1B: SMITH HILLSIDE**

You will then turn left onto the paved service road then a right into the woods and on singletrack onto Smith Hillside Trail which snakes you up the hill. It is a nice climb with mixed pine and deciduous forest to the top of the hill. Next is The Smith Hillside Landslide. The trail crowns the hill and makes a slight descent before traveling along the side of the hill. The trail is narrow and extremely slippery when wet – especially on the downhill!



Smith Hillside Trail crosses Mary Ann's Creek on a metal footbridge onto Limestone Trail. You will run in the opposite direction you did on the first loop. Next, you will take a sharp left onto a nice limestone grade. Then there is a tight switchback to the right as you continue up the grade.

### **SECTION B2: HARTMAN'S HEARTACHE**

Before the quarry you make right onto Hartman Trail. Hartman Trail climbs up above the quarry cliffs. Hartman Heartache offers the steepest climb within the race!

At the top, the trail widens and becomes relatively flat as eventually you pass the bat caves on your right. The caves are an environmentally protected area so please stay on the course. There will also be very nice views of Scotch Valley on your left. After the caves you will start to make a short and easy climb as you bear right to the highest elevation point of the course.

### **SECTION B3: THE WATER TOWER RUN**

Runners will reach a four-way intersection – turn right. You will be on a wide grassy lane that is cambered to the left. Next is a sharp right turn and a straight downhill on a wide grassy path before meeting with a dirt service road as you continue downhill with a great view of the lake in front of you. Before you reach the water tower, you will make a sharp right onto a grassy trail that will wind back up the top of the hill to The Horse's Back.

### **SECTION B4: THE HORSE'S BACK AND THE KILN KLIMB**

At the top make a right onto Mattern Trail. Mattern Trail is regularly used for horseback riding and hence the name as the trail will drop down the spine of the hill. The surface of this downhill is almost entirely grass. You will arrive at the bottom when you approach the Limestone Kilns. Behind the kilns, you make a left onto Moore's Hill Trail (this is a different section of

the trail than during the first loop) and make the Kiln Klimb as you snake uphill through some pines and cross a paved service road. You will cross this road and continue on the trail and glide along the edge of the forest to the right and fields below.

### **SECTION B5: MATTERN TRAIL UPHILL AND MATTERN'S MADNESS**

You will make a left onto another section of Mattern Trail. This section will be a gentle yet steady climb through hardwoods as you again climb Moore's Hill. The Madness begins when the trail veers to your right at the summit and then makes a series of abrupt downhills and climbs. Much of the trail is off-camber and slick with grass. At the top of a hill you make a right onto a connecting trail. This trail makes a fast downhill run to Canoe Creek and has several switchbacks and areas where erosion makes the trail a little bit more technical than some of the other previous downhill runs. This trail makes a fast downhill run to Canoe Creek and has several switchbacks and areas where erosion makes the trail a little bit more technical than some of the other previous downhill runs.

### **SECTION B6: THE BEAVER POND TRAIL REDUX**

At the bottom, you connect onto Moore's Hill Trail which you ran during the first loop right before The Canoe Creek Street Crossing through Canoe Creek. Next is the The Beaver Pond Trail once again just like the first loop.

### **SECTION B7: FISHERMAN'S PATH AND HORSE TRAILS**

After crossing the boat launch and mooring grounds, you once again run on Fisherman Path across the breast of the dam and to the Roller Coaster. After the The Confluence Stream Crossing, runners will make a left past the wastewater plant instead of going straight. From here you will zigzag along a few of the horse trails before reaching the finish.





# DIRTY KILN TRAIL RACE

**RED ARROWS** - First Loop (approx. 5 miles)  
**BLUE ARROWS** - Second Loop (approx. 8 miles)  
**EXCLAMATION POINTS** - A trail hazard (e.g. steep climb, technical downhill, excessive mud and/or creek crossing).

UGA

## CANOE CREEK STATE PARK

### TRAIL INFORMATION

- Hiking Trail
- Bicycle Trail
- Equestrian Trail

- Park Office
  - Blue Symbols Mean Accessible
  - Public Phone
  - Food Concession
  - Education Center
  - Restrooms
  - Drinking Fountain
  - Amphitheater
  - Picnic Area
  - Picnic Pavilion
  - Beach
  - Lifeguard Station
  - Showerhouse/Restr
  - Boat Concession
  - Boat Launch
  - Fishing Pier
  - Cabin
  - Ice Skating
  - Interpretive Waysid
  - Vista
  - Gate
  - Paved Trail
  - Unpaved Road
  - Parking Lot Paved
  - Parking Lot Unpaved
  - State Park No Hunt
  - State Park Hunting
- CONTOURS ARE ON 10 FT INTERVALS



TRAIL	COLOR	LENGTH	DIFFICULTY
Beaver Pond	Orange	0.87 Mile	Easy
Fisherman's Path	Green	1.4 Miles	Moderate
Hartman loop	Green	0.5 Mile	Moderate
Limestone Loop	Red	1.2 Miles	Moderate

