



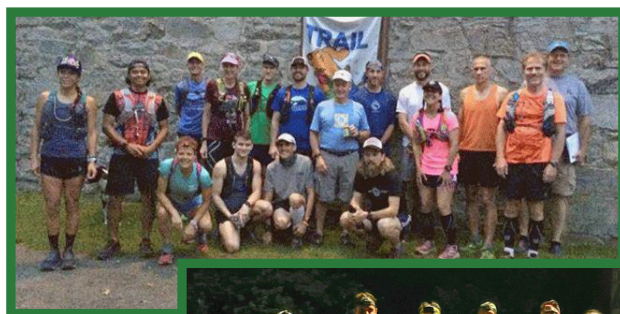
Trail Run

Mason-Dixon Trail Longest Day 100k Challenge

The Mason-Dixon Trail Longest Day 100K Challenge is a low-key, annual get-together of trail runners hosted by the Trail Dawgs running group on the longest Saturday of the year. To celebrate the joy of trail running, invited participants attempt to run 100 kilometers of the Mason-Dixon Trail in the 15 hours of daylight as their supporters have a roving picnic and share food and drink to help them meet The Challenge. The route starts at Rock Run Mill, Susquehanna State Park, Maryland, and finishes in front of Shanks Mare Store, Long Level, Pennsylvania.

The MDLD 100K is a formidable undertaking for most anyone considering the distance, terrain, typically hot humid weather and limited support along the trail. It was first conceived of by Trail Dawgs Hunt Bartine and Paul Melzer in 2006 as a challenging way to complete one of their favorite local parts of the long Mason-Dixon Trail in a single day. Since then, it has been attempted each June by anywhere from a handful to a couple of dozen runners. The chosen route is especially cruel, as it saves the most difficult terrain, from Apollo Park to Fishing Creek, for the last 10 miles, when the runners are already tired from 50 miles of trail. Many have started this Challenge, but few have finished; the only real rewards are self-satisfaction and the runner's name recorded in the list of finishers.

The 2018 edition was held on June 23. In the weeks leading up to the run, numerous volunteers from the Mason-Dixon Trail System and the trail running community were on the trails, clearing downed trees, trimming overgrowth, and touching up faded blue blazes. In the days before the run, some of us jokingly predicted that a record fast time would be achieved this year because of the superb condition of the trail. Twenty-one brave trail runners toed the line at the Rock Run Mill for an attempt at the 100K distance. Little did we know that one of this year's runners—first-timer Andrew Simpson of York, PA—would indeed set a new fastest MDLD 100K completion time, finishing at 10 hours and 46 minutes after the sunrise start. Four other runners completed the route within the very difficult sunrise-to-sunset, 15-hour challenge period and eight runners finished the full 100-km-ish distance in longer times.



↑
Sunrise start

→
Midnight start



The runners started in two groups, one group at the official 5:38 am sunrise who were targeting The Challenge and one group of midnight starters just going for the 100K distance, the “Zombie runners.” The Challenge runners headed out at 5:38 under cloudy and humid but cool conditions, joined by a few friends setting out for shorter “fun runs.” For the first time in a few years, none of the pack became lost in the first miles in Susquehanna State Park. The pack stayed fairly close for the first couple hours of running, but the distance between the front-runners and the back-of-the-pack steadily grew through the day. The temperatures gradually went up from the lower 60s at the start to the mid or upper 70s by mid afternoon, with patches of sunny skies making the day feel a bit warm now and then.

Eventual first-finisher Andrew Simpson went out to the front shortly after the start and essentially stayed there all day long, except for a short period where he went off course and was briefly passed by second-year runner Eddie Pantoja of Avondale, PA. Eddie was fairly close to Andrew for much of the day, but Andrew mounted a serious attack on the final “escarpment section” (Apollo Park to Fishing Creek) and

continued on back cover

Mason-Dixon Cookout, Hike, and Meeting

Saturday, August 18, 2018 See page 3 for more details

Trail Maintenance Highlights

|| April – June 2018

WESTERN SECTION

- Trail building continued through April, May & June in the Hellam Hills Nature Preserve (formerly Marietta Gravity Water Company), including the work hike before the May 6 meeting. The Phase 1a route has been completed and was blazed on 5/20 moving 2.5 mi of trail from River Drive into the preserve. A few finishing touches were added by the end of the month. Building Phase 1b began in June. This phase will move the trail from the steep woods roads above Dugan Run to a more gradual climb up switchbacks closer to the Run which will connect to the existing trail.
- In preparation for the June 23rd Longest Day Trail Run (which starts at Susquehanna State Park and ends at Shanks Mare/Long Level), a more coordinated cleanup effort was planned for this year. There was more coordination, more people were involved, and more blowdowns. Some sections had to be cleared of blowdowns more than once this spring especially from Greenbranch to Apollo Park. In addition to the usual suspects from the Thursday Workgroup and the local maintainers we also had help from Casey and Don, trail runners from Maryland and Ruthie and Pete who came all the way from Delaware.

