





ONLY THE HARDIEST OF RUNNERS WILL COMPLETE THIS CIRCUMNAVIGATION OF PINE CREEK, A PENNSYLVANIA SCENIC RIVER CARVING ITS WAY THROUGH THE RUGGED HEART OF THE APPALACHIANS. THE LARGEST CREEK IN THE UNITED STATES THAT SUPPLIED THE LUMBER THAT BUILT AMERICA, THE IROQUOIS CALLED IT TIADAGHTON — THE RIVER OF PINES. OR IS IT THE LOST AND BEWILDERED RIVER? AFTER TRAVELING SOME OF THE MOST SCENIC AND CHALLENGING TRAILS IN PENNSYLVANIA ALONG WITH CLIMBING MORE THAN 20,000 FEET, YOU MAY FIND THE SECOND NAME MORE APPROPRIATE.

The 5th Annual Eastern States 100

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Eastern States 100

Set deep in the heart of the Pennsylvania Grand Canyon and well removed from the outside world, this is the ultimate test for the strongest and toughest trail runners. Is it a race or more of an experience in perseverance? With steep climbs, extremely remote trails, exceedingly technical terrain, and all in the classic east coast heat and humidity of August. This circumnavigation of Pine Creek visits some of our most storied trails like the Mid State Trail and the Black Forest Trail, and accumulates well over 20,000 feet of climbing in the process. This is the epitome of central Pennsylvania trail racing.

RACE DETAILS

Race date: 8/10/2019

100 mile start time: 5:00am Saturday

100 mile cut-off: 5:00pm Sunday (36 hours)

**All runners must check in with picture ID to receive their bibs and also must check in again race morning if picking up their bibs on Friday evening.*

*There is no day-of registration.
There is no official pre-race dinner.*

SCHEDULE

PACKET PICK-UP (DAY USE PAVILION)

Friday

5:00-8:00pm: Race bibs and swag bags

Saturday

3:30-4:45am: Race bibs and swag bags

RACE MORNING SCHEDULE (DAY USE PAVILION)

Saturday

3:30am: Check-in station opens

All runners check in and receive race bibs and swag bags.
Fresh-brewed Bason Coffee and breakfast available!

4:45am: 100 mile pre-race briefing (at the start line)

5:00am: 100 mile start

General Information

Little Pine State Park (Day Use Area)

- Race check-in, drop bag collection, and start/finish line are all located at Little Pine State Park day use area, approximately 1 mile north of the Little Pine State Park Campground.
- Race check-in and the start/finish line are at the Registration Pavilion directly below of the parking lot.
- The drop bag collection point is next to the registration pavilion located near the trees.
- The bathrooms are located on the rear of the Bathroom Building on the south end of the parking lot.
- Please remember that alcohol is not permitted in the State Park, except at the Registration Pavilion during the race. We need to be good guests and respect this. Alcohol is permitted in the State Forest, which means you can have a cold one at most aid stations.

Drop Bags

Use drop bags if you have things you need but don't want to carry the whole way – warm/dry clothing, a special snack, headlamp, etc. We'll transport your bags to designated aid stations and have them waiting for you. The drop off location will be just south of the registration pavilion for both Friday evening and race morning.

- We'll take drop bags to the following 6 aids stations (use as many or as few as you'd like):

AS4-Browns Run	AS11-Slate Run
AS7-Hyner Run	AS14-Blackwell
AS19-Halfway House	AS16-Barrens

Drop bag guidelines:

- Close your bag securely and label it clearly with name, bib #, and the aid station it's meant for.
- Drop off at the collection point no later than the start of your race.
- We can't promise to protect your bag from the weather, so a waterproof bag is best.
- We'll get them back to the drop off location as soon as possible.

Communications

The PA Wilds is a remote area and cell phone service is very limited – it's unlikely you will be able to talk with your runner, crew, etc. by phone. We will have radio communication with each aid station through our communications command bus – if you have an urgent need to contact a runner or crew, please see a race official at the finish line or any personnel at the communications command bus.

Spectators

Spectators are welcomed and encouraged. Aid stations with easy access and adequate parking are AS3-Lower Pine Bottom, AS7-Hyner, and AS16-Barrens. See "Guide to Crew Accessible Aid Stations" below for directions. We expect spectators/guests to follow the same rules as our participants – no littering, courtesy and respect for all trail users, etc.

Post-race Food

Finish line food and refreshments are for registered runners only (and a pacer if you finish with one.) Crews and pacers are more than welcome to participate in the finish line celebration but please come prepared and bring your own food to the party.



