



TRAIL PARTY HANDBOOK OCTOBER 19, 2025

QUICK LINKS:

[TRAIL PARTY WEBSITE](#)

[ONLINE REGISTRATION](#)

[PACER REGISTRATION \(Elder Squatches and AWD\)](#)

[VOLUNTEER DREAM TEAM SIGN-UP](#)

START/FINISH: [Powerhouse Park](#)

[57 Powerhouse Lane, Tuxedo, NY](#)

CURRENT WEATHER: [Tuxedo, NY](#)

[SassquadTrailRunning.com](#)

[Facebook](#) | [Instagram](#) | [Sassquad FB Group](#)

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BIG BEAR SQUATCH SOUTH

Sassquad Trail Running and the New York-New Jersey Trail Conference are proud to present the Harriman Big Bear SquaTCh South Half Marathon at Harriman State Park in Tuxedo, New York! Join us at 9am on Sunday October 19, 2025 for a half marathon or 10K. All runners and hikers will experience non-stop trail beauty on this single loop course through Harriman State Park! Your race registration is directly helping the Trail Conference maintain and protect these trails. (The capitalized "TC" in SquaTCh stands for "Trail Conference"!!!) This event WILL sell-out before race day, so register early to avoid being added to the waitlist!



ABOUT SASSQUAD TRAIL RUNNING:

Sassquad hosts trail races, group runs, trail work days and trail running clinics throughout New Jersey and New York. The Sassquad community is open to all ages, paces and peoples and is a safe space for newbies to try out trail running. Women consistently make up over 50% of the starting line at Sassquad events. Sassquad has created a family-friendly environment and offers discounts to families registering together, as well as discounts for Military, Veterans and Frontline Workers. We have a non-profit/charity partner for each race and since starting up in 2018, over \$60,000 has been donated to our charity and non-profit partners in NJ and NY. There is an event for everyone at Sassquad with traditional races that range from 5K up to 100

miles as well as races that have a fun "twist". We have one race every month throughout the year; you can check out the full list of events [HERE](#).



OUR CHARITY PARTNER: NEW YORK - NEW JERSEY TRAIL CONFERENCE

We are proud to be co-hosting this trail party with our friends at the [New York-New Jersey Trail Conference!](#) Please consider donating by using the add-on feature during registration. The NYNJTC maintains and protects over 2,000 miles of trails in New York and New Jersey. Please consider making a donation to BTTT when you register for this squatchy trail party; you can donate [HERE](#)!

PARKING

The race will start and finish at: [Powerhouse Park: 57 Powerhouse Lane, Tuxedo, NY](#). We'll direct cars to fill up the Power House Lot first, then a single row of pull through on the grass, then the Dog Park Lot, and finally the \$3 Commuter Lot. (You're welcome to arrive early and opt to pay the \$3 fee to park in the commuter lot). *Please note: there is a \$3 parking fee for the Tuxedo Commuter Lot, and it needs to be paid online (see below)*



HOW TO PAY THE PARKING FEE:

Scan the QR code that is on the signs throughout the parking lot. That will bring up the ParkMobile page on your web browser. Type in 4515 for the Zone #.



Where are you parking?

Zone #

4515

 Tuxedo, NY

Continue

Select “1 Day” for how long you want to park

Zone > **Duration** > Vehicle > Payment > Review

How long do you want to park?

This parking operator only offers one parking rate option (By the day).

1 Day

Estimated Price: \$3.00

Transaction fees and taxes may apply in later steps.

Continue

Then check-out using your preferred method of payment

Checkout

Choose an option to continue to checkout.

Continue As A Guest



Continue With Apple



Continue With Google

Log In

Sign Up With Email

CAMPING & LOCAL ACCOMMODATIONS

There is no overnight parking or camping permitted at Powerhouse Park, the Commuter Lot, or on local side streets.

The closest Hotel Chains and Air BnB's are located in Woodbury, NY, Monroe, NY and Mahwah, NJ - all three are about 15 minutes from Powerhouse Park in Tuxedo, NY.



