

For Immediate Release
Contact: Terri Dennison – 814-435-7706

LET ROUTE 6 BE YOUR ROAD TO HEALTH

US Route 6 in Pennsylvania can lead travelers and residents to some healthy habits across the four hundred plus miles of roadway. The historic highway is home to an abundance of federal, state and local parks and ample local farms and markets.

Through its “Road to Health” initiative, the PA Route 6 Alliance is encouraging people to explore the road and its surrounding areas by foot, bicycle or even a boat.

Six ways to get healthier on Route 6:

- Bike the complete route. Most of Route 6 is designated as Bike Route Y by the PA Department of Transportation.
- Hike one of the trails found in the state and federal lands across the corridor.
- Paddle in any of the lakes, rivers and waterways. Some suggestions are French Creek, Allegheny River, Susquehanna River, Delaware River and Lake Wallenpaupack.
- Taste the fresh produce at the area’s farm markets. Meadville Market House is one of the oldest standing marketplaces in the state.
- Trek around many of the towns while following their self-guided walking tours. For example, Carbondale has introduced a new smartphone based tour around the city.
- Begin training for one of the many foot races across Route 6. Now is a good time to start training for the God’s Country Marathon and Half-marathon, which takes runners over the highest point on Route 6 on the east coast.

Re-energize those New Year’s resolutions to get healthier by training for a race. The following is a partial list of events that take place across the corridor. Choose one and start hitting the road to train.

2/16/2014
1 Mile run
Carbon D. Alien Pajama Pants Prance
Carbondale, Lackawanna County
Runners must race in Pajama Pants
www.carbondale-pa.gov

5/15/2014
5K run/walk
Judith’s Jig
Diamond Park, Meadville, Crawford County
www.runningintheusa.com/Race/View.aspx?RaceID=49325

4/26/2014
5 k run/walk
Greater Carbondale YMCA Ciotti Race
Carbondale, Lackawanna County

Benefits the Greater Carbondale Chamber of Commerce
www.carbondaleymca.org

5/17/2014
5k

MEET-U in 5
Crawford County
All proceeds will benefit the Mobile Energy Education Training Unit.
www.drakewell.org

5/17/2014
Water event

We Gotta A Regatta
Bradford, McKean County
Float or paddle the "Tuna" on your seaworthy canoe, kayak, or floatation device of choice, ending at Crook Farm for a great afternoon of fun with live music and a pig roast. Donations benefit the Tuna Valley Trail Association. Crook Farm, 476 Seaward Ave., Bradford, PA 16701
www.tunavalleytrail.com

5/25/2014
5K

Dahoga Dash 5K
Wilcox, McKean County
randylindberg@hotmail.com

5/26/2014
5k

Memorial Day Human Race
Meadville, Crawford County
Race begins in Diamond Park (Downtown Meadville) at 8:30 am.
www.ernsttrail.org

6/7/2014
Half & Full Marathon

God's County Marathon
Galeton to Coudersport, Potter County
Considered one of the toughest races in the US, this course takes runner up over Denton Hill, the highest point on Route 6 in Pennsylvania.
www.visitpottercounty.com

6/14/2014
1- 44 mile bike tour

Heritage Explorer Bike Tour
Carbondale, Lackawanna County
Choose your route from a 1 mile family fun ride to a 44 mile
www.heritageexplorer.org

7/13/2014
5k & 15k

Trail Blazer
Crawford County
Flat & Fast, scenic course. Entire run is on Ernst Trail except first and last 1/4" - starts and finishes at Ernst Conservation Seed Company.
www.ernsttrail.org