CENTRAL SECTION

- We had a busy spring this year cleaning up the remaining blow downs from late winter winds. Fortunately, two big events this spring really brought out the volunteers. The first was 'Trails Day' held on June 2nd at the Conowingo Visitors Center. We had several crews working the trail from Susquehanna State Park to Hopkins Cove. The second event was the 'Longest Day' 100k challenge held on June 23rd. We had volunteers start preparing the trail several weeks in advance of the

event, right up to the night before they took off on the 100k challenge. The amount effort these trail runners put into trail maintenance and preparation was huge. Prior to the event they were out there in the heat and humidity weed whacking long stretches, adding needed blazes, and clearing the last few remaining obstructions along the trail.

- Many thanks to all the maintenance volunteers for the time and effort they've put in this year. The current trail conditions are outstanding and truly reflect your efforts.

EASTERN SECTION

- After years of delay, the Perry Point relocation was built and blazed this spring. The route follows the shoreline of the peninsula through Perry Point VA Medical grounds and Perryville Community Park with views across the Susquehanna and Mill Creek for 2.4 mi before traveling through the woods for almost a mile. Special thanks to Marc Dallaire of the VA and Denise Breder of the Town of Perryville for making this happen. Several M-DTS people have been involved in this project over the years but Mike Hall gets the credit for getting it to the finish line.
- Additional work was done in Cecil County in the Principio area on trail relocation and trimming led by M-DTS volunteers Nick Brock, Marshall Moore and fellow members of Marshall's hammock camping group.
- Numerous work parties were organized by Friends of White Clay Preserve (Pennsylvania) and Wilmington Trail Club leader Gary Kirk in the Christina Creek and White Clay Creek sections of the trail they maintain in and near Newark. Overgrown trails were trimmed, trees cleared, and low spots filled; relocations are planned along Christina Creek where bank erosion is about to claim the trail and those groups could use help.

President's Message

After a very windy March followed by a typically wet April and May, the Mason-Dixon Trail was full of blowdowns and overgrown underbrush to be cleared. As indicated in the cover article and the Trail Maintenance Highlights, a great deal of effort was put forth by many people to clear the trail. I've heard from several people how impressed they were with the current condition of the trail and all the work that was involved. Some maintainers commented that everyone pitched in and went to great lengths including clearing trail sections far from where they live. All this cooperation and effort led to the idea of a Volunteer Appreciation Cookout. This cookout is not just for the volunteers it's also for those who use the M-DT and want to show their appreciation to the volunteers. Don't forget to contact president@mason-dixontrail.org to let us know if you're coming and how many of you there will be. We don't want to run out of food.

BIG NEWS ON RELOCATIONS

After years in the works, the 3.3 mi Perry Point Relocation opened this Spring. On a much faster track, scouting in the Hellam Hills area north of Wrightsville began last winter, most of the trail building occurred during the spring and the 2.6 mi relocation opened at the end of June. Thanks to everyone who helped with these relocations. Maps and trails descriptions for these two relocations will soon be posted on the 2016 Map Updates page of www.mason-dixontrail.com. If you're looking for a staycation destination, consider checking out either of these two hikes.

M-DT Cookout, Hike, and Meeting

Cookout, Hike, and Meeting

Sat., Aug 18, 2018

Hike: 9:00 am

Cookout: 11:30 am

Meeting: 1:30 pm

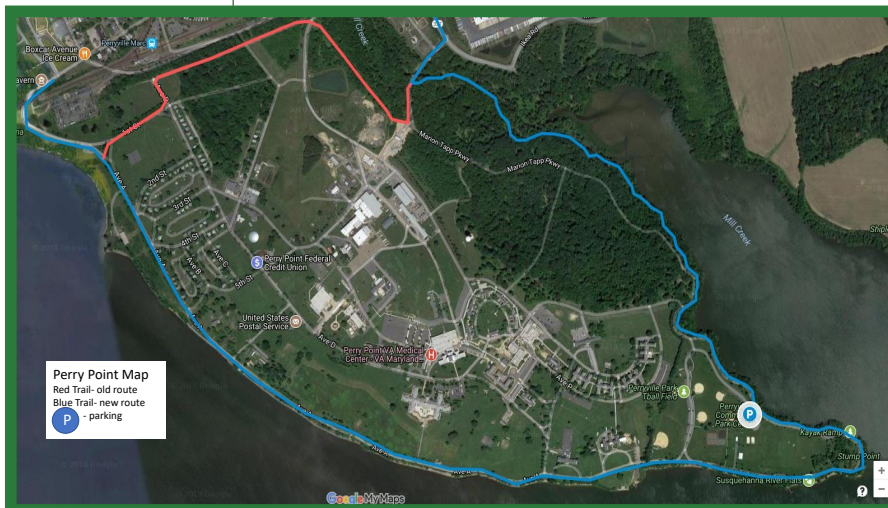
There will be a cookout to show our appreciation for all the volunteer maintainers of the Mason-Dixon Trail on Saturday, August 18, 11:30 am at Perryville Community Park. Hot dogs, hamburgers and rolls will be provided. Bring your favorite side dish to share; we'll have coolers with ice available to keep it cold. Let us know if you're coming and how many of you there are so that we have enough food. Contact president@mason-dixontrail.org to register or for more information.