SWAG

All runners and hikers who complete the event will receive a handcrafted wood medal that was made in the Squatch Shop. You will notice that there are a couple of different designs to choose from; we keep medals from previous years as a way to reduce waste! All participants will receive an additional swag item that they can choose from a variety of items in our Squatch Shop. We also give out whistles and course maps to all participants. The top three finishers for non-binary, female, and male will receive a handcrafted award.

TRAIL PARTY SCHEDULE & CUT-OFFS

- Check-in: 8:15am - 8:45am
- 13.1M starts at 9am, 10K starts at 9:15am
- Half Marathon Mile 4.75 Aid Station Cutoff: 10:45am
- Half Marathon Mile 9.5 Aid Station Cutoff: 12:45pm
- Finish line cutoff for 10K and Half Marathon: 2pm (5 hour overall cutoff)

***We cannot have any runners/hikers/volunteers out on the course after the listed cutoffs So please note that the Trail Party Director and the Squatchy Council reserves the right to pull participants if it is determined they will be unable to complete within the allotted time. Participants are not permitted to continue on the course if they miss their cutoff (even if they remove their bib). This is a part of our permit! You will not be invited back to our events if you argue with our volunteers or are rude to them in any way.*

REQUIRED GEAR

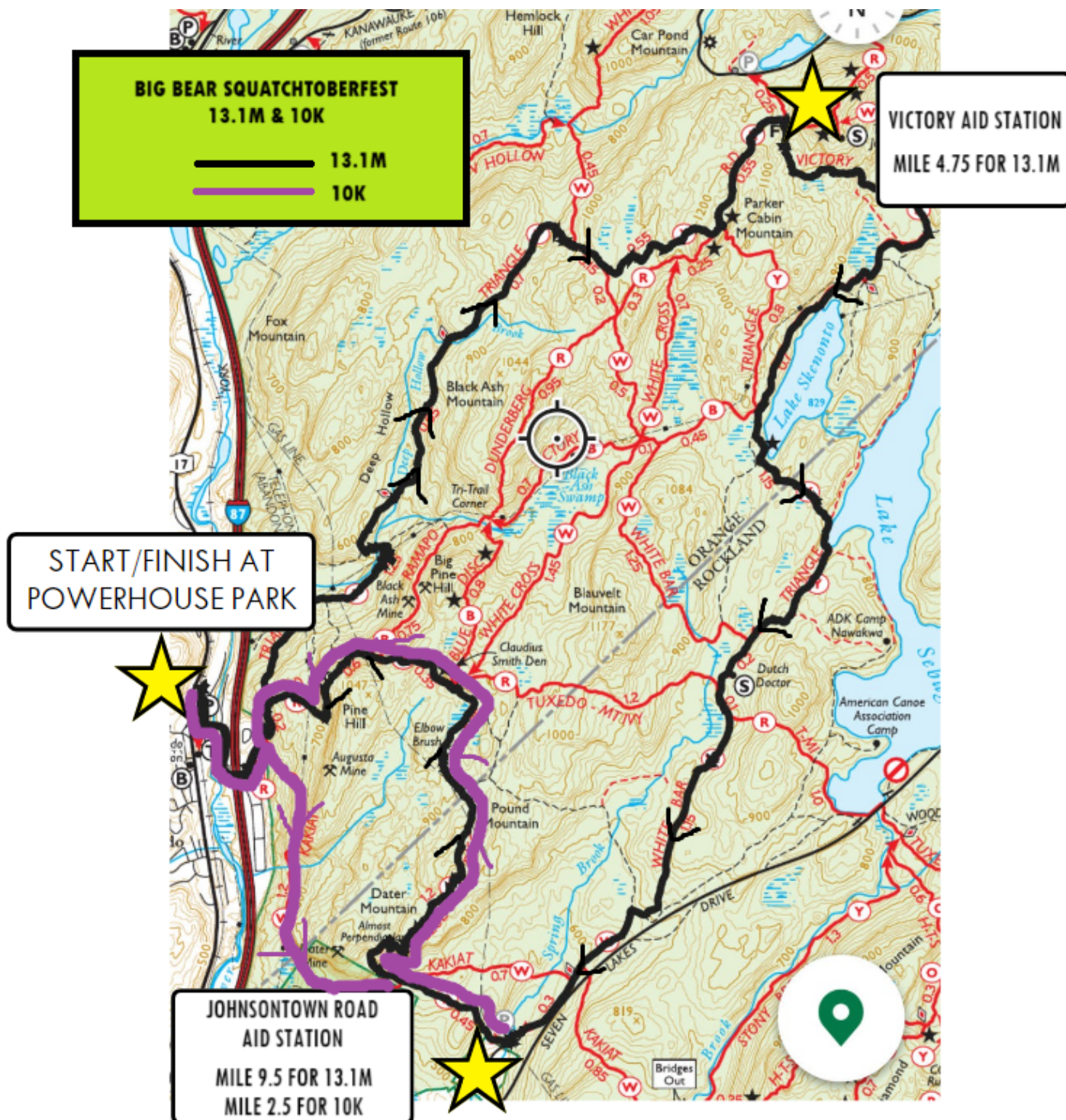
Make no mistake about it - this is not a flat race. The trails are technical and have some steep and rugged sections. ALL participants are REQUIRED to have the following with them at all times:

