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N

*away from stress*

TO SEE THE SUN RISE

*in the pouring rain*

**AIMLESSLY**

*to clear your head*

*fast or slow*

**SHORT OR LONG**

WHEN YOU'RE HAPPY

*with a friend or stranger*

FOR YOURSELF

**FOR A LIFETIME**

*for more than the finish line*

# 34<sup>th</sup> Mt. Summit Challenge (3.5 Miles)



SUNDAY, APRIL 24<sup>TH</sup>, 2016 - 9:00 AM - HOPWOOD, PA

The Mt. Summit Challenge is one of the premier races in Fayette County averaging over 600 runners and walkers the last 5 years. This race is one of the toughest races in Southwestern Pennsylvania! It is a 3.5 mile race that starts on the National Road (Route 40) in Hopwood that climbs over 1200 feet to the historic Summit Inn Resort. This race will test your mental and physical strength.



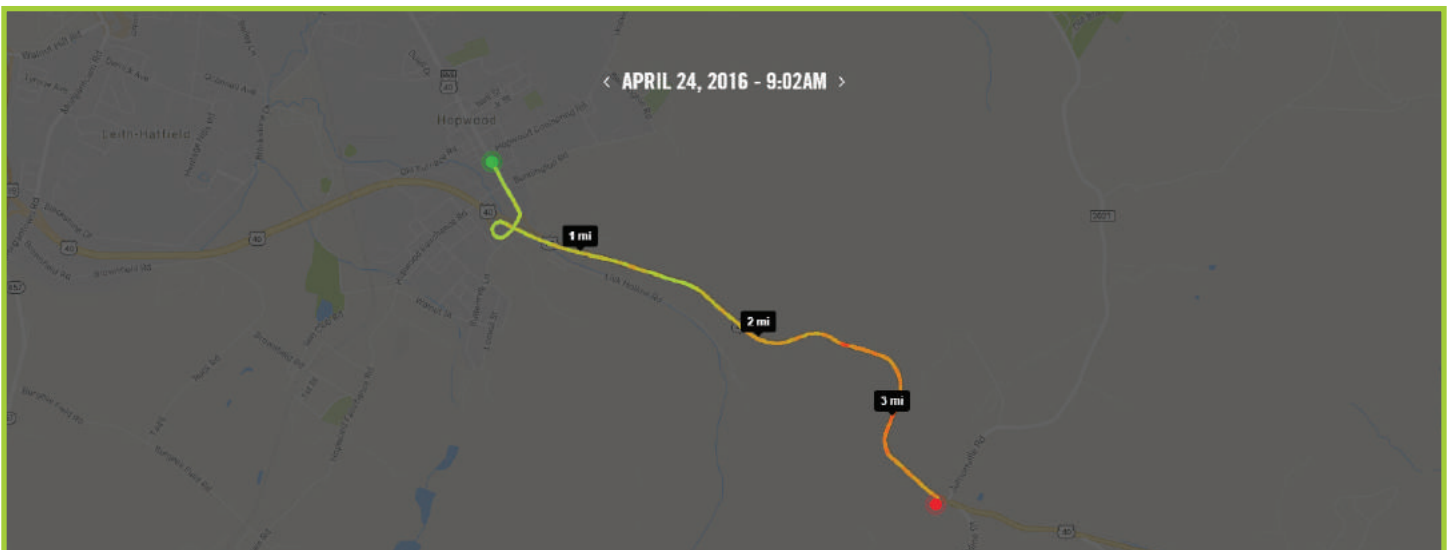
38:02 - 10:37/M

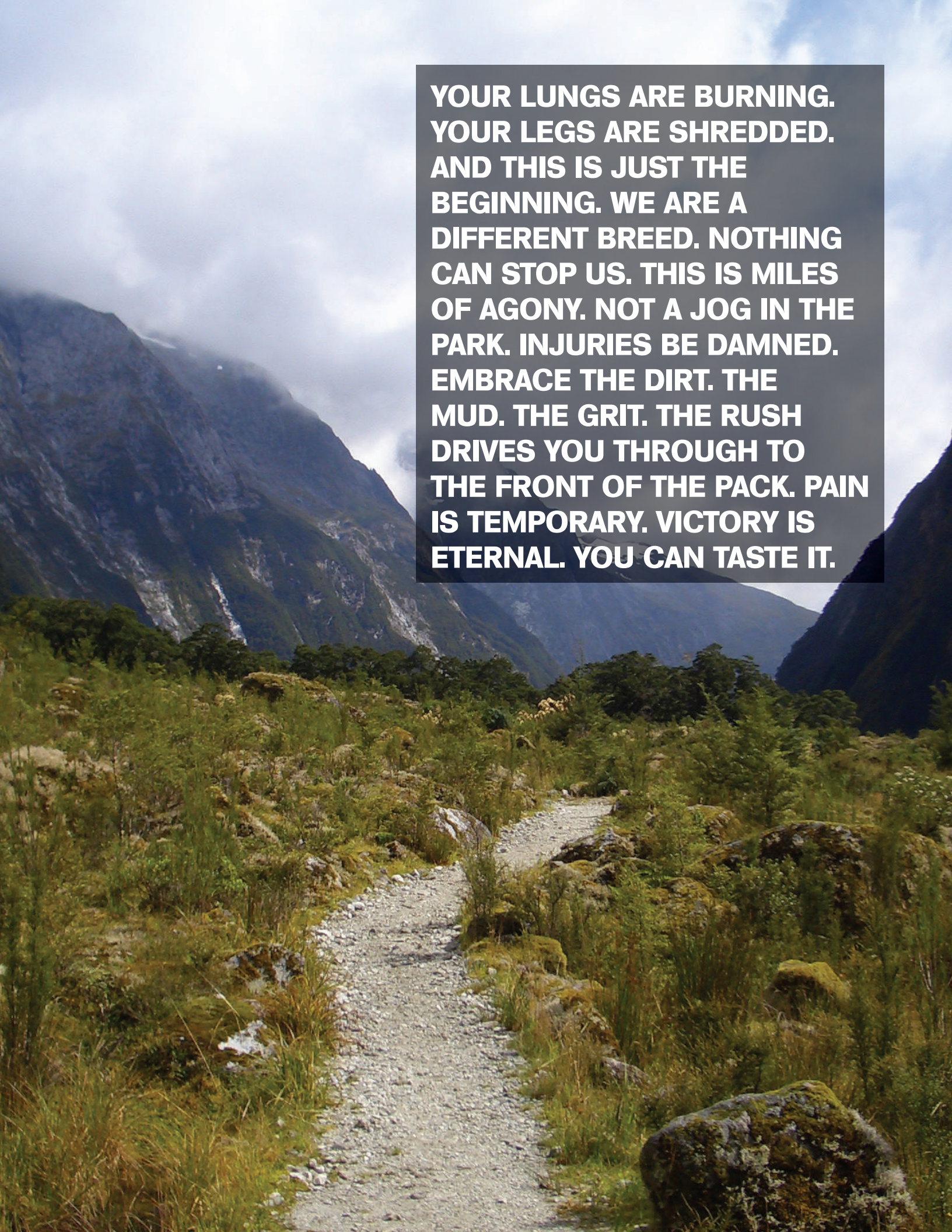


1264ft



2nd Place (Female 20-29)



A scenic view of a mountain trail. The foreground shows a rocky, gravelly path winding through lush green vegetation and moss-covered rocks. In the background, steep, rugged mountains rise under a cloudy sky. A dark grey rectangular box is overlaid on the right side of the image, containing white text.

**YOUR LUNGS ARE BURNING.  
YOUR LEGS ARE SHREDDED.  
AND THIS IS JUST THE  
BEGINNING. WE ARE A  
DIFFERENT BREED. NOTHING  
CAN STOP US. THIS IS MILES  
OF AGONY. NOT A JOG IN THE  
PARK. INJURIES BE DAMNED.  
EMBRACE THE DIRT. THE  
MUD. THE GRIT. THE RUSH  
DRIVES YOU THROUGH TO  
THE FRONT OF THE PACK. PAIN  
IS TEMPORARY. VICTORY IS  
ETERNAL. YOU CAN TASTE IT.**

# 5<sup>th</sup> Annual Yough River Trail 10K



SATURDAY, MAY 14<sup>TH</sup>, 2016 - 9:00 AM - WEST NEWTON, PA

The Westmoreland Yough Trail Chapter of the Regional Trail Corporation will hold its 5th Annual 5k/10k Run and 2 Mile Fun Walk on Saturday May 14th, 2016. The event will start at the Arthur H. King Access Area of the Youghiogheny River Trail in West Newton. Proceeds from this fundraiser will be used by trail volunteers to maintain, preserve and enhance the Youghiogheny River Trail section of the Great Allegheny Passage.



