

Onteora Runners Club Presents:



CATSKILL MT. SPRING SERIES 2011

PLATTE CLOVE MOUNTAIN RUN...WEDNESDAY, MAY 4 6:30PM 3 MILES...UP THE DEVIL'S KITCHEN:

Originated by Barry Hopkins in the early 1970's, this is one of the area's oldest road races and no doubt one of the toughest. The race starts in West Saugerties and climbs the steep "Devil's Kitchen" to Elka Park. After an easy first mile the course rises sharply uphill for the next two miles, gaining approx. 1300 feet of elevation in the process. The road is too steep to plow in the winter so authorities close it after the first snowfall. We meet at the corner of Manorville Rd. and Platte Clove Mt. Rd. **Directions:** From Saugerties, take Route 212 west to Centerville and make a right onto County Rt. 35 (Blue Mt. Road). Approx. 2 miles later, bear left at the fork onto County Rt. 33. Take that road straight and it turns into Platte Clove Mt. Rd. after County Rt. 33 turns left. We will meet on the corner of Platte Clove Mt. Road and Manorville Rd. at 6PM. The race starts ¾ mile up Manorville Rd.

For info: contact Race Director Jean Kerr at dakotajean@aol.com or 518-943-0773

OLANA STAR LOOP 10K...OLANA STATE HISTORICAL SITE...WEDNESDAY, MAY 18 6:30PM:

Olana is the home of the late Frederic Church, one of the first American Landscape artists to gain worldwide recognition. The castle sits high on a hill overseeing the eastern shore of the Hudson River. Carriage roads around the estate make for some of the finest running around. The course winds over these carriage roads or trails, around the lake, through tall forests, with special care not to miss any of the many hills. Without doubt, this is one of the prettiest courses you'll find and one of the most difficult. **Olana is located** on Rt. 9G one mile south of the Rip Van Winkle Bridge, which crosses the Hudson between Catskill and Hudson, NY. We will meet at the lake at 6PM. There are public bathroom facilities next to the Souvenir Shop. Sorry, alcohol beverages are not allowed!!

For info: contact Race Director Doug Freese at dfreese@hvc.rr.com or 845-246-7954

HIGH ROCK RUN UP TO INDIAN CHAIR...WEDNESDAY, JUNE 1 6:30PM 2 ¼ MILES:

Join in a journey along the first road to scale this part of the Catskill Mountains. Starting at Dick Vincent's Cliff House, you will ascend to the High Rock overlooking the Kaaterskill Clove, Palenville, the Hudson Valley, the Berkshires and beyond. Your journey will take you up 2 ¼ miles gaining 1300 feet of elevation on a remnant of a now lost highway. This self-timed, self-supported trek is not for the faint of heart. It is rocky, steep and treacherous; in other words, it is a real good time. There is no aid or return transportation (other than your own feet!). Join in the celebration of this ritual and enjoy the spirits of the mountains, both past and present. **Directions:** Palenville is located 10 miles west of Catskill on Rt. 23A, 10 miles northwest of Saugerties via routes 32 and then 32A, and 10 miles east of Hunter via Rt. 23A. From the only light in Palenville, go west on Rt. 23A for 3/10 mile. Make your first right beyond the Exxon gas station onto White's Road. Go ½ mile up White's Road and make a right onto White's Road Ext. The Cliff House is #108, just 2/10 mile on your right. Park along either White's Road or White's Road Ext. Bring refreshments and snacks for a post race get together at Cliff House afterwards.

For info: contact Race Director Debbie Briggs at wanderlust25@frontiernet.net or 845-876-6214

These are low key, informal races open to all at \$2.00 per race.

Sign up is day of race. All competitors must sign a waiver

No whining allowed....complainers will be fed to the bears!!!!

"They used to say that for six days the Lord labored at creating the earth and on the seventh He threw rocks at the Catskills."

Christopher Evers