Race Rules

Runner Rules

1. **No unofficial runners** – No bandits (or unregistered pacers) allowed.
2. **No course cutting** – Follow the marked course at all times – it will be clearly marked with orange survey ribbon, directional arrows, and with reflective tape after AS9. If you depart the marked course, you must return to the point of departure before continuing. Cutting the switchbacks is cheating, and leaving the beaten path to avoid mud or water is just bad trail karma – please don't.
3. **Mandatory gear** – A headlamp or similar lighting is mandatory when running before daybreak and after dark. Make sure you're carrying a light or have it in a drop bag or with your crew before you think you'll need it - because you'll need it before you think you do.
4. **Optional race aids** – Hiking poles, headphones, GPS devices, heart rate monitors, and similar devices are allowed – but ONLY IF you use them safely and responsibly (so you are aware of what's around you and not a danger to yourself or others).
5. **No unauthorized crew support or aid drops** – Crew access and drop bags are allowed only at designated aid stations. No one is allowed to drop or store supplies along the race route, and runners are not allowed aid between checkpoints unless it is an emergency.
6. **Pets** – We love trail dogs, but not during a race. Please no pets on the course. Pets are welcome as part of your crew, and at the start/finish area, but they must be under control and they must be on a leash while within the state park. If your pet is disruptive, we may ask that you remove them from the area.
7. **Do not litter** – You can either carry your trash or dispose of it at the aid stations. We are operating under permits from the Department of Conservation and Natural Resources and litter could threaten future permits. Anyone caught intentionally littering along the trail will be disqualified.
8. **Passing other trail users** – The course uses many popular hiking trails and bridle (horse) trails, so please be respectful of all trail users and yield as needed. Be careful, courteous, patient, and safe while passing competitors or other trail users. Communicate your intentions clearly (“Passing on your left”), and remember that it's a long run.
9. **Accountability** – We'll be tracking your progress around the course – it's your responsibility to make sure your race bib is visible, and to check yourself (and your pacer) **IN and OUT of each aid station** (even if you are just passing through without stopping). The communications team at the aid station will record your arrival and departure, and relay your progress to race headquarters.
10. **Cut-off times** – Aid station captains will strictly enforce the cut-off times that are posted for designated aid stations (see *aid station chart*). Aid station captains also have the authority to pull you from the course if it is clear that you are physically unable to continue in a safe manner. Their decisions are final, and if you refuse to vacate the course when directed, you'll be disqualified.
11. **Dropping out of the race** – If you can't complete the race, **you must notify an aid station captain and surrender your race bib**, which will officially withdraw you from the race. If you leave the race and don't show up at the next aid station within a reasonable time, we'll assume you're lost and will notify authorities. This could threaten the race's future permits. Leaving a race without informing an aid station captain means automatic disqualification and possible restriction from entry into future races.

Pacer Rules

Runners may use pacers, according to the following rules:

1. **Pacers must register** – Complete an emergency contact and waiver form at the aid station you are going to pick up your runner at before running, and wear the pacer bib you receive there while you are on the course.
2. **Pacer starts** – Pacers may enter the course at AS7-Hyner Run, AS9-Halfway House, AS11-Slate Run, AS14-Blackwell, and AS16-Barrens.
3. **One pacer at a time** – Standard practice, one pacer per runner at a time. End of story.
4. **No “muling”** – Pacers are there for safety and moral encouragement – not to help carry your stuff (or you). They can help you at aid stations just as your crew would, but they aren't allowed to carry water, food, or other supplies for you or physically assist you in any way out on the trail. They may run beside you or behind you, but not in front of you – this is your race, not theirs.
5. **Accountability** – Pacers must check in and out with the aid station communication crews at each station just as the runners do. We're just as concerned about their safety and accountability, so we need to know who is out on the course at any time.
6. **Pacers may use aid stations** – Pacers are free to use the aid stations they visit with their runner.

Crew Rules

A crew can be an important part of your race effort, and they are welcome for runners, according to the following rules:

1. **Crew support only at designated aid stations** – Your crew can help you in pretty much any way, but **ONLY** while you are checked-in at the aid station – nowhere else along the race route. **Crews are NOT PERMITTED at AS1-Ramsey Rd, AS2-Ramsey, AS4-Browns Run, AS5-Happy Dutchman, AS8-Dry Run, AS9-Halway House, AS10-Callahan Run, AS12-Algerines, AS13-Long Branch, AS15-Sky Top, or AS17-Hacketts.**
2. **One crew vehicle per runner** – Parking is limited at many of the remote aid stations, and some of the access roads are narrow and dusty. It will be nicer – and safer – for everyone if there are fewer vehicles moving about.
3. **Aid Station flow** – Aid stations can be busy places, and it's important that runners have a clear route in and out, with easy and quick access to the station. Please find an out-of-the-way place (but within 50 yards of the station) for your crew activities so you don't add to the congestion, and please obey the instructions of the Aid Station Captain – the station is their space and their responsibility.
4. **Crews may volunteer** – We're really one big trail family when it comes down to it. Crews are free to help other runners if they want to, or to help out the aid station crew (if it's alright with the aid station captain.)