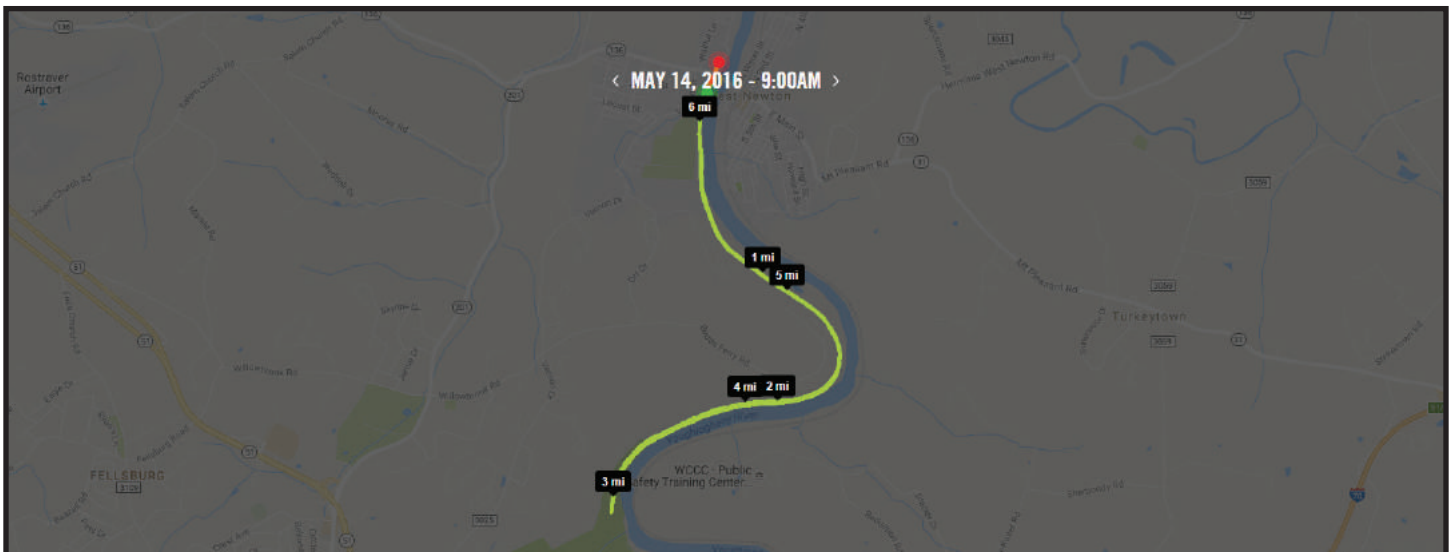
47:59 - 7:44/M



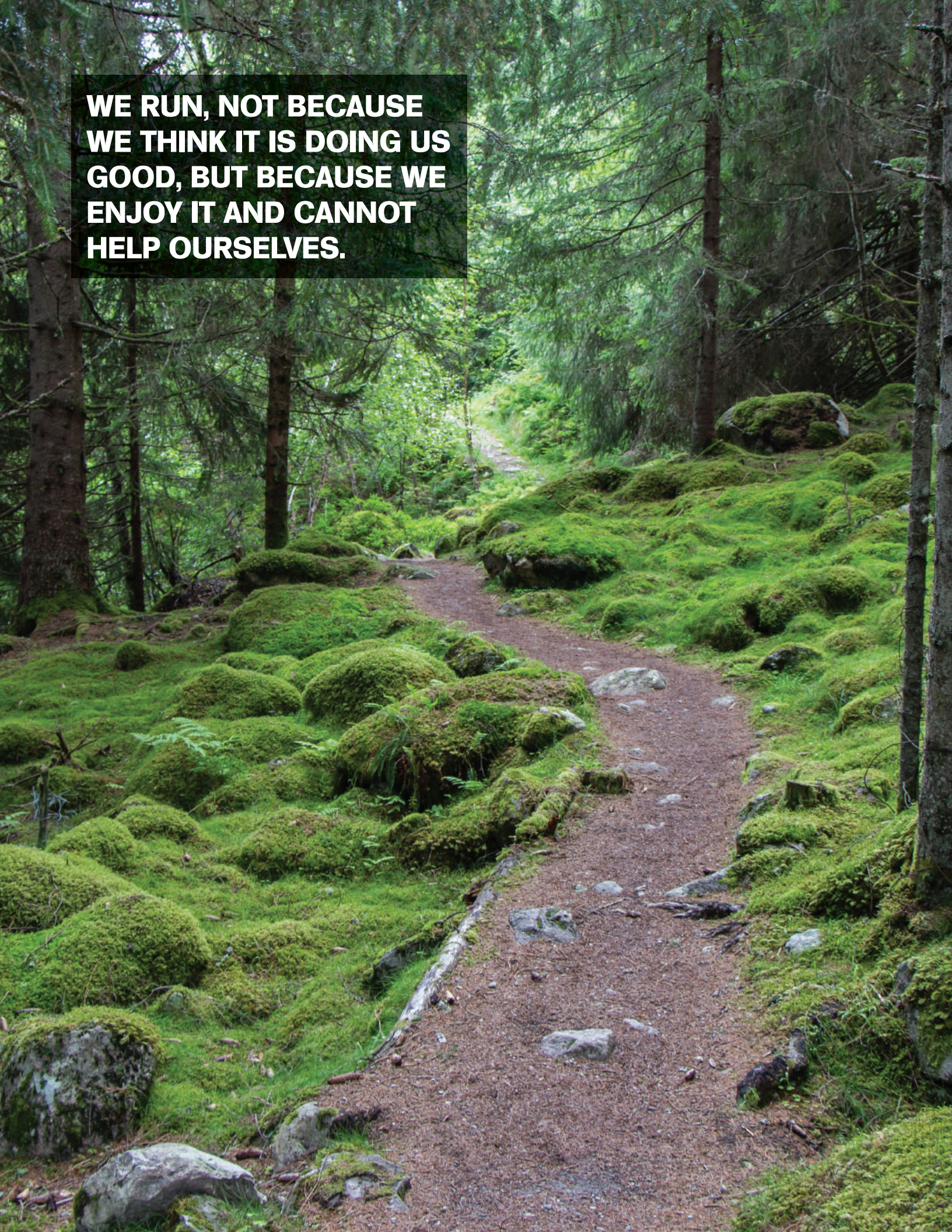
261ft



2nd Place (Female 20-29)



**WE RUN, NOT BECAUSE  
WE THINK IT IS DOING US  
GOOD, BUT BECAUSE WE  
ENJOY IT AND CANNOT  
HELP OURSELVES.**



# 4<sup>th</sup> Annual Running With Ryan 5k

SATURDAY, JULY 9<sup>TH</sup>, 2016 - 8:00 AM - BELLE VERNON, PA

The Running with Ryan Memorial 5k race is a 5k run/walk to celebrate Ryan's love for running and provide scholarships to Belle Vernon Area track and field athletes. All proceeds will be donated to Belle Vernon athletes.

*"There is no excuse not to run. It's just about being happy, and running makes me happy."* - Ryan Moravec



