



The 14th and 15th ever **RIDGE, ROOTS, ROCKS, AND RUCKUS RUN**

- WHAT:** A monthly trail run option
- WHEN:** The 14th CFAR RRRRRRun will take place Saturday, **May 21, 2011**. The 15th CFAR RRRRRRun will take place **June 4th, 2011**. We hit the trail at 9 a.m., so please plan to be at the lower Camp Penn parking lot at 8:45 or ready to leave the Waynesboro YMCA parking lot at **8:30**.
- WHERE:** The lower Camp Penn gravel parking lot off of Old Forge Rd., near where it intersects Rattlesnake Run Rd. If you are unsure of the location, meet at the YMCA ready to depart at **8:30** to carpool/follow.
- WHO:** Organizers are Bea and Vicki
Bea's email: bea@veraworks.com
Vicki's email: scootch@rocketmail.com
- WHY:** We live in a very beautiful and scenic area and it's great to enjoy nature and pound dirt instead of pavement every now and then. Plus trail running gives your body a rest from the impact of the pavement, works muscle groups that road running neglects, allows you to completely forget about cars, and fills your lungs with really clean healthy air.

This week's course will be an out and back totaling approximately 5 miles. There are ways to add more miles on to this trail. For the veteran trail runners of CFAR, this is the very first trail run we had April of 2010. I hope the ferns are out!