



John Fischer Brew Pub Run

Sunday, July 21, 2013

The Plan: The general plan is to run from the “Brew Pub” (officially called the Long Valley Pub and Brewery) along the **Columbia Trail** and meet at 11:30-12:00 for brunch (and beer or beverages of your choice.)

There are lots of other options: the full 22 miles, leaving at 7:30 and running at a 10-11 minute/mile pace including a hydration stop in High Bridge will land you back at the Brew Pub at between 11:30 and noon. Those who plan to run significantly faster can start later. The club cooler with water and Gatorade will be placed along the trail near Califon, about 6 miles out, a turn around there for a 12 mile round trip. Or start at 9:30 from the High Bridge parking lot and run 11.3 miles to the Pub. Or just drive up to the Brew Pub at noon and socialize with your fellow runners. Anything goes, just try to get to the Pub by noon! You can post your running plans: start time, place, and distance on the forum to coordinate with others.

Please RVSP to Social@HRHNJ.org so we can get enough tables reserved.

As this will be in July and likely to be very warm, it is strongly recommended to be well hydrated before and carry fluids with you.



Directions

The Long Valley Pub and Brewery is located on Route 517 (Fairmount road), close to the intersection of Rt 513 and 517 in Long Valley. (From light at the intersection of 513&517 in Long Valley just go up the hill on 517 for about 250 yards and it is on your right) Leaving from our normal meeting place in the High Bridge parking lot, turn left and go up the hill. Turn right onto Church Street then Left onto Fairview Avenue (all of these streets are part of Route 513). Follow 513 for 10.7 miles to Long Valley

and turn right at the light and go about 0.1 miles to the Brew Pub.