

# SQUATCHY SURPRISE

12H \* 6H \* 3H

JULY 27, 2024 - WEST ORANGE, NEW JERSEY

## TRAIL PARTY PREPS



Every couple of weeks we will be sending out these Trail Party Preps to help you get ready to have a squatchtastic time at the Squatchy Surprise! We are so excited to support you in the weeks leading up to the big day!

## WHAT'S COMING

We will be covering all facets of the Squatchy Surprise... Course descriptions, how to use GPX files, directions to the race, aid station offerings etc etc!



## REACH OUT TO US

We are always ready to answer your questions and help out! Don't be shy and remember that there are no "dumb questions" - reach out to us: [trailpartydirector@sassquadtrailrunning.com](mailto:trailpartydirector@sassquadtrailrunning.com) and you can also find us on social [@sassquadtrailrunning.com](https://www.facebook.com/sassquadtrailrunning) for Facebook & Instagram



## SQUATCHY RESOURCES

One resource that you will always have at your fingertips is our website. Head on over to [sassquadtrailrunning.com/squatchysurprise](https://sassquadtrailrunning.com/squatchysurprise) to access it. The website contains ALL of the info in one place.



# SQUATCHY SURPRISE

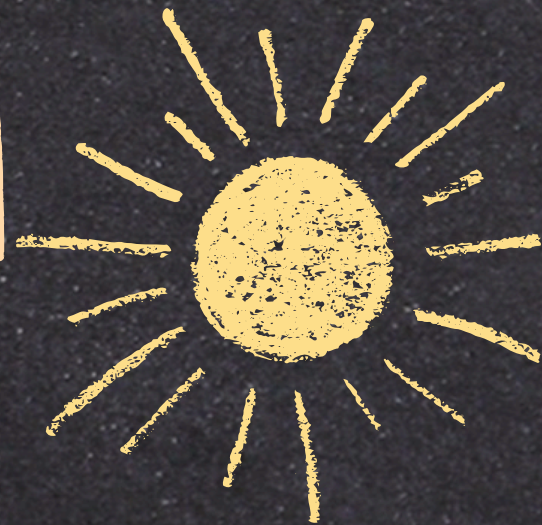
## TRAIL PARTY PREP, VOL. 1

### GETTING THERE

The race starts and finishes at the Tulip Springs / Boy Scout Area at the South Mountain Reservation in West Orange, NJ. The Reservation stretches through many towns and has many different trailheads, so it's important that you use the correct address: 62 Cherry Ln, West Orange, NJ 07052

### SQUATCH HQ

Squatch HQ (the Start/Finish area) - is where the PARRTTYYY will be! This is the only aid station for the race (no other aid will be on the course). Squatch HQ is the picnic area and surrounding grass next to the large parking lot. There are portajohns next to Squatch HQ and you will have easy-access to your car.

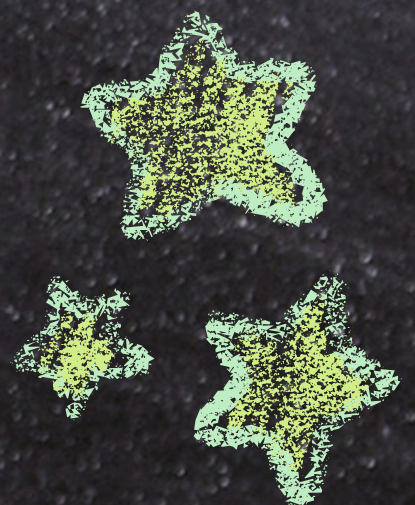


### GEAR & TENTS

Runners and Hikers are welcome to setup a spot at Squatch HQ; there is plenty of room. You can bring a tent with you but it MUST be staked down (or it will go flying; trust us). There are no power outlets available so please bring your own charging supplies. You will have easy-access to your car so you are welcome to leave gear in your vehicle, too. Our volunteers will direct you where to park when you arrive at the event.

### CAMPING & LOCAL ACCOMODATIONS

All forms of camping are illegal at the South Mountain Reservation. There are county sheriffs that patrol the parking lots overnight, so please don't try stealth car-camping! There are plenty of hotels and Air BnB options in the surrounding towns of West Orange, Livingston, Short Hills and Millburn.



## **SQUATCHY SURPRISE - TRAIL PARTY PREP, VOL. 2**

# **TRAIL PARTY FORMAT**

### **HOW DOES THIS THING WORK?!**

We often joke that this trail party is "controlled chaos"... It is but it's so much fun!! Let's go over the format of the event so everyone is on the same page!

### **GOLF BALLS**

There are 4 different trail loops and a bucket of golf balls that match the color of each loop. Before each loop, you'll reach into the bucket and pull out a golf ball to determine which loop you will do.

### **BLACK GOLF BALL**

Along with the 4 colored golf balls that correspond to the 4 different loops, there will also be a black golf ball. If the runner/hiker pulls the black golf ball, they get to choose whichever loop they want to complete.

### **6PM: GAME-TIME DECISION**

You'll pull golf balls and run those corresponding loops until 6pm. At 6pm (or whenever you return from the last loop after 6pm) you need to decide if you'll continue drawing golf balls until 7pm OR you can choose to wait until 6:30pm for the 1/2 mile loop to open up. If you opt to wait until 6:30pm, you'll have from 6:30pm-7:00pm to rack up as many half mile loops as you can.

### **MULLIGAN**

We offer ONE "Charity-Mulligan". that you can use at any point in the race to do a re-draw if you pull a golf-ball you don't like. You have to donate \$20 cash or venmo to Bigger Than The Trail to get the Charity-Mulligan.

### **RESULTS**

Our volunteers will keep track of your loops using colored stickers on a giant board. If you opt to do the 1/2 mi loop at 6:30pm, you'll collect a rubberband for each loop. The final results will be tallied at 7pm using the loop board and rubber bands.

### **TEAM-UP**

You are welcome to run/hike with a friend and draw the same golf-balls (you just can't be eligible for post-race awards for top three male/female/non-binary).

## THE COURSE!



### 2M - YELLOW/BLACK STRIPES

[click](#)  
[for](#)  
[GPX](#)

285' gain, 288' loss. The shortest loop is also the most scenic! You'll pass by Hobble Falls and Hemlock Falls, the crown jewels of the South Mountain Reservation. This loop is also the most technical.

### 3M - CHECKERED

[click](#)  
[for](#)  
[GPX](#)

432' gain, 432' loss. You'll enjoy mostly carriage roads for this loop with one big punchy climb up the Bear Lane Trail!

### 4M - BLUE

[click](#)  
[for](#)  
[GPX](#)

371' gain, 367' loss. This loop is nearly identical to the Frosty Fat Sass / Squatchy Leftovers 5K route but includes the extension on the Turtleback Rock Trail where you will see the basalt extrusion known as Turtle Back Rock. It's got a fun mix of singletrack trails and carriage roads.

### 5M - PINK

[click](#)  
[for](#)  
[GPX](#)

491' gain, 491' loss. The longest loop also has the longest climb. You'll enjoy the biggest hill in the course while you're climbing up the Sunset Trail!