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Shellburg falls run

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This challenging course provides significant lifting gain covering beautifully maintained single-track trails around, even behind Shellburg Falls! Expect muddy and possible icy conditions along the way, so dress accordingly! The lesson will be well marked. Pets are allowed. Map held on Dec 05, 2020Solota on Dec 07, 2019Soeded on Dec 01, 2018Ed on Dec 03, 2016Sall on Dec 05, 2015Sanced on Dec 07, 2013San on Dec 01, 2012Insoed on Dec 03, 2011 Facts Address: Shellburg Falls - 21209 Fern Ridge Rd. SE Lyons, Or 97383Packet Pick-up: 7:30-9:00amCompleter: Online - -Race Day - UnavailableInfo: 2020 Event CANCELLED! Oregon Department of Forestry has canceled all recreational permits for 2020 due to Covid-19. We're so sorry! Instructions: 12th ANNUAL EVENT! From I-5 exit 253 \(Salem/Detroit Lake exit\) take Hwy 22 East for 21 Miles and turn left on Fern Ridge Rd. just before gingerbread house. Follow Fern Ridge Rd. North for 1.2 miles and look for Events! Take a steep right and go through yellow gate and up Gravel road for 2 miles to start/finish area at the campsite. MAP \(Please note that the gates are open only for this match! the gates will lock until 12 noon!\) Carpooling is strongly encouraged due to limited parking! Course Description: 5.2 Mi Course is a very scenic loop of single-track routes around Oregon Department of Forests Shellburg Falls. This challenging course provides significant lifting gain covering beautifully maintained single-track trails around, even behind Shellburg Falls! Expect muddy and icy conditions along the way, so dress accordingly! The lesson will be well marked. Pets are allowed. Awards/Awards: Awards for the top 3 overall Male and Female Goalkeepers and the top 3 in age groups! Age groups are 10 and under,11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70+. After-dinner match, refreshments, awards ceremony and raffle prizes. Course Maps:Course Matching DiagramVideo CourseVideo Race Video, 2019 Video With Run Wild Adventures, running is more of an adventure than a race! If you're hiking, cycling, extreme sports, climbing, camping, crossfit or fitness come to get your shoes a little dirty! Our goal at Run Wild Adventures is to promote fun and fitness, and to expand interest, awareness and opportunities in Salem Oregon. Proceeds from our events expand the opportunities to operate the routes, events and support our local parks. We offer trail running events in beautiful locations in the Mid Willamette Valley. This Saturday, there's a free ride... Yes, for free. And yes, Trail. \(And of course, a run.\) Hosted by Run Wild Adventures, Shellburg Falls Trail Run is free for many reasons.1. Run Wild Adventures is not in it for money. We do this to promote something we love, which makes us feel good. We hope by being free that we will attract existing trail runners and those who have never tried it before. 2. It's new. We wanted to get our name out there to increase attendance for our other events, for which we will charge a small entrance fee \(to cover expenses\). Running is a hobby for us, we both work full-time during the day... we pay for the first event out of pocket ... with the help of any donations we receive from the participants in the match. 3. They have great sponsors. We managed to find several sponsors \(Mountain Hardware, Montrail, Lucy, T Handful Inc., Cherry City Interiors & Design, Subway, Great Harvest, Gallaghers Fitness Resources and Power Motorsports\) to help us with our event, so that it has helped reduce our costs. Our sponsors provide some of the food after the event and random prizes to give to runners. 4. They have good friends. We also have some great friends and family who have helped prepare for the event and who will help with the race logistics on Saturday. Gary and Shandi, a couple running from near Salem, have taken their passion for running and their passion for trails and turned into a community resource for trail running. They already have more than 65 registered runners and are expecting even more days of the race! \(In fact, it will help them a lot if you fill the pre-registration form and bring it with you. it makes things run a lot smoother!\) And... You can bring your well-meaning puppy! The course, which is mainly single route and about a mile on the logging road, includes some slightly technical sections. There is what they call significant elevation gain, as well as some rocky sections of paths, and of course, mud. If Friday and Saturday, expect mud. If it's too cold, wait for ice. But, you can run behind SHELLBURG FALLS. Which is nice. Since one of their goals is to provide a race for younger trail runners, what should your younger trail runners know? Well, first of all, that just because there's elevation, some rocky areas, and possibly mud and ice... That doesn't mean you can't do it. Do. Sure, it will be harder than running on the road, but a lot of fun; and somehow, it seems that trail runners are more supportive of each other than your usual street 5k crowd. If you have trail shoes, moderate tread will work great; if you don't, well just slow down a little bit and know that you can bite it sometimes on the slippery mud. \(We've all been there.\) Run Oregon expects this to be an exciting but supportive race ... and just the first to come from a series of Run Wild Adventures. We are more excited about organizing a run in an area that is a hidden treasure. It is exciting for us to offer a new and exciting place for trail runners. We're also very excited about increasing trail running opportunities in the local area, say Gary and Shandi.Here are the highlights:Shellburg Falls Trail Run 10kWhere: Shellburg Falls Trail near Stayton/Lyons Oregon.What time: 9aRegister: DOR starting at 7:30a... this is a FREE event, but donations are accepted to help organizers with future races. Address: Shellburg Falls - 21209 Fern Ridge Rd. SE Lyons, Or 97383Commons:Online - *2015 RACE SOLD OUT*Day of Race - \(NO day of Race Registration\)Instructions: From exit I-5 253 \(Salem/Detroit Lake exit\) take Hwy 22 East for 21 Miles and turn left on Ridge Fern Street. just before Breadbread Ginger House. Follow Fern Ridge Rd. North for 1.2 miles and look for Events! Take a steep right and go through yellow gate and up Gravel road for 2 miles to start/finish area at the campsite. MAP Carpooling is strongly encouraged due to limited parking! Course Description: *5.2 Mi Course* Very scenic loop of single track paths around Shellburg Falls of the Oregon Forest Section. This challenging course provides significant lifting gain covering beautifully maintained single-track trails around, even behind Shellburg Falls! Expect muddy and possible icy conditions along the way, so dress accordingly! The lesson will be well marked. Pets are allowed. Awards/Awards: Awards for the Top 3 Overall Male and Female Seniors and 1st Place Age Group Winners! Age groups are 10 and under,11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70+. Random prizes will be given away from our sponsors. Course Maps: MapElevation Diagram course To use runsignup, your browser must accept cookies. Otherwise, you will not be able to register for matches or use other features of the website. However, your browser does not appear to allow cookies by default. Click Accept Cookie Policy to accept the use of cookies in your browser. If you still see this message after you click the link, then your browser settings may not allow cookies. Try turning on cookies. You can find directions . Come run the Shellburg Falls Trail Run race in Lyon this annual december 12 event. Scenic 5.2 Mile loop of single track routes and recording of roads around Oregon Oregon the Selburg Falls of Forestry. This course provides some lifting gain that covers very scenic paths around, and even behind shellburg falls! Expect muddy and possible icy conditions along the way, so dress accordingly! Entries are limited! We sell out every year. Awards for the top 3 Men/Women and top 3 age div. div. div. div.](#)

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