Safety Rules

It's a wild backwoods Pennsylvania mountain trail – of course it can be dangerous! That's one of the reasons we love it, but we really don't want anyone to get hurt, so we expect you to take some reasonable precautions, and to know what to do if something does go wrong.

1. **If you get injured** – Stay on the trail and wait to inform another runner that you are injured and ask that they notify race officials at the next aid station. Cell phone service is very limited on the course, but there will be a communications team at each aid station that can talk to race headquarters and to a centrally-located ambulance/EMT crew. If you need help, that aid station communication team is your fastest and most reliable answer – go to the nearest aid station (forward or back) or relay the message to them.
2. **You are a pedestrian** – You must obey all laws pertaining to road pedestrian crossings; vehicles have the right-of-way at all times. Before you cross any road, remember what your mother told you and look both ways.

CORRECTLY WORN RACE BIB ON SHORTS



CORRECTLY WORN RACE BIB ON SHIRT

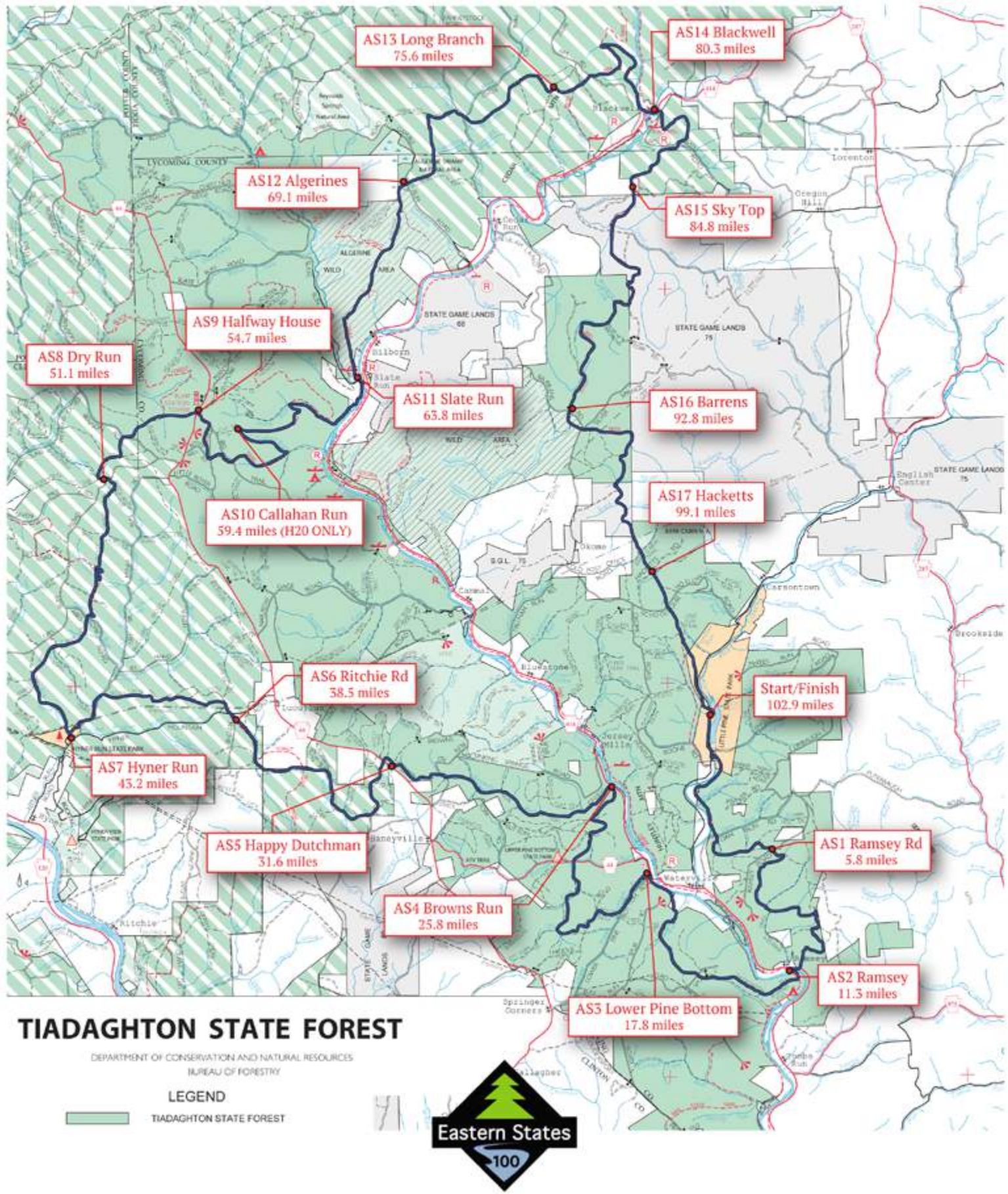


Race Bib Placement

While racing with us at the Eastern States 100, it is required that all racers wear their bib either on the front of their shirt or on the front of their shorts, pants, tights, or bikini (hey we won't judge). **It is also required that you do not fold or obstruct the bib in any way.** If your entire bib is not plainly visible to race officials, we reserve the right to stop you until your bib is fixed or disqualify you if you do not comply to this rule.

△ MID STATE TRAIL





Eastern States 100: Aid Stations

Aid Station	Seg Dist	Total Dist
Start	0.0	0.0
AS1 Ramsey Rd	5.8	5.8
AS2 Ramsey	5.5	11.3
AS3 Lower Pine Btm	6.5	17.8
AS4 Browns Run	8.0	25.8
AS5 Happy Dutchman	5.8	31.6
AS6 Ritchie Rd	6.9	38.5
AS7 Hyner Run	4.7	43.2
AS8 Dry Run	8.0	51.1
AS9 Halfway House	3.5	54.7
AS10 Callahan Run	4.7	59.4
AS11 Slate Run	4.4	63.8
AS12 Algerines	5.3	69.1
AS13 Long Branch	6.5	75.6
AS14 Blackwell	4.7	80.3