- **REQUIRED GEAR FOR HALF MARATHONERS:**
 - Charged cell phone
 - Water bottle or hydration pack
 - At least 200 calories
 - Whistle (we will give you one at check-in)
 - GPX of course map on phone or device
- **REQUIRED GEAR FOR 10K:**
 - Charged cell phone
 - Water bottle or hydration pack

- Whistle (we will give you one at check-in)
- GPX of course map on phone or device
- **RECOMMENDED GEAR FOR BOTH EVENTS:**
 - Trekking poles
 - Wipes and ziploc bags (there are no restrooms anywhere on the course)
 - Extra layers
 - Buff/hat/gloves
 - External battery pack for phone

COURSE MAP & GPX

All participants need to have the GPX file downloaded on their phone and/or watch. [You can download the GPX file HERE.](#) Not sure how to download it, check out this information video from the [Squatch Trail School!](#)



COURSE DESCRIPTION

The Half Marathon has 2,200+ ft of cumulative gain; There is 1,000 ft of gain in the first 4 miles! The 10K has over 1,200 ft of vertical gain. Both courses are very technical route, which means that there are a *lot* of rocks and roots. There are steep climbs, rocky cliffs and even a short scramble. We want to emphasize that this is a very challenging course and very different from our other events! If we have rain (or snow?), the course will be extra challenging. All of that being said - this is a *beautiful* course! Your hard efforts will be rewarded with sweeping views as you get to enjoy peak foliage in the Hudson Valley. Since we started hosting this event in October, we have always lucked out with *amazing* fall colors!



TRAIL PARTY RULES

1. Bibs need to be worn at all times, on the front and outside of whatever clothing you are wearing. Please do not pin it on your hydration pack. We need to be able to see your bib as you are coming into aid stations.
2. Do not leave any trash out on the course. Carry in/carry out. Please do not leave it out there expecting our sweepers to pick it up.
3. Any runner/hiker who decides to drop, must immediately tell the volunteers at the aid station. Do not leave the course without letting us know!
4. Cut-offs are strictly enforced. Do not argue or be rude to our volunteers.
5. We discourage the use of headphones during this Trail Party. We want everyone to be aware of their surroundings and be able to hear other runners, Volunteers and wildlife.
6. Crew cannot aid runners anywhere on the course or at either of the aid stations as there is not enough parking.
7. We always allow pacers for Elder Squatches over the age of 60 and for AWD (athletes with disabilities) Pacers need to [pre-register](#) before arriving at the race.

