

The First Annual Halloweeny Fat Ass Ultra at Spookhill

This is a festive fat ass, costumes optional, but preferred.

Where: Hallowed Ground by the Appalachian Trail at Gapland/Spookhill
Sight of Civil War encampment

Hosted by: Sharon and Ted Lapkoff

When: Saturday, October 30, 2010 7:00 a.m.

Camping available Friday evening at the start

Entry is free and open to all friendly and somewhat competent runners

Start/Finish at intersection of Gapland Road and Stonewall Passage
Rohrersville, MD 21779 approximately 1 mile from the Appalachian Trail
at Gathland State Park. Run the Appalachian Trail to Weverton, follow the
C&O to Maryland Heights. Run Maryland Heights, run through Historic
Harpers Ferry through Loudon Heights. Distance: 30ish, haven't GPSed
yet. Who cares anyway, it's a fat ass. Guaranteed to be an Ultra, more or
less distance options available.

About the Run: The run will start on a beautiful 50 acre farm with the
Appalachian Trail as your backdrop. Please feel free to arrive Friday and
pitch a tent. We will have a bonfire and maybe a few ghost stories. This
area is also known as Spook Hill. Some say you can put your car in
neutral on the hill and the forces to be will pull your car up the hill while
in neutral.

Moving on...so to speak. Start is at 7 a.m. leaving from the farm and
running up Gapland Road about one mile to Gathland State Park. Picking
up the Appalachian Trail south to Weverton (some rocks & roots) to your
first aid station (about seven miles). Continue on the AT to the C&O
Canal, and go about three miles to scenic Maryland Heights and your
second aid station, no tricks just treats.

This is where the real fun begins. A nice steady climb for the first few
miles. Imagine the Civil War spirits by your side, no shoes, carrying
cannons, cannonballs, muskets and the like. You were just thinking that
you had it rough. Run along the ridge, and then it's all downhill. Maryland
Heights is about a four mile loop. Bringing you back to aid station 2/3.
Cross the old railroad bridge into West Virginia and a nice easy run
through Historic Harpers Ferry. Follow the AT across the Shenandoah
River bridge where you pickup the trail to Loudoun Heights. A single track
trail with some moderate ups and downs with some scenic overlooks.
KEEP IN MIND this is written by a non-trail runner (Ted). At the end of
the Loudoun Heights Trail, you will come to aid station #4. From there
you hit the pavement for a brief distance. Cross the Potomac River back
into Maryland. Pick up some flat on the C&O canal and retrace your steps
back to Weverton and aid station #5. Stock up, as this is your last aid



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station before the finish. Here you have about a half mile climb on single track switchbacks, to Weverton Cliffs, where you can enjoy the panoramic views overlooking Harpers Ferry Gap. Another six miles north on the AT to Gathland. Take a left on Gapland Road, retracing your steps to the finish.

Now that you had the treats, this is where you get the tricks. Kickback, relax, and enjoy the post race party.

What to bring: We would like everyone to contribute something for the aid stations and if you are feeling really excited you could bring a dish for the post race party. Refrigeration will be provided for food. Everyone should consider a headlamp as it may be dark at the start. Please use a sharpie to identify your headlamp if you are hoping to get it back later!

Bring a chair and your favorite beverage, see you there. If you know a special someone who would like to volunteer, please include that in an e-mail also.

Post race party with some Halloween games & trickery

One mile from Historic & Haunted Burkittsville, MD home of the BLAIR WITCH!

Let us know if you are interested in more information or if you have any questions. Our email address is halloweenyfatass@yahoo.com.

To Enter or Volunteer

Send an e-mail to Ted and Sharon at halloweenyfatass@yahoo.com. We may have to limit participation so please let us know you want to come early.

Thank you,
Sharon and Ted Lapkoff

Google [Spookhill Burkittsville, MD](#) to learn more about it's history