

**April 10, 2021**  
CANOE CREEK STATE PARK  
HOLLIDAYSBURG, PA

# THE DIRTY RUNNERS' TRAIL GUIDE QUILIN

09:00 - 13 MILE START  
09:30 - 10K START

**ALLEGHENY  
TRAIL RUNNERS INC**



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## A MESSAGE FROM THE ATR OFFICE

Thank you for being a participant in the tenth annual of the ninth running of the 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 care 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 10K course has plenty of variety and is a great introductory course for the beginning trail runner. The 10K 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

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.

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.

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.

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 10K: 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. Before reaching the paved road, you will make a hard left back toward the amphitheater before a sharp right toward the paved road. At the paved right, turn right down the hill and an immediate right onto the trail and then a left. This wide trail rolls gently above the hallow and the Limestone Kilns below. You will run past a small quarry on your left before down a set of wooden steps. Make a sharp right and along Queen Anne Creek on your left before crossing the creek in front of the limestone kilns. With the links 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 10K 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!

## **SECTION 5: HOME STRETCH**

After the The Confluence Stream Crossing, runners will cross a steel bridge before jumping on top and down the other side of a levee. Then runners will zigzag along a few of the muddy horse trails through the lowlands of the park before a sprint up and down a set of humps before reaching the finish.

**IF YOU ARE A THE 10K CONGRATS! IN THE HALF-MARATHON"? GET READY FOR THE" BACK HALF!"**

## **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.

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

After crossing paved service road then a left off the road and another left 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 cross a steel bridge before jumping on top and down the other side of a levee. Then runners will zigzag along a few of the muddy horse trails before reaching the finish.





## ALLEGHENY TRAILRUNNERS COVID-19 MITIGATION EFFORTS

Due to the ongoing threat of COVID-19, Allegheny Trailrunners will implement the following additional safety protocols during all events. In addition, we shall follow PA Dept. of Health, Centers of Disease Control and World Health Organization Guidelines and restrictions for the number of people involved. We are limit the crowd to 250 people total

### The following is the guidance we are asking from participants at the Dirty Kiln Trail Races

#### BEFORE THE EVENT:

- Informing organization members, participants, hosts, volunteers and all parties associated with the race with the current CDC and PA Dept. of Health guidance including:
- Practice social distancing and maintain a distance of 6 feet
- Wear a cloth face covering that covers your nose and mouth in public settings like like bib pickup, porta potty line, etc.
- We are requesting self-policing by participants and volunteers. You should NOT attend the event if:
  - have a fever of  $\geq 100F$  on the day of the event
  - have had any signs or symptoms of COVID-19 in the past 14 day such as a new continuous cough, fever, change/loss of taste/smell.
  - have been in contact with anyone who is sick (symptomatic) in the past 14 days.
  - have travelled within the past 14 days to any location with widespread ongoing local COVID-19 transmission.

#### CHECK-IN/REGISTRATION:

- Participants will practice social distancing and wear an appropriate face coverings
- Screen participants at check-in. (i.e. "Are you sick or have been exposed by someone who is?" etc.)

#### DURING THE EVENT:

- Participants will be allowed to congregate at the starting line 5 minutes prior to the starting time. This will allow us to stay below the CDC recommended prolonged period of time.
- Participants must carry a face covering with them the entire race.
- Participants maintain social distancing while active. Keep at least a distance of 6 feet from other participants during the progress of the event

#### AID STATIONS:

- Participants advised to wear a face covering at aid stations

#### POST-EVENT:

- Requiring of face covering for participants when social distancing can not be maintained.
- Participants should wear a face covering in line for food and drink.