8. Pets cannot participate in any of our Trail Parties. If your family/friends want to bring their pet to Squatch HQ, it must remain leashed at all times.
9. Trekking poles are allowed.

PACERS

As with all of our events, Squatchers over the age of 60 and AWD (athletes with disabilities) can have a pacer/guide at any time. [Please use this form to pre-register your pacers.](#) Pacers are not allowed for folks under the age of 60 and who are not an AWD.



CREW, SPECTATORS & FAMILY FUN

This is not a crewing-friendly event as there is no access to see your runner/hiker on the course (there is not enough parking at either aid stations). BUT- the start/finish at Squatch HQ is a nice spot for friends and family to hang out. There is a large field for kids to hang out and most years there is a farmers market down the road. We have a range of fun games that your family can enjoy: corn hole, connect four, a giant rainbow parachute and the Squatch Hunt. Don't be shy, join in on the fun!

AID STATION

The Volunteer Dream Team truly makes the Trail Magic happen at our Aid Stations! Our Volunteers will be ready to assist you throughout the event. We work hard to have a variety of nutrition and hydration available at our events. We include *many* gluten-free and vegan options. Check out the menu items below; if you don't see something that you think would make a great addition to our aid stations, [drop us a note](#) and we'll see what we can do!

HALF MARATHON MILE 4.7 VICTORY TRAIL AID STATION		
HYDRATION	NUTRITION - <i>these are the items we will definitely have... there may be some additional items</i>	
Water	Clementines	Chewy Granola Bars GF Fruit Snacks

MILE 9.5 FOR HALF MARATHON & MILE 2.5 FOR 10K - JOHNSONTOWN ROAD AID STATION		
HYDRATION	NUTRITION - <i>these are the items we will definitely have... there may be some additional items</i>	
Water Skratch	Bananas Clementines	Chewy Granola Bars GF Fruit Snacks GF Potato Chips Oreos GF Oreos upon request Pickles

We want to give a big squatchtastic thank you to our friends at [Skratch Labs](#)! Skratch has been sponsoring our Trail Parties since 2022 and has stocked our aid station with their incredible hydration products. On top of that, Skratch has extended a 20% discount to all Sassquaders (just use the code SASSQUAD2025 during online checkout). And shout-out to our friend Dina Griffin, [The Nutrition Mechanic](#), who helps us with our Aid Station menus. Dina is a registered Sports Dietitian who specializes in working with endurance athletes like you! Mention Sassquad to save \$50 when you work with Dina one-on-one!

RESTROOMS

There are portajohns at Squatch HQ. There are no other restrooms on the course. Runners/hikers are encouraged to pack wipes and ziplocs to pack out any trash from using the 'outdoor facilities' during the race. There are no shower facilities at Powerhouse Park. We have several pop-up changing tents that are available before and after the event if you would like to use them for changing clothing.

MEDICAL

Squatch HQ and both aid stations have fully-stocked first aid kits. All of our events are Trail-Sister-Approved which means that we stock our first aid kits with menstrual products. We have an AED at Squatch HQ. Please note: we do not give out any medications, including Tylenol or Advil etc. The NY State Park Police are on site and the Tuxedo Ambulance Corps is on-call for our event.

ELECTRONICS

There are no power outlets at Powerhouse Park. We encourage all runners/hikers to pack their own charging supply such as an external battery pack if they anticipate needing power. As mentioned in the Trail Party Rules we strongly discourage the use of headphones. If you *need* to use headphones, please leave one ear bud out so you can hear your surroundings, Volunteers and wildlife.

“NATURE”

Welcome to Jurassic Park! JUST KIDDING! Harriman State Park is home to a variety of critters (thankfully, no dinos). So this is your "nature disclaimer".

- Yes, there are bugs and ticks at Harriman, we do recommend bringing bug spray with you.
- Yes, there are Black Bears at Harriman.
- Yes, there are snakes at Harriman.