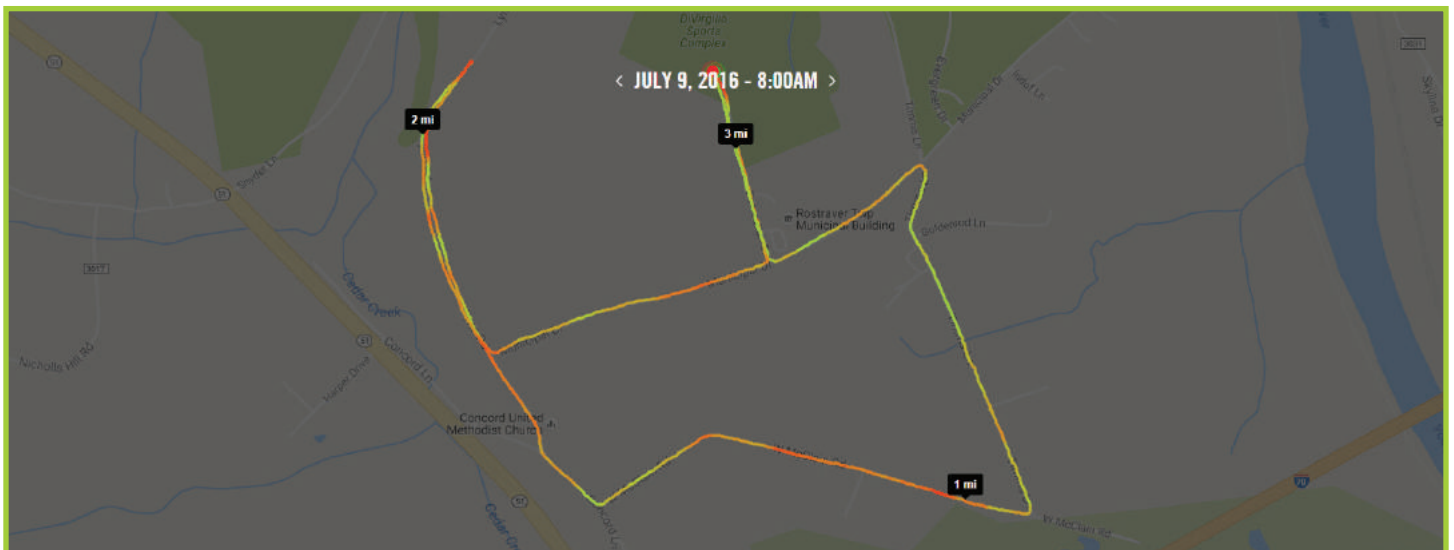
22:53 - 7:22/M




165ft



2nd Place (Female 20-29)



A long, straight asphalt road stretches from the foreground towards the horizon, leading the eye into the distance. The road is flanked by a white dashed line down the center. The sky above is a dramatic mix of colors, with a bright sun low on the horizon, creating a gradient from deep orange and red near the horizon to a clear blue at the top. Large, dark clouds are scattered across the sky, some catching the light of the setting or rising sun. The overall mood is one of vastness and hope.

