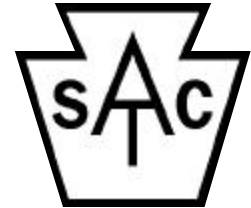


Saturday, September 18, 2010

Hike for Habitat Perry County

7:30 a.m. - 7:00 p.m.



Susquehanna Appalachian Trail Club www.satc-hike.org

www.habitatperrycopa.org

The Habitat Ramble

8:15 a.m. - 2:30 p.m.

Hikers You are invited to join us for the Third Annual "**Hike for Habitat Perry County**", a 24-mile hike and trail run in the Tuscarora State Forest in South-Central Pennsylvania. Colonel Denning State Park in northern Cumberland County marks both the start and finish of a challenging course that loops several times into southern Perry County. The terrain varies from the well-groomed Tuscarora Trail to some rough and rocky multi-use trails with a few respites offered by old logging roads. The Hike is designed to test the serious hiker and trail runner as well as the seasoned recreational hiker,

Walkers The Ramble's less demanding 14K course is suited for the more leisurely pace of fitness walkers and moderate-distance hikers. This 8.7 mile loop starts and ends at the picnic pavilion in Colonel Denning SP. It will be totally supported with water, snacks, and communications along the way. Not sure about your level of hiking endurance? Give the Ramble a try and find out.

There is a limit of 125 hikers and 75 walkers. Registration will close once this limit is reached or on September 9, 2010, whichever occurs first. More details on the events' logistics will be provided directly to registrants.



- Training Hike Registrants will have an opportunity to test the route during two training hikes to be held on Sunday August 15th (1st half) and on Sunday August 29th (2nd half).
- Registration fee includes a light, cold breakfast, snacks and drinks at each checkpoint, a light lunch at the finish, and a T-shirt.

To view a map of the route, the elevation profile, and other information, please visit our web site at: <http://mysite.verizon.net/vzezchws/satc2010hike/>

An optional pledge sheet for soliciting donations is also available.

Don't want to break a sweat? Plenty of **VOLUNTEER** opportunities - both before and during September 18th - allow you to share the fun and camaraderie. **SPONSORSHIPS** are also available. To learn more, please visit <http://mysite.verizon.net/vzezchws/satc2010hike/>.

Regardless of which event you choose, you will have fun. Sunshine, fresh air, and forested trails beckon you to join us ... besides, you'll be supporting a great cause! We hope to see you on the trail.

Please contact us anytime with questions you may have. Thank you.

Jim Withrow

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