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# ATR TRAIL FEST

JULY 10 | 3, 6, AND 12-HOURS  
CAMP ANDERSON, TYRONE, PA

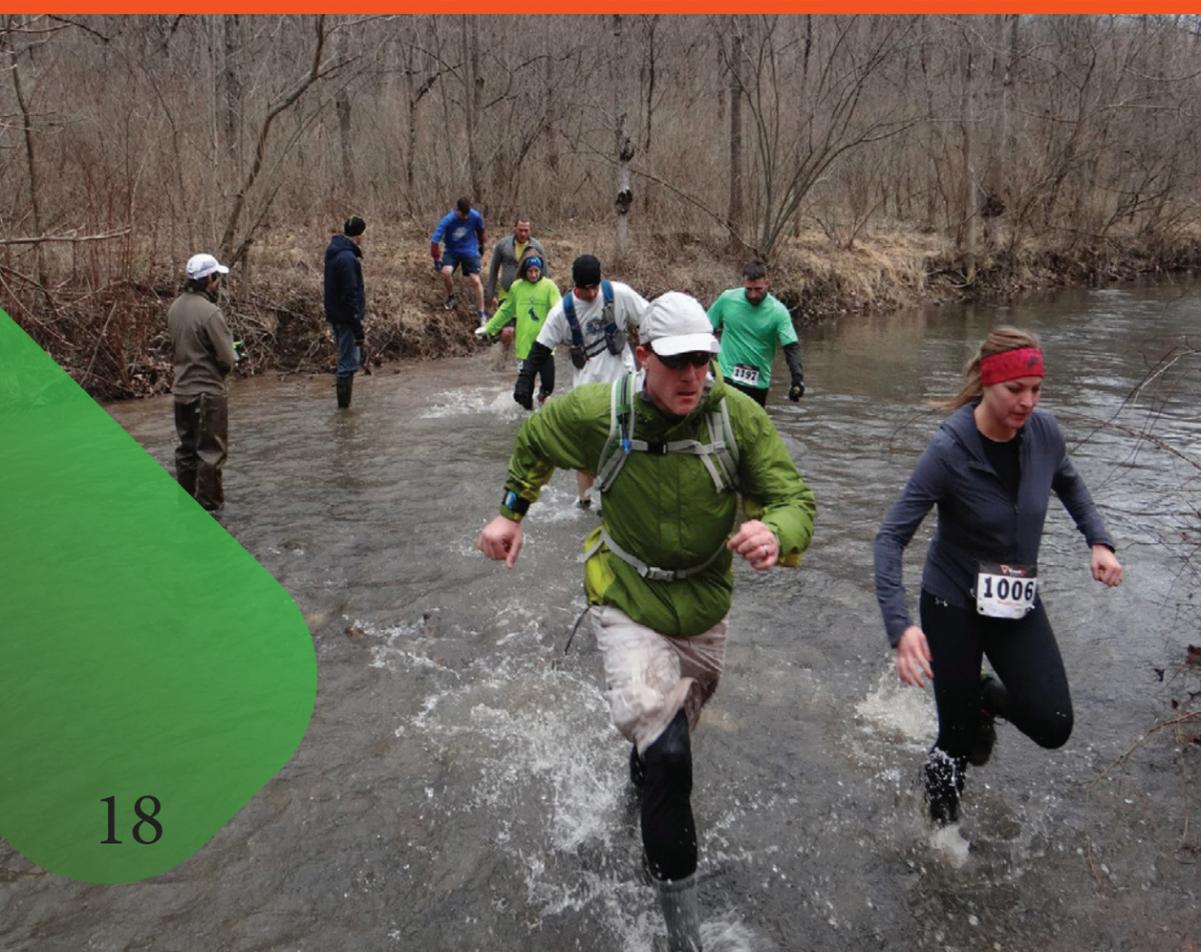
[WWW.ALLEGHENYTRAILRUNNERS.COM/ATR-TRAILFEST](http://WWW.ALLEGHENYTRAILRUNNERS.COM/ATR-TRAILFEST)



# ROCK 'N THE KNOB

SEPT. 18 | 10K, HALF & MARATHON  
BLUE KNOB ALL-SEASONS RESORT

[WWW.ALLEGHENYTRAILRUNNERS.COM/ROCK-N-THE-KNOB-TRAIL-CHALLENGE](http://WWW.ALLEGHENYTRAILRUNNERS.COM/ROCK-N-THE-KNOB-TRAIL-CHALLENGE)







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**THE DIRTY KILN  
RUNNERS  
GUIDE**

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