



John Fischer Brew Pub Run

Sunday, July 5, 2009

22 miler (max)

The Plan: The general plan is to run from the “Brew Pub” (Officially called the Long Valley Pub and Brewery) along the [Columbia Trail to High Bridge](#) (11.3 miles one way) and back to the Brew Pub where we can meet at 11:30-12:00 for Beer and something to eat at their outdoor tables. Leaving at 7:30 and running at a 10-11 minute/mile pace including at least one hydration stop in High Bridge will land us back at the Brew Pub at between 11:30 and noon, so those who plan to run significantly faster can start later and catch us. We plan to leave some Gatorade/water/food etc at the parking lot in High Bridge to rehydrate at the half way point.

There are lots of other options: Those who would like to run a shorter route could plant something in Califon for instance and turn around there for a 12 mile round trip– but they’d have to start later to meet us back at the Brew Pub at noon. Or Start at 9:30 AM, meet up at the High Bridge parking lot with the HRHers coming from Long Valley and run 11.3 miles back with them. Or just drive up to the Brew Pub at noon and have a beer with your fellow runners. Anything goes!

As this will be in July and likely to be warm, it is strongly recommended to be well-hydrated before AND carry fluids with you. Be ready to refill them at your turn around point in the high Bridge parking lot.

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.