**PEOPLE ASK WHY I  
RUN. I SAY "IF YOU  
HAVE TO ASK, YOU WILL  
NEVER UNDERSTAND".  
IT IS SOMETHING ONLY  
THOSE SELECT FEW  
KNOW. THOSE WHO  
PUT THEMSELVES  
THROUGH PAIN, BUT  
DEEP DOWN KNOW  
HOW GOOD IT FEELS.**

# REI Trail Run Series Frick Park



SUNDAY, JULY 17<sup>TH</sup>, 2016 - 10:00 AM - PITTSBURGH, PA

Put your trail legs to the test at the 2016 REI Trail Run Series. Whether you're looking to run your first trail 5K or 10K or hit a personal best, this fun, light-hearted race will help you set your pace! The REI Trail Run Series will be in Frick Park. Run the scenic trails of one of our favorite local gems with your fellow outdoor enthusiasts. So lace up your shoes, grab your buddy and get out on the trail with REI!



Untimed Event



740ft



4th Place (Female Overall)







**YOUR MIND WILL  
QUIT A THOUSAND  
TIMES BEFORE  
YOUR BODY WILL.  
FEEL THE FEAR  
AND DO IT ANYWAY.**

# XTERRA Trail Run Series – Steep Rock



SATURDAY, AUGUST 6<sup>th</sup>, 2016 - 8:00 AM - STEEP ROCK, CT

The Paul Mitchell XTERRA Trail Run Series is a collaborative effort to spread the word about trail running and to produce the most recognizable, enjoyable, root slipping, mud sloshing, tree ducking, river crossing, hill climbing, dirt on your shirt, sweat in your eye trail runs on the planet! Suspension bridge, old railroad tunnel, 19th century iron ore mines, blast furnaces, granite quarry, scenic overlook, tranquil established trails... yeah, got that! The sights and scenery of the full course are worth pushing yourself to run at least the 25K.



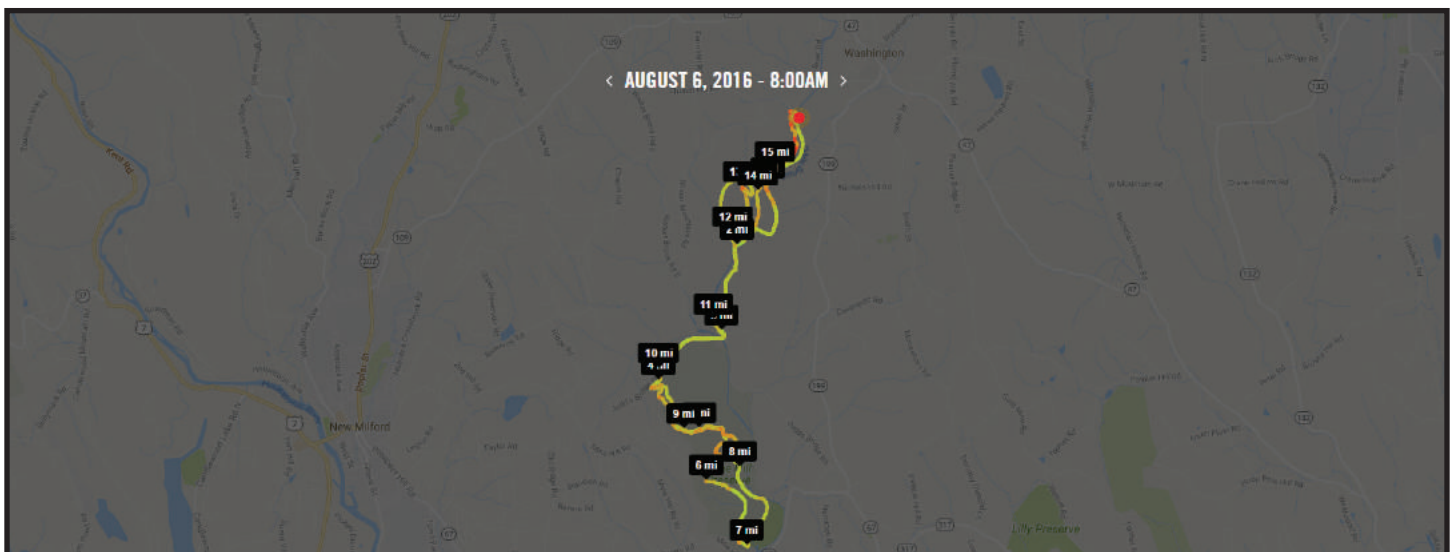
03:12:35 - 12:24/M



2640ft



1st Place (Female 21-30)



**AS A BREED, RUNNERS  
ARE A PRETTY GUTSY  
BUNCH. WE CONSTANTLY  
PUSH OURSELVES TO  
DISCOVERY LIMITATIONS,  
THEN PUSH PAST THEM.**



# Barber Beast on the Bay (10 Miles)



SATURDAY, SEPTEMBER 10<sup>th</sup>, 2016 - 8:30 AM - ERIE, PA

Barber Beast on the Bay is the coolest one-of-a-kind adventure challenge that combines natural and man-made obstacles with one of the most awesome locations on the planet. The 4th annual Barber Beast on the Bay is once again taking place at Presque Isle State Park. Participants will enjoy 10 miles of sand, water and trails in this unique setting, as well as be climbing, crawling, pushing and pulling across more than 20 obstacles. And, the annual event helps support the Barber National Institute and its work with children and adults with disabilities and behavioral health challenges.



