



## The 17th ever **RIDGE, ROOTS, ROCKS, AND RUCKUS RUN**

- WHAT:** A monthly trail run option
- WHEN:** The 17th CFAR RRRRRRun will take place Saturday, **August 27, 2011**. We hit the trail at 9 a.m., so please plan to be at the lower Camp Penn parking lot at 8:45. Please call me or email if you need directions to the trail head. We are not having a meeting place at the YMCA.
- WHERE:** The lower Camp Penn gravel parking lot off of Old Forge Rd., near where it intersects Rattlesnake Run Rd.
- WHO:** Organizers are Bea and Vicki  
Bea's email: [bea@veraworks.com](mailto:bea@veraworks.com)  
Vicki's email: [scootch@rocketmail.com](mailto:scootch@rocketmail.com) Phone: 717-496-3694
- 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.

Lately, everyone has been bringing their own water for after the run, so I won't be supplying it this week. It's better for the environment for us to reuse our water bottles anyway. Hope to see you there!