There will also be a hike starting at 9 am that will loop around Perry Point following both the new relocation of the M-DT and the old route that it's replacing. The cookout will be followed by an abbreviated meeting starting at 1:30. All three events are open to the public, families are welcome!

Directions to the hike, cookout, and meeting:

1. From the intersection of I-95 and US-222, drive south on US-222 for 1.5 mi
2. Make a sharp left turn onto US-40 and drive 0.3 mi
3. Turn right onto Coudon Blvd and drive 0.5mi
4. Continue onto Broad St/Philadelphia Rd and drive another 0.2 mi
5. Turn left onto Ikea Way and drive 0.4 mi
6. Turn right onto Marion Tapp Pkwy and drive 0.2 mi
7. Turn left at stop sign and enter park. Drive 1.0 mi
8. Turn left at intersection and drive into the pavilion parking lot, park at the far end.

The address listed for Perryville Community Park Center is 100 Marion Tapp Pkwy. If you enter "Perryville Community Park" in Google Maps it directs you to the pavilion parking lot but if you enter "100 Marion Tapp Pkwy" it sends you the wrong way. Don't know what your GPS will do. The Lat/Lon for the far end of the parking lot is (39.548198, -76.050958).



Perry Point Meeting Map

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Longest Day 100k Challenge *continued from page 1*

stretched the field, apparently running every one of the nearly unrunnable hills in that area. Following Andrew's record-fast finish, Eddie bested his sub-13 hour goal and arrived at Shanks Mare in 11:54. First-time Eric Ferree had a great run to be the third finisher in 13:58. Last year's fastest runner, accomplished ultrarunner Kathleen Cusick, ran strong near the front of the pack for most of the day and ended the day as the fastest female finisher this year with a time of 14:05. Michael Martinek was the last runner to make The Challenge, beating the sunset with a finish in 14:17. Josh Jones significantly bested his time from last year but arrived just a few minutes after the 8:38 sunset, just missing the sunrise-to-sunset challenge. Also completing the full 60-ish mile, 100-ish kilometer distance after sunset were Rob Bartholomew and Lisa Gesualdo. Rounding out the finishers were the folks who got the most out of the day, Zombie Runners Don Riley, Keith Hearn, Joe Hess, Gary Bowman, and Mandy Pierce. The final count was 13 finishers of 21 starters aiming for 100K. Other runners made great efforts but cut the day short for one reason or another: Luc Claessens (about 57 miles); Elsa Araujo and Dan Hawk (almost 50 miles); Roxanne Strine and

Anthony Wallick (about 37 miles); Todd Yingling (about 28 miles); and the trio of Chuck Dolor, Andrea Griffith, and Steve Jackson (about 23 miles).

The MDLD is a real trail-community effort and we are fortunate to have the support of many trail runner volunteers and a couple of local businesses to make it a fun day. My co-leaders, Hunt Bartine and Roxanne Strine, put in a lot of work ahead of time and the day-of the challenge to organize various logistics that help folks attempting The Challenge. M-DTS volunteers put in numerous hours to have the trail in tip-top condition—perhaps too good—for the runners. Volunteers extra-ordinaire included Cold Cabin and Otter Creek picnic hosts David and Brenda Wood, Lock 12 picnic hosts Angus Repper and “Reading Dave” Krausse, and multitasking support by Stewart Dotts, Brian Rousseau, Dave Strine, Don Riley, and Steve Bunville. In addition, a number of the runners made water and food drops ahead of time, or had support crews with aid, that they shared with other runners. Finally, we gratefully acknowledge the support of Otter Creek Campground for the use of their picnic pavilion and Shanks Mare Store for the use of their front porch as a finish line.

The M-DTS Newsletter is published about four weeks in advance of each of the four M-DTS board meetings held annually. Submissions are welcomed.

The Mason-Dixon Trail System, Inc. is a non-profit all-volunteer, service-oriented association of trail clubs and individual hikers that has as its purpose the use and conservation of the backcountry through the development of new trails in the mid-Atlantic states. The nucleus of M-DTS is the 199-mile Mason-Dixon Trail which passes through historic and scenic areas of Pennsylvania, Maryland and Delaware.

New members are welcome. To join, send \$20 (which covers initial membership as well as the M-DT maps) to:

Mason-Dixon Trail System, Frank Kempf, 2174 Esbenshade Road, York, PA 17408

Thereafter, the annual fee is \$7. Life membership is available for \$250.

Visit the Mason-Dixon Trail web site at: www.mason-dixontrail.org

Visit the Mason-Dixon Trail Facebook page at: www.facebook.com/theMDTS