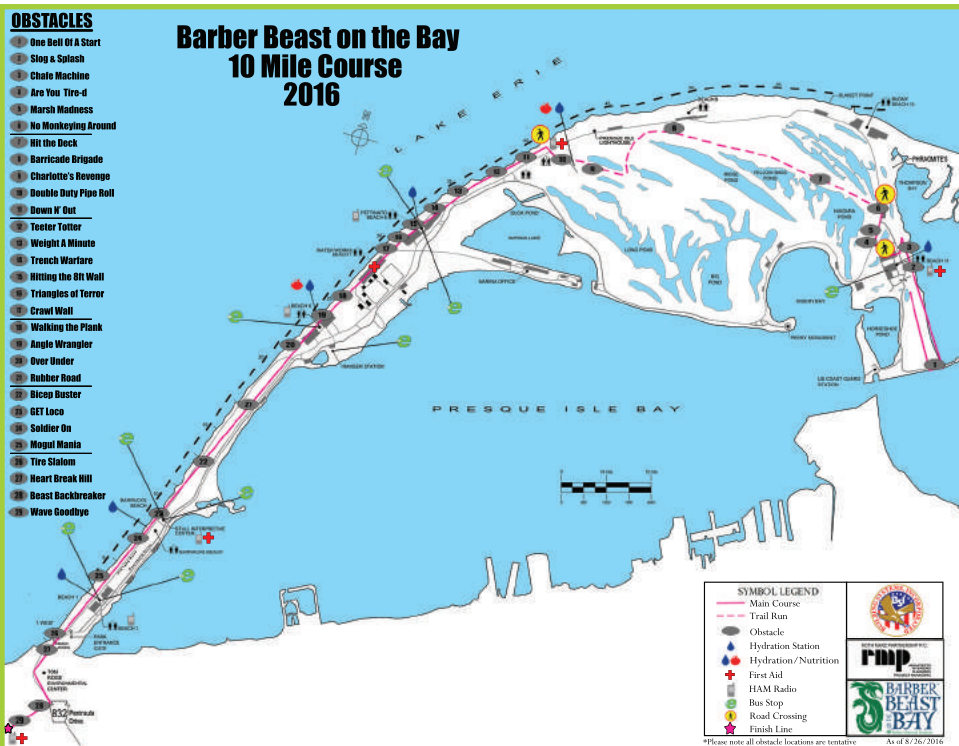
154:37 - 11:28/M

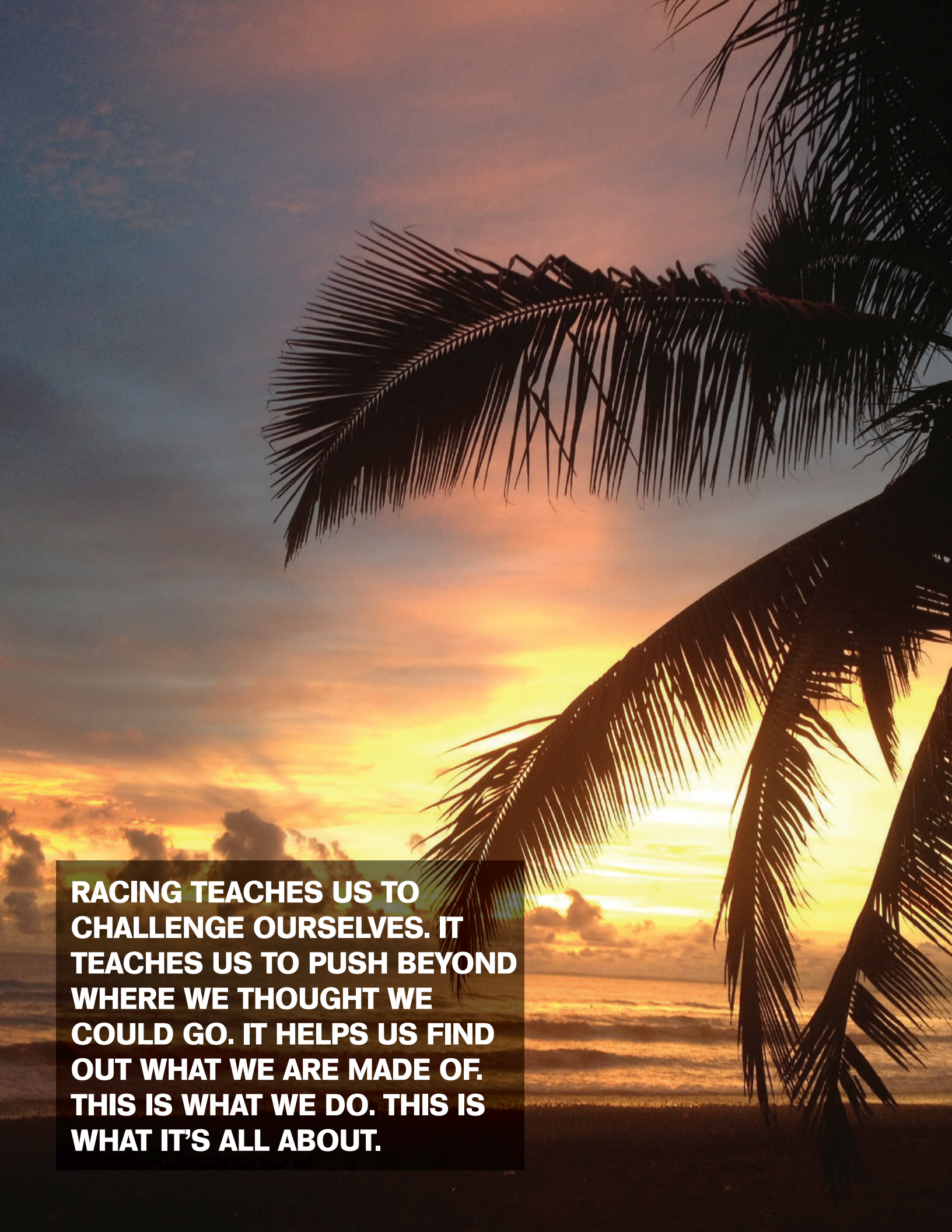


174ft



3rd Place (Female Open)



A sunset over the ocean with palm tree silhouettes in the foreground. The sky is a mix of orange, yellow, and blue, with the sun low on the horizon. The palm fronds are dark against the bright sky.