AS15 Sky Top	4.5	84.8
AS16 Barrens	8.1	92.8
AS17 Hacketts	6.2	99.1
Finish	3.8	102.9

Support		
Drop Bag	Crew	Pacer Swap
	x	
x		
x	x	x
x		
	water only	
x	x	x
x	x	
x	x	

Cutoffs				
Time of Day	Total Time	Time from last Cutoff	Min Pace from last Cutoff	Min Overall Pace
5:00 AM				
7:45 PM	14:45	14:45	20:29	20:29
10:30 PM	17:30	2:45	20:38	20:33
11:30 PM	18:30	1:00	17:09	20:18
3:00 AM	22:00	3:30	23:05	20:41
9:00 AM	28:00	6:00	21:49	20:55
10:45 AM	29:45	1:45	23:20	21:03
1:00 PM	32:00	2:15	16:40	20:41
4:00 PM	35:00	3:00	29:02	21:11
5:00 PM	36:00	1:00	15:47	20:59

#	Open	Close
AS1	0545	0700
AS2	0630	0930
AS3	0700	1130
AS4	0900	1400
AS5	1000	1600
AS6	1100	1800
AS7	1200	1945
AS8	1345	2230
AS9	1430	2330
AS10	1515	0100
AS11	1600	0300
AS12	1700	0500
AS13	1800	0700
AS14	1900	0900
AS15	2000	1045
AS16	2100	1300
AS17	2200	1600
Finish	2300	1700



Course Markings

The Eastern States 100 course is well marked with a combination of orange flagging tape, orange arrows and highly reflective flagging provided by our sponsor **RUseeN**. Turns are typically marked with 3 pieces of orange flagging tape before and after a turn. Know that there are **MANY** intersections and you need to stay vigilant during the entire race. You are ultimately responsible for staying on course.





COURSE RECORDS

Men's Course Record
Devon Olson
20:30:36 (2016)

Women's Course Record
Kathleen Cusick
24:48:57 (2014)

Little Pine State Park to AS3-Lower Pine Bottom (10 min)

1. From the Little Pine State Park Day Use Area, turn left onto Little Pine Creek Rd.
2. Follow Little Pine Creek Rd for 4.3 miles, then turn right onto PA-44.
3. Follow PA-44 for 1 mile, then turn left into the PA DCNR Bureau of Forestry.
4. Aid station is at the end of the PA DCNR Bureau of Forestry building parking lot.
5. *Note: Once the parking lot is filled, please park along the entrance drive facing the exit. Do not overpark the parking lot in front of the DCNR building. If crews are caught creating a hazard for runners in the parking lot, the aid station captain has the authority to disqualify the runner of that crew.*

