2016 GOODWIN FOREST TRAIL RUN

The Sunday of the 2016 CT Trails Day weekend at the Goodwin State Forest was celebrated by 178 runners and their supporters participating in the 3rd Annual Goodwin Forest Trail Runs! Despite the inclement weather which reduced the day of run registrations, the number of registered runners fell just shy of the number of runner participating in 2015. Runners were treated to either a challenging 30K or 10K course ([2016 Goodwin Forest Trail Run](http://www.friendsofgoodwinforest.org/2016-goodwin-forest-trail-run.html)), well maintained and signed trails, and a tremendous group of supportive and encouraging volunteers.

The Runs are part of the CFPA [Blue Blazed Trail Run Series](http://www.ctwoodlands.org/run-for-the-woods/blue-blazed-trail-running-series) and the Western Massachusetts Athletic Club [Grand Tree Trail Run Series](http://www.runwmac.com/) .

The 30K (~ 18.6 mile) run was completed by 62 (42M, 20F) runners. The 30K course begins in Goodwin Forest and extends up the blue blazed Natchaug and the CCC Trails to the General Lyons State Park and back. Not unexpectedly, a rerouting of the course along a scenic section of the Natchaug River and over to Beaver Dam Marsh received positive reviews from the runners.

116 (56M, 60F) Runners participated in the 10K (~ 6.2 mile) ran on the meticulously maintained trails within Goodwin Forest.

Not surprisingly the runners were largely from Connecticut (63 Towns), but also there was representation from Massachusetts (20), Rhode Island (5), and New York, New Jersey, New Hampshire, Vermont, and even Ohio and North Carolina! Runners age 9 through 76 participated. The Runs were again well supported by the CT Run 169 Towns Society, the Shenipsit Striders Running Club, and runners from West Hartford.

The runners completing the events were Awarded with a Goodwin Forest bandana and a blue blazed log trophy. Age group winners ([2016 Race Results](http://www.coolrunning.com/results/16/ct/Jun5_3rdAnn_set1.shtml)) for both the Runs took away homemade apple pies or zucchini bread.

The Goodwin Forest Trail Run Organizing Team has learned a lot over the last 3 years from our mentors Dave Raczkowski and Bekkie Wright. Our sincere thanks to these two individuals for the sharing of their experiences, knowledge and time!

In addition to Dave and Bekkie, it has again been my pleasure to work with a core group of volunteers with a broad range of skills responsible for the planning/executing of the Goodwin Forest Trail Runs – Race Director Brendan Kane, Stan Crawford, Anouk de Ruiter, Al Kausch, Kim Kelly, Beth Rhines, Charlie Rose, Lynne Warren, and Fran Zumpano. Also, a special thanks to the support from CT DEEP and CFPA!

The Trail Run Organizing Team will begin planning meetings in March 2017; we welcome all volunteers and their contributions as we build on our success to introduce the Goodwin State Forest to an ever expanding population of outdoor enthusiasts!

Mark your calendar (and, not too early to begin training) for the 4th edition of the Goodwin Forest Trail Runs – June 4, 2017!!

Happy Trails!

Bill Marshall