**RACING TEACHES US TO  
CHALLENGE OURSELVES. IT  
TEACHES US TO PUSH BEYOND  
WHERE WE THOUGHT WE  
COULD GO. IT HELPS US FIND  
OUT WHAT WE ARE MADE OF.  
THIS IS WHAT WE DO. THIS IS  
WHAT IT'S ALL ABOUT.**

# Breckenridge Road Marathon



SATURDAY, SEPTEMBER 17<sup>th</sup>, 2016 - 9:00 AM - BRECKENRIDGE, CO

America's Highest Road Marathon! Run through beautiful Summit County Colorado. The 1/4 marathon will be an out and back starting and finishing in Dillon. The majority of the race will take place on a paved rec path, with lots of downhill and a few gentle rolling hills. The race will finish at the beautiful Dillon Amphitheater! This beautiful course takes you on an out and back run along Lake Dillon! No major climbs, rather gently rolling hills along the Summit County Rec Path. You wouldn't notice hills even if there were any, you'll be too distracted by the breathtaking views!



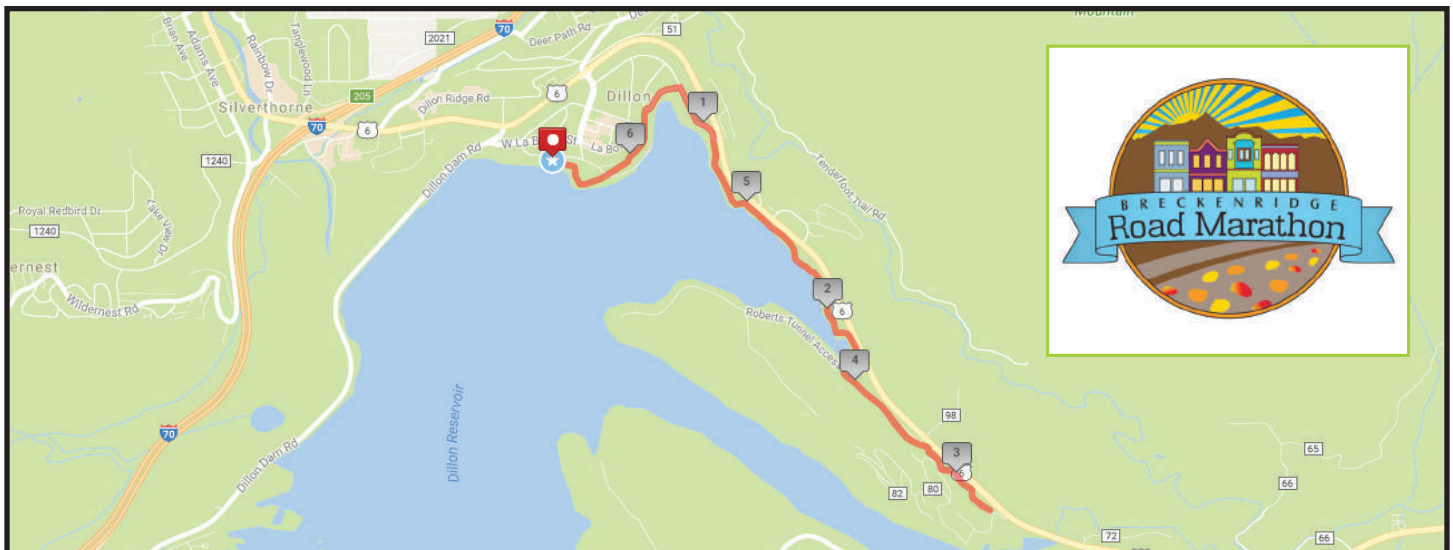
49:38 - 7:44/M



366ft



2nd Place (Female Open)



**THE ULTIMATE IS NOT TO WIN, BUT TO REACH WITHIN THE DEPTHS OF YOUR CAPABILITIES AND TO COMPETE AGAINST YOURSELF TO THE GREATEST EXTENT POSSIBLE. WHEN YOU DO THAT, YOU HAVE DIGNITY. YOU HAVE THE PRIDE. YOU CAN WALK ABOUT WITH CHARACTER AND PRIDE NO MATTER IN WHAT PLACE YOU HAPPEN TO FINISH.**



# Pittsburgh Great Race 10k



SATURDAY, SEPTEMBER 25<sup>th</sup>, 2016 - 7:00 AM - PITTSBURGH, PA

In 1977, Mayor Richard S. Caliguiri establishes The Great Race as a community “fun run” and appoints Leonard Duncan race director. The Great Race 10K – Pennsylvania’s largest 10K and one of the largest 10Ks in the country – follows a predominantly downhill course from Frick Park in Squirrel Hill to Point State Park in Downtown Pittsburgh. The 6.2-mile route passes through several east end neighborhoods and travels past five college campuses. In 2014, the race set a registration record of 16,000 participants. In 2016, there were 7,632 10k participants, 4,090 being female.



