

# Running the Copper Canyons of Hyner

Feb. 15th  
8:30am



Presidents Day is coming up and we thought it would be a great day to start our organized training run/hikes at Hyner. We ask that everyone starts at 8:30am so people have a chance to link up with others who train at their own level. It is a training run/hike so everyone should be out to get a good workout in preparation for April 17th. The course will be flagged in orange and there are several options other than doing the entire course.

The PA Trail Dogs are fortunate enough to have access to the Western Clinton Sportsmens Club for such activities. It will be open for people to change clothes and even shower after the run/hike. They will also be serving some food and drink for all of us when we finish. We would like to keep using the facility on a regular basis for run/hikes so we encourage everyone to join the club. It's cheap.... \$15 for a yearly membership!! For those of you who don't know, the WCSA provides us liability insurance for all of our events, including the Mega and Rothrock Challenges. And most of all, it's our trail center. We use it for the Prowl the Sproul, trail work days, and meetings. They do this at no cost to the PA Trail Dogs, so we ask everyone to consider joining as a way to give back. Ray and his crew have been great!!!

## Future Training Runs

Feb. 21st @ 8:30am

Feb 28<sup>th</sup> (food and drink) @ 8:30am

Mar. 14th @ 8:30am

Mar. 21<sup>st</sup> (food and drink)@ 8:30am

Mar. 28<sup>th</sup> Work Day @ 1pm

April 3<sup>rd</sup> @ 3:45pm

April 10<sup>th</sup> Work Day @ 3:30 pm