



**ESCARPMENT TRAIL RUN 30K
Windham to North Lake in Haines Falls, NY**

July 30, 2006

Ed Steele

5:13

“THE TRAIL”... is viewed by many as an exaggeration of the term. It is extremely rocky and a runner must expect to navigate over boulders, downed trees, gullies and hidden roots the entire distance. You must be prepared to deal with any of the forest's natural barriers, such as bees, slippery rocks, porcupines, black bears (not probable, but possible) and anything else that can be found in the forests of the Catskills. There are numerous places where runners must climb hand over fist to scale a rise, conversely, extremely steep downhill sections add not only challenge to the course, but also a high degree of unwelcome danger. There are sections of the course that travel along cliffs. If you're not careful, you could fall to your death. Very few runners go the distance without taking at least one painful spill. Most runners take many.

<http://escarpmenttrail.com/>