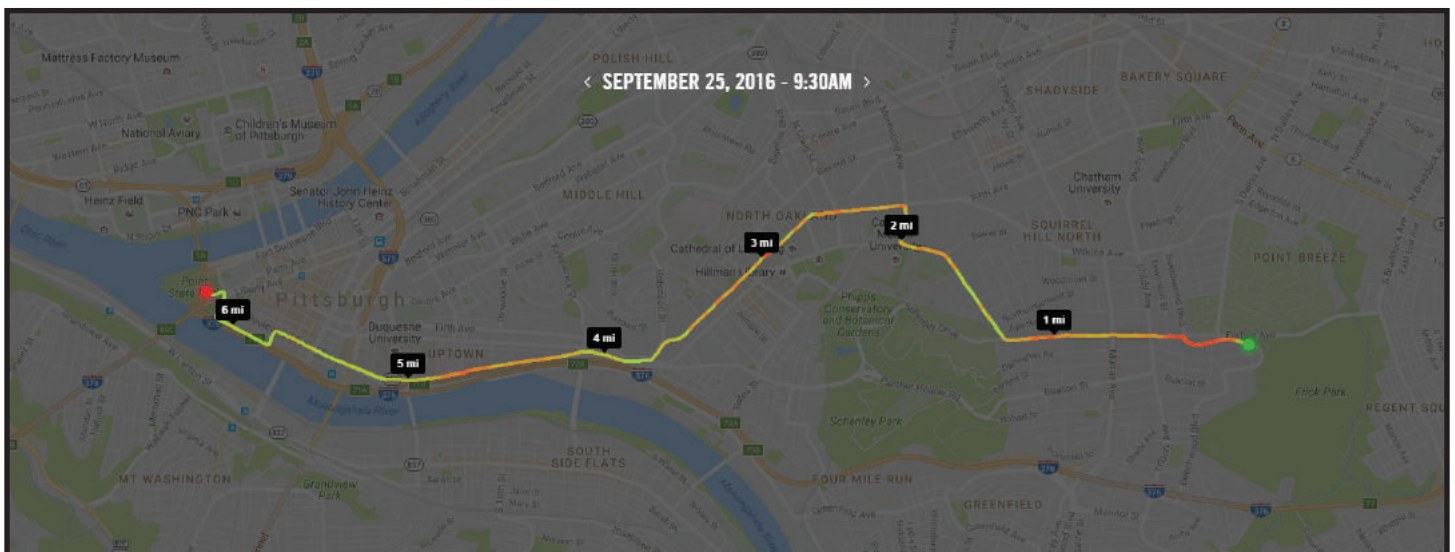
46:01 - 7:24/M



481ft



31st Place (Female 20-29)





**RUNNING TEACHES US TO  
KEEP MOVING FORWARD, ONE  
STEP AT A TIME, ESPECIALLY IN  
THE MOST PAINFUL MOMENTS.**



# UNO's Carrera de los Muertos



SATURDAY, OCTOBER 29<sup>th</sup>, 2016 - 8:00 AM - CHICAGO, IL

The Carrera de los Muertos was created to join community vibrancy and the tradition of the Day of the Dead/Dia de los Muertos revelry with UNO's commitment to family wellness and active lifestyles. The two came together to give runners/walkers this race, one of Chicago's most lively and colorful! The Carrera de los Muertos/Race of the Dead 5k continues to grow every year! The 2015 race was sold out, with over 5,000 participants running through the colorful streets of Pilsen, Chicago's most culturally rich and vibrant neighborhood.



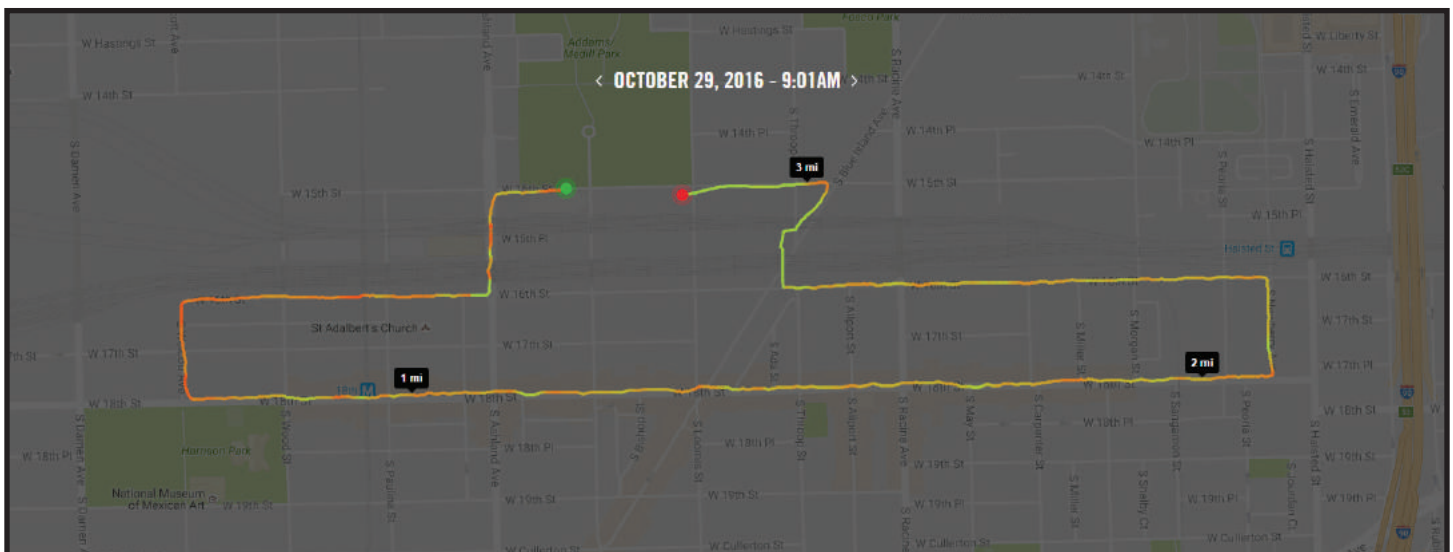
21:36 - 6:58/M



33ft



1st Place (Female 20-24)





**TO BE A CONSISTENT WINNER  
MEANS PREPARING NOT JUST ONE  
DAY, ONE MONTH, OR EVEN ONE  
YEAR -- BUT FOR A LIFETIME.**

# Hot Chocolate 15k



SUNDAY, OCTOBER 30<sup>th</sup>, 2016 - 7:30 AM - CHICAGO, IL

Enjoy a beautiful run through the city's most scenic spots. Then, celebrate your victory with fellow chocolatiers at our post-race party. Stuff your face with decadent fondue, watch the kids go crazy in the bounce house, pose for photos with Marsha & Mello—the energy is infectious! Get ready for the best chocolate you've ever tasted! We serve delicious dark chocolate that is gluten free and has no compounds. All 15K finishers will receive an official Hot Chocolate Chicago medal to commemorate their awesome achievement. Each medal features a chocolate bar lookalike wrapped in gold, hung by a shimmering Finisher ribbon.



