

# Helmstetter's Curve Distance Run

## Sunday, Nov. 8



Photo courtesy: The John Helmstetter Farm Fund - [www.helmstetterfarm.org](http://www.helmstetterfarm.org)

Participate in the cross country distance run/walk beginning at Helmstetter's Curve, just 2 miles from LaVale in Allegany County, Maryland.

Helmstetter's Curve is nationally renowned by railfans everywhere - runners, don't miss this *unique* opportunity to run on such attractive (and challenging) terrain

**Date:** Sunday, Nov. 8                      **Distances:** 12K run, 6K run, 1.5-mile run/walk

\* Please note the 12K run is not a double-loop of the 6K

**Time:** 1:15 p.m. race start. Those riding the train from downtown Cumberland to the start line will depart the Western Maryland Railway Station promptly at 12:30 p.m. See [www.mountainMDmarathon.org](http://www.mountainMDmarathon.org) for race time

**Reason:** The distance run will benefit farmer John Helmstetter, who lost a 110-year-old barn, a dozen cows and his best friend, a border collie named Teddy, in a July 9, 2009 fire.

**Entry:** Enter online by visiting [www.mountainMDmarathon.org](http://www.mountainMDmarathon.org) or by emailing [run@mountainMDmarathon.org](mailto:run@mountainMDmarathon.org) for a registration form. \* *Team up with 2-4 other runners in the 12K or 6K to compete for the team award !!!*

**Course:** Begins at Helmstetter's Curve along the Great Allegheny Passage trail. Runs along a small portion of Cash Valley Road (paved) then about 90 percent of the race on is on Helmstetter Farm before returning to the GAP. *See race website for photos, details and entry information.*



Go online to [www.mountainMDmarathon.org](http://www.mountainMDmarathon.org) for details