# FIRST LOOP ELEVATION PROFILE



**FIRST LOOP: 823 FT. OF ELEVATION CLIMB**

# SECOND LOOP ELEVATION PROFILE



**SECOND LOOP: 1472 FT. OF CLIMB**

**ENTIRE HALF: 2295 FT.**



## **BOARD OF DIRECTORS AND RACE OFFICERS**

Benjamin J. Mazur - President, Race Director

Ralph Smith - Vice-President

Todd Lewis - Secretary - Co-Race Director

Katherine Hainey - Treasurer

Kayla Thompson - Member, Volunteer and Safety Coordinator

Codie Roland - Member, Master of Ceremonies

Marc Lauber - Member

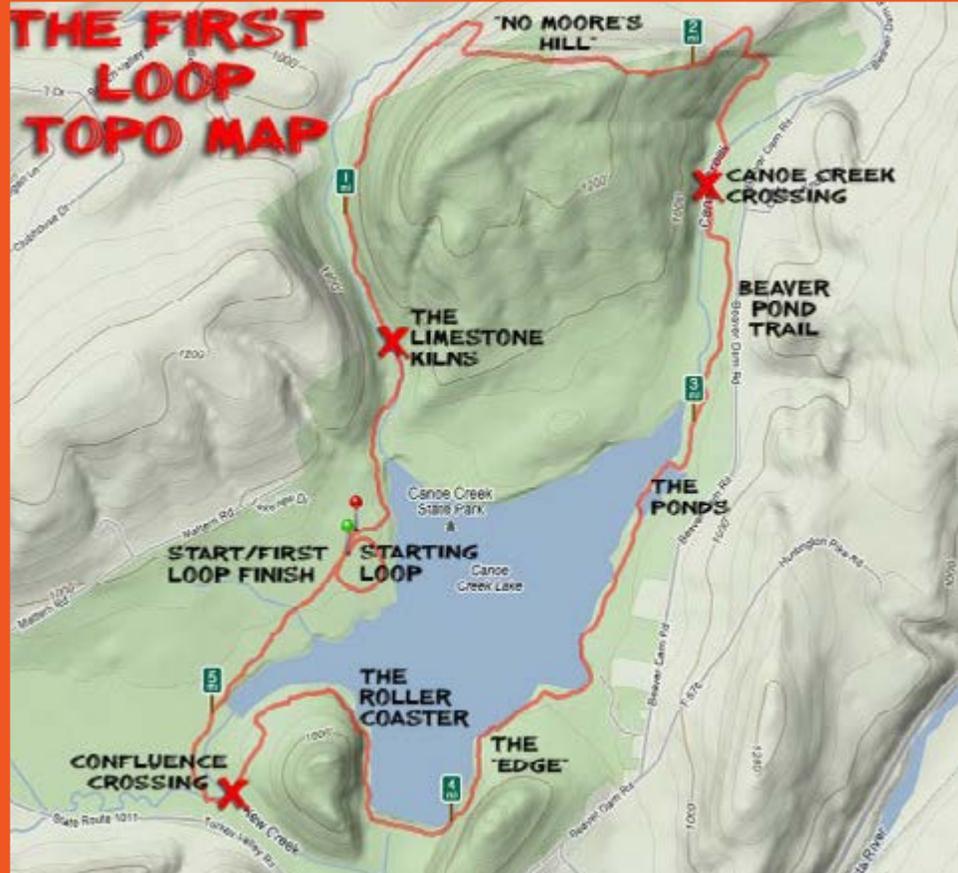
Drew McGhee - Communications Specialist

### **Special thanks to:**

Brittney Swartwelder, Erik Brown Larry and Patty Lauber, Jenn Soisson, Lisa Sprankle, Adam McGinnis, Janice Harkhorn, Corey Hudson, Hope Thompson, Nikki Ritchey, Greg Mazur, Colby Cowher, Brandon Anderson, Ted Holland, Roger Lingenfelter, Tom Cooney, Dave Wertz, Eric Hilbert, Mike Wall, Kevin Lear, Jim McFadden, Gary Thompson, Brush Mountain Running and Outdoors for the volunteer shirts, and Fredrick J. Ferguson.



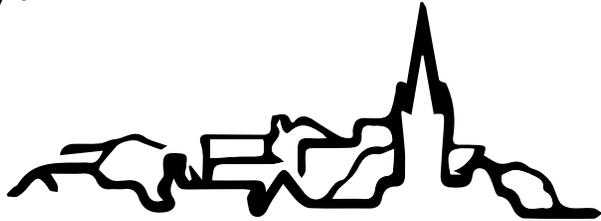
# THE FIRST LOOP TOPO MAP



# THE SECOND LOOP FOR HALF MARATHONERS TOPO MAP



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