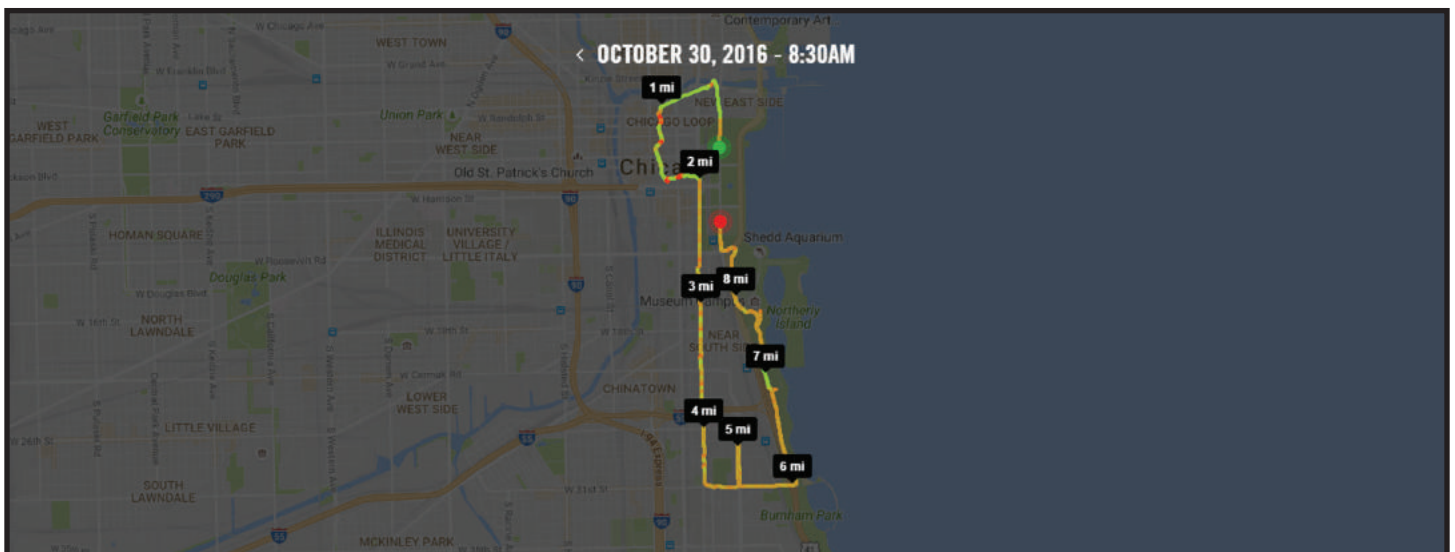
1:17:44 - 8:21/M



622ft



44th Place (Female 20-24)



**AS EVERY RUNNER KNOWS,  
RUNNING IS ABOUT MORE THAN  
JUST PUTTING ONE FOOT IN FRONT  
OF THE OTHER; IT IS ABOUT OUR  
LIFESTYLE AND WHO WE ARE.**



# Greensburg Turkey Trot 5k



THURSDAY, NOVEMBER 24<sup>th</sup>, 2016 - 9:00 AM - GREENSBURG, PA

From a gathering of a few hundred runners 24 years ago who wanted to burn calories with a run around Greensburg before filling up on turkey, stuffing and sides, the Thanksgiving Turkey Trot has grown to attract more than 2,500 runners, walkers and pets. Please join us as we celebrate the 25th annual running of Greensburg's Thanksgiving Turkey Trot. A 5K run or walk for serious and casual runners, competitive and casual walkers, and family and friends of all ages! This year's event is sponsored by Westmoreland Community Sharing, Inc. to support local non-profit groups.



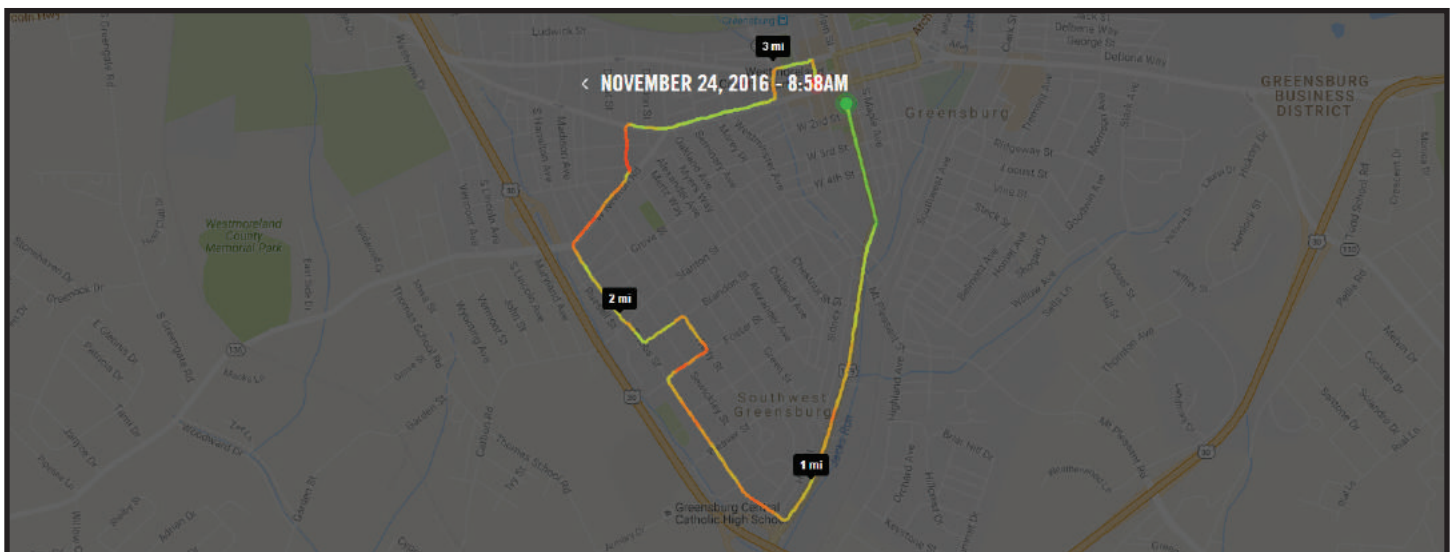
22:14 - 7:10/M



188ft



2nd Place (Female 20-24)



**I ALWAYS LOVED RUNNING... IT WAS SOMETHING YOU COULD DO BY YOURSELF, AND UNDER YOUR OWN POWER. YOU COULD GO IN ANY DIRECTION, FAST OR SLOW AS YOU WANTED, FIGHTING THE WIND IF YOU FELT LIKE IT, SEEKING OUT NEW SIGHTS JUST ON THE STRENGTH OF YOUR FEET AND THE COURAGE OF YOUR LUNGS.**



*The real purpose of running  
isn't to win a race, it's to test  
the limits of the human heart.*

