

SQUATCHAPPLE TRAIL PARTY HANDBOOK MARCH 7, 2026

QUICK LINKS:

[REGISTRATION](#)

[VOLUNTEER DREAM TEAM SIGN-UP](#)

[RACE WEBSITE](#)

START/FINISH:

[Tulip Springs Trailhead62 Cherry LaneWest Orange, NJ 07052](#)

CURRENT WEATHER: [West Orange, NJ](#)

[SassquadTrailRunning.com](#)

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

