Welcome to the “ Sinnemahone” (official name the “Sinnemahone Ultra 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 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)), and an even shorter (7.50 Miles (12.5K) trail run that also starts and finishes on the same path as the Sinnemahone 50K and deviates in the middle for a taste of trail running. The October race date puts it near the peak Fall foliage resulting in a beautiful course.

The trails are marked with engineering flags along the course. The state has regulations for the color paint used for trails with different designations, as a result some trails are marked with yellow paint, some with orange paint and some other sections with no paint, and this has caused confusion for the runners in the past so ignore the paint. The entire 50k course is marked with yellow engineering flags 50 yards apart on road sections, closer as needed on more technical areas, turns are marked with yellow signs with black arrows. The 25k course follows the 50k for most of the distance however, where it deviates from the 50k course blue engineering flags are used to mark the course. The 10K course is marked with red engineering flags after it leaves the 50K course and turns are marked with white signs with red arrows, until it again joins the 50k course for the return to the finish line.

Sections the race team feels may be confusing are also marked with 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 happens, 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 for all three races 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. These roads are closed for the start of the race.

# The 10K course turns right off of Route 155 onto a private driveway after 0.1 miles and is marked with red engineering flags and white signs with red arrows. The course follows the driveway to a bridge crossing the stream then continues right along the stream through the house’s yard. The yard ends in a trail continuing up the valley for about 50 yards to a pipeline where the course turns right across a small stream onto the pipeline. The runners need to follow the pipeline for a distance of 1.3 miles from route 155 until the course crosses the Bauer Hollow Road. This is the location of the only aid station on this course and it provides only water and first aid.

The course turns left off of the pipeline and follows the Bauer Hollow Road for about 0.8 miles to the intersection with the Wiley trail. The course turns left onto the Wiley Trail and follows the 50K trail markings back to the finish line in Emporium, a distance of 3.12 miles. The elevation change on this course is 1088 feet.

The 50K and 25K courses turn right from 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. 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 is 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 white signs with blue arrows. 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 continues over the Mowray / Chicago Springs Trail for a total of 3.07 miles and then intersects Ridge Road, a dirt road open for traffic except in winter when it’s also open for snow mobiles. The race turns right on Ridge Road for 1.33 miles until crossed by a pipe line. The Ridge Road and pipeline sections are marked with yellow engineering flags and yellow signs with black arrows. 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 runners will find their drop bags.

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 flags for about a quarter mile until it joins the Park Hollow section of the Bucktail Path. Near the trail’s end the course 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 becomes narrow and rocky with Mountain Laurel about two thirds of the way to the top. Once the trail reaches the top of the mountain it wanders across a large flat area then turns downhill until it crosses Hunts Run. Just before Hunts Run the course again crosses a camp yard and goes down the driveway. The Rock Run section is 4.46 miles long. After crossing Hunts Run the course follows the creek upstream to the bottom of McNuff Run where Aid Station 5 is located.

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. This section will provide enough water and mud for most of the runners, especially if there has been a lot of rain in the week before the race. The course turns left onto the Mowray Trail for 0.45 miles to Steam Mill Road.

The race turns right onto Steam Mill for 0.70 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 into the Little League baseball complex and turns left for about 100 yards. The course then turns right and crosses the Little League baseball complex. The race turns left and follows a walking path behind the ball field, across the parking lot and behind an old car dealership. The course turns left after passing the dealership to Route 155 where it turns right along the highway for about 50 yards where it turns right onto a snowmobile trail. The runners follow the snowmobile trail for about 100 yards until it reaches Route 120 where the course turns right onto the highway. The course crosses a bridge and turns left across State Route 120 onto East Second Street for about 50 yards. The course bears right onto the Rails to Trails where the race 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 are closing these 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.