AS3-Lower Pine Bottom to AS7-Hyner Run (22 min)

1. Return to Bureau of Forestry entrance, then turn left onto PA-44 for 0.5 miles.
2. Turn slight left to stay on PA-44 and follow for 5.3 miles.
3. Turn right to stay on PA-44 and follow for 5.2 miles.
4. Turn left on Hyner Mountain Rd and follow for 5.0 miles.
5. Turn right into Hyner Run State Park and the parking lots will be on your right.
6. *Caution: Runners are traveling down the road to the aid station. Please stay alert as you approach the aid station.*

AS7-Hyner Run to AS9-Halfway House (20 min)

****PACERS ONLY****

1. Return to the Hyner Run State Park entrance and turn left onto Hyner Mountain Rd.
2. Follow Hyner Mountain Rd for 5.0 miles, then left onto PA-44.
3. Continue on PA-44 for 7.0 miles, then right into the parking lot.
4. *Caution: Runners cross PA-44 just before the parking lot to access the aid station. Please stay alert as you approach the aid station.*

AS7-Hyner Run to AS11-Slate Run (43 min)

1. Return to the state park entrance and turn left onto Hyner Mountain Rd.
2. Follow Hyner Mountain Rd for 5.0 miles.
3. Turn right onto PA-44 and follow for 5.2 miles.
4. Turn left to stay on PA-44 and continue for 5.3 miles.
5. Take a sharp left onto PA-414 and follow for 14.1 miles.
6. Turn left onto Slate Run Rd and park at the Slate Run Recreational Parking area.
7. *Note: Park at the Slate Run Recreational Parking area and walk to the aid station located behind the Hotel Manor. The Hotel Manor has graciously opened their grounds for us to use as our aid station - we must respectfully keep their parking lot open for their customers.*

AS11-Slate Run to AS14-Blackwell (19 min)

1. From the Pine Creek Rail Trail parking lot, turn left onto Slate Run Rd, then left onto PA-414.
2. Follow PA-414 for 10.7 miles, then right into the Robert McCullough Jr. Parking area.
3. *Note: This aid station has very limited parking. Only park on the right side of the road if the parking lot is full.*

AS14-Blackwell to AS-16-Barrens (35 min)

1. From the Pine Creek Rail Trail parking lot, turn left onto PA-414.
2. Follow PA-414 for 5.7 miles, then left onto Beulah Land Rd.
3. *Note: Beulah Land Rd will turn into a gravel/dirt road once you pass the village of Cedar Run.*
4. Follow Beulah Land Rd for 5.4 miles, then turn left to stay on Beulah Land Rd.
5. Continue on Beulah Land Rd for 2.2 miles, the aid station will be on your left.
6. *Note: Please park on the right hand side of the road and do not block the course!*

AS-16-Barrens to Little Pine State Park (38 min)

1. Continue on Beulah Land Rd for 0.5 miles, then right onto Truman Run Rd.
2. Follow Truman Run Rd for 6.0 miles, then left onto PA-414.
3. Follow PA-414 for 5.7 miles, then merge with PA-44.
4. Continue on PA-44 for 1.5 miles, then left onto Little Pine Creek Rd.
5. Follow Little Pine Creek Rd for 4.3 miles, then right into the Little Pine State Park.



GPS Guide to Crew Accessible Aid Stations

<i>Aid Station</i>	<i>Name</i>	<i>Coordinates</i>	<i>Description</i>
Start/ Finish	Registration Pavilion	Latitude: 41.363915 Longitude: -77.3556315	Start/Finish line is at the Registration Pavilion in the Little Pine day use area.
AS3	Lower Pine Bottom	Latitude: 41.315558 Longitude: -77.384522	Parking area is at the Tiadaghton Resource Management Center.
AS7	Hynier Run SP	Latitude: 41.361064 Longitude: -77.625039	Parking area is at the far side of the State Park.
AS9	Halfway House	Latitude: 41.461519 Longitude: -77.572618	PARKING AREA FOR PACERS ONLY
AS11	Slate Run	Latitude: 41.471269 Longitude: -77.502283	Parking at the Slate Run Recreational Parking lot. AS is behind the Hotel Manor.
AS14	Blackwell	Latitude: 41.556308 Longitude: -77.381816	Located at the Robert McCullough Jr. Parking lot.
AS16	Barrens	Latitude: 41.461448 Longitude: -77.415293	Barrens





EASTERN STATES 100

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TIMING

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