



SINNEMAHONE

Ultra Marathon

TRAIL RUN

Emporium, Pennsylvania

Welcome to the “Sinnemahone” (official name the “Sinnemahone Mega Marathon Trail Run”). This race is a 33.02 mile (53.14K) run conducted mostly on Pennsylvania Department of Conservation’s Elk State Forest Lands. A number of sections of this race follow the Bucktail Path which has been called the most isolated of the Pennsylvania’s wilderness trails. In addition to the Sinnemahone two other races are offered for those looking for a lesser challenge, a relay race for teams of two racers following the same course as the Sinnemahone and a shorter trail run that starts and finishes on the same path as The Sinnemahone but deviates in the middle for a shorter distance (16.24 mile (26.14K) for a taste of trail running. The October race date puts it near the peak Fall foliage resulting in a beautiful course. Most of the trails are marked with yellow paint. Sections the race team feels may be confusing are also marked with yellow ribbons or signs with arrows. Signs with arrows also mark any changes to another road or trail. Because this is wilderness there is a chance a runner could become injured or lost. If this should happen stay where you are, there is a well trained team available to find, treat (if necessary) and remove you to safety. In the wilderness there is always a chance for an encounter with wildlife, if you ignore them they’ll ignore you but, if you mess with them they might mess with you, so enjoy seeing them and keep racing.

The starting point is in the center of the town of Emporium, the county seat of Cameron County. It follows the West Creek Rails to Trails to the edge of town where it turns left onto Second Street for a hundred yards. The course then turns right onto State Route 120 for 150 yards where it turns left onto State Route 155. It crosses Route 155 at the Buttonwood Motel and passes through a gate onto the Wiley Trail. From the start to the gate is 1.32 miles.



34 East 4th Street, Emporium, Pennsylvania 15834



The Wiley Trail is used as a snow mobile route during the winter and is wide enough for a jeep. This trail goes up the mountain and crosses into Climax Hollow and proceeds up the hollow until it encounters the Bauer Hollow Road a distance of 1.80 miles.

The course bears left onto the Bauer Hollow Road for 1.91 miles until it intersects the Steam Mill road. Bauer Hollow and Steam Mill are both dirt roads with very limited traffic. This intersection is the location for Aid Station 1.

The course follows the Steam Mill road to the right for 0.40 miles where it turns left onto the Mowray Trail. The Mowray crosses the Bucktail Path after 0.45 miles and continues, now named the Chicago Springs Trail.

The short course has followed the long course until the intersection of the Mowray/ Chicago Springs trail and the Bucktail Path. At this intersection the short course is marked with blue ribbons and blue arrow signs. Yellow paint marks the trail beyond the ribbons. Where the Mowray crosses the Bucktail Path, the short course turns left onto the Bucktail Path and proceeds 2.68 miles to where it intersects Steam Mill Road. The course turns left onto Steam Mill and follows the road 2.45 miles to the intersection of Steam Mill and the Bauer Hollow road. This will also be Aid Station 2 for the short course. From this point to the finish the short course follows the directions for the Sinnemahone race after their aid station 6.

The long course over the Mowray / Chicago Springs Trail total 3.072 miles and then intersects Ridge Road, a dirt road open for traffic except in winter when it's open only for snow mobiles. The race turns right on Ridge Road for 1.33 miles until crossed by a pipe line. Aid Station 2 is located at this crossing. The race bears right onto the pipeline for 3.67 miles until it is crossed by another pipeline. The racers turn left onto this second pipeline for 0.12 miles to where it again intersects Ridge Road. The course turns right onto Ridge Road and 1.44 miles to the start of the Park Hollow Trail. This is the location of Aid Station 3 and the point where the relay runners will exchange places.

There is a gated road at the start of Park Hollow Trail but the course doesn't follow this road. Instead it follows the yellow ribbons for about a quarter mile until it joins the Park Hollow section of the Bucktail Path where the course is again marked by yellow paint. The trail crosses a camp's yard and follows their driveway until it reaches Whitehead Road. The race course crosses Whitehead Road and turns to the right along the creek to the bottom of Rock Run. The Park Hollow trail is 3.76 miles long before joining the Rock Run Trail.

Rock Run contains some of the prettiest waterfalls in Cameron County when there is sufficient water to show them off. The start of Rock Run has Aid Station 4. The trail crosses a pipeline where it also crosses the run and then continues following the run. The trail becomes narrow and rocky, with Mountain Laurel patches after this crossing. Once the trail reaches the top of the mountain it turns downhill until it crosses Hunts Run. The Rock Run section is 4.46 miles long. The crossing at Hunts Run will have Aid Station 5. After crossing Hunts Run the course follows the creek upstream to the bottom of McNuff Run.

McNuff Run is probably the most interesting trail. A little larger stream and a number of beaver dams highlight the trail. The course follows this trail for 2.63 miles until it intersects with the Mowray/Chicago Springs Trail. The race turns left onto the Mowray Trail for 0.45 miles to Steam Mill Road.

The race turns right onto Steam Mill for 0.40 miles until it reaches the intersection with Bauer Hollow Road and Aid Station 6. The race turns left onto the Bauer Road for 1.91 miles, and then bears right onto the Wiley Trail for 1.80 miles to the gate at the Buttonwood Motel.

The course leaves the Buttonwood Motel parking lot and crosses State Route 155 and turns left for about 100 yards. From State Route 155 it turns right and crosses the Little League baseball complex continuing straight to Portage Creek, a branch of the Sinnemahoning Creek. The race turns left following the creek for 200 yards where it turns right to exit the stream. The exit leads to the railroad property where the course turns left to the highway (State Route 120). If heavy rains increase the flow in Portage Creek to an unsafe level the course will be altered to follow the highways back to East Second Street. The course crosses State Route 120 turns right and crosses the railroad tracks. East Second Street intersects onto State Route 120 and the race turns left onto East Second Street for about 100 yards. East Second Street crosses the Rails to Trails where the race turns right and follows the West Creek Rails to Trails straight to the finish line. The section from the Buttonwood gate to the finish is 1.38 miles.

As you've probably noticed the first and last 4 miles follows a similar route. Because it crosses several streets in Emporium and two state highways please use the utmost caution when crossing these paved sections. We plan to close the paved roads for the start but traffic will be present on the return. During the race a number of dirt roads are crossed or followed and while there is less traffic, care should still be used since some of these roads are open to traffic. Enjoy the race in scenic Cameron County and come back soon.