IF YOU SEE A BLACK BEAR:

(from the [NJ Dept of Environmental Protection](#))

- Do not feed bears!
- Never feed or approach a bear!
- Remain calm if you encounter a bear. Do not run from it; running may trigger a chase response.
- If you encounter a bear that is feeding, do not approach it and slowly back away. A bear on a food source will aggressively defend it.
- From a safe distance, make the bear aware of your presence by speaking in an assertive voice, singing, clapping your hands, or making other noises.
- Make sure the bear has an escape route.

- Avoid direct eye contact, which may be perceived by a bear as a challenge. Never run from a bear. Instead, slowly back away.
- To scare the bear away, make loud noises by yelling, banging pots and pans or using an air horn. Make yourself look as big as possible by waving your arms. If you are with someone else, stand close together with your arms raised above your head.
- The bear may utter a series of huffs, make popping jaw sounds by snapping its jaws and swat the ground. These are warning signs that you are too close. Slowly back away, avoid direct eye contact and do not run.
- If a bear stands on its hind legs or moves closer, it may be trying to get a better view or detect scents in the air. It is usually not a threatening behavior.
- Black bears will sometimes “bluff charge” when cornered, threatened or attempting to steal food. Stand your ground, avoid direct eye contact, then slowly back away and do not run.
- Pairs or groups of people should stay together and perform these actions as a unit when they encounter a bear; do not separate and do not move in different directions.
- If the bear does not leave, move to a secure area.
- Black bear attacks are extremely rare. If a black bear does attack, fight back! Aim for the snout and/or eyes. Use anything at hand: (knife, sticks, rocks, binoculars, backpack or kick the bear).

VOLUNTEER DREAM TEAM

Join the Dream Team and give back to this amazing trail community. We'll sign off on all volunteer hours if you have required hours for another race or a community service project. Oh, and we LOVE having families volunteer at our events! [You can sign-up to volunteer directly on Ultra Sign Up](#). We encourage families who are planning on spectating to get involved and join the Volunteer Dream Team. More often than not, folks who offer to help end up coming back to our other events to Volunteer again because they had so much fun!

OUR SPONSORS & PARTNERS

Our Trail Parties do not happen without the support from our squatchtastic team of Partners and Sponsors. These organizations and small businesses share our core values of building Community through the platform of trail running and hiking to make the world a better place. Did you know that [Sassquad Members receive exclusive discounts with our partners?](#)



Our Charity and Non-Profit Team:

We proudly support a local non-profit or charity with EVERY Trail Party on our Sass Calendar. Since 2018, we have donated over \$60,000! Please support our charity/non-profit partners that are listed below!



Sassquad is a Proud Member of the Following Organizations:



Like many other race organizations, we do not offer refunds for our events. Please take the time to double-check your calendar before registering for a Trail Party. Please understand that we do not offer refunds under any circumstances.

- If you notify us via email (not through social media, text or phone call) more than 21 days from the date of the Trail Party, we will extend a deferral to any of our events that fall within one calendar year of the Trail Party that you were registered for.
- If you sustain an injury less than 21 days from the race date, we will extend a deferral if you come to that race to volunteer for at least 4 hours.

- If the race that you want to drop from is sold-out with an active wait-list and are able to fill your spot: if you notify us via email (not through social media, text, or phone call) at least 3 days before the race, we will extend a deferral to any of our events that fall within one calendar year of the Trail Party that you were registered for.

The race credit is the amount that you paid for the race (not including UltraSignUp fees) so you will need to cover any difference in fees; refunds will not be issued if the deferred event costs less than your race credit. You can only defer one time so please double-check that you can make the race you're deferring to.

PREGNANCY, ADOPTION & POSTPARTUM POLICY

Whether planned or unplanned, the beginning or end of a pregnancy requires healing and recovery time. We are committed to supporting you in this regard. If you are experiencing a pregnancy or postpartum healing and recovery, or have adopted a child, we are pleased to offer a deferral of up to three years from the current event. Simply send us an email and we will arrange the deferral for you. This deferral policy includes partners and spouses and is also extended to folks who are going through the IVF process.