- 7/26 & 27/2014 PA Grand Canyon Marathon and Half Marathon
 Half & Full Marathon Tioga County
 An inaugural event for the area in 2013, the PA Grand Canyon Marathon is back and bigger than ever in 2014! Even though the rural course runs along the West Rim of the PA Grand Canyon, there will be big-city features such as chip timing, tech shirts, and on-course support. Pair these specs with a USATF Course number (PA13024WB) and you've got a race that counts as a Boston Qualifier! New for 2014 is the inaugural PA Grand Canyon Half Marathon on the Saturday before the main event, making this a weekend getaway to remember.
<http://pagrandcanyonmarathon.com>
- 8/2/2014 Bob Swanson Memorial
 5K, 2-Mile walk, Mt. Jewett, McKean County
 1-mile fun run www.bobswanson5k.com
- 8/2/2014 Willow Creek Triathlon
 Triathlon Bradford, McKean County
 The triathlon starts in the Allegany State Park in New York at the Quaker Lake beach house and ends at the Willows in Bradford. Funds benefit our Disabled American Veterans.
www.willowcreektriathlon.org
- 8/16/2014 Eastern States 100
 100 Miles Tioga County
 Combining the Mid-State Trail, West Rim Trail, Long Branch Trail and many other pathways, the Eastern States 100 is a brand new endurance event for 2014 and is not for the faint of heart or beginners. This 100-mile race incorporates Ramsey in Lycoming County, Blackwell in Tioga County, and vast points of interest in between. The course incorporates multiple climbs between 900 and 1200 feet each.
<http://easternstates100.com>
- 9/6 & 7/ 2014 Pine Creek Challenge
 100 KM or 100 Mi. Tioga County
 Test your skills in the two-day Pine Creek Challenge held along the Pine Creek Rail Trail each fall. Participants can choose from a 100 kilometer course or a 100 mile course, both of which run along 50 miles of the Upper Canyon section (the entire length of the Pine Creek Rail Trail is roughly 65 miles long) and the overall grade of the course is no more than 2%. See how far or how fast you can run!
www.pinecreekchallenge.com

- 9/14/2014
Mountain Bike Race
Laurel Classic Mountain Bike Challenge
Tioga County
Typically held in September, the Laurel Classic Mountain Bike Challenge takes place in Asaph, a small town located 8 miles west of Wellsboro. Choose from an 11 mile Beginner Class loop, or opt for the Sport and Expert Class for a wild 22-mile loop, including a hill known as “The Stinger”
<http://www.twistedspokes.org/events.php>
- 9/20/2014
Triathlon
Step Outdoors Tryathlon
Tioga County
Run, paddle and bike your way to the finish at the Tryathlon, held at Hills Creek State Park in the fall. This is a great introductory event for novice competitors, but it can also hold the interest of a seasoned athlete. The course can be completed with three individuals (one running 3.1 miles, one paddling about 1.75 miles, and another biking about 8.0 miles.) or individuals can take on the whole course by themselves. The landscape of the park makes it easy to view the different stages of the Tryathlon and spectators are more than welcome to come and show their support! New features were added in 2013 and include male and female categories for ages 40 and over. The course can be completed with three individuals (one running 3.1 miles, one paddling about 1.75 miles, and another biking about 8.0 miles.) or individuals can take on the whole course by themselves. The landscape of the park makes it easy to view the different stages of the Tryathlon and spectators are more than welcome to come and show their support! New features were added in 2013 and include male and female categories for ages 40 and over.
<http://stepoutdoors.org/>
- 9/28/2014
Half Marathon
Pocono Lake Region 13.1
Honesdale to Hawley, Wayne County
Starts near the Lakeside Elementary School in Honesdale. Course features some of the Lake Region of the Pocono Mountains natural assets such as rolling farmland, fresh water trout streams and Lake Wallenpaupack.
www.lakeregioncc.com
- 10/12/2014
25K or 50K
Green Monster 25K/50K Trail Challenge
Tioga County
This challenge, which takes place in the fall, is often described as “one ugly mountain race.” Participants can choose a 25K trail, featuring a 4,000 feet total ascent, or a 50K trail with nearly 8,000

feet total ascent. Over 225 runners from 23 states took part in the 2013 challenges.

<http://www.greenmonster-trailchallenge.com/>

10/18/2014
5K, 2-Mile walk

Steve Jerman Memorial
Kane, McKean County

OCT - TBA
4 miles

Ives Run Trail Challenge
Tioga County

With four miles of varying terrain, the Ives Run Trail Challenge typically takes place during the fall in the Ives Run Recreation area of Hammond Lake. Runners and walkers of all ages are invited to attend. This footrace trail features portions of the Lynn Keller, the Stephenhouse, and the Archery Trails.

10/12/2014
Marathon

Steamtown Marathon
Scranton, Lackawanna County

The course starts at Forest City High School in Forest City and passes through 13 communities before finishing at Courthouse Square in Downtown Scranton.

www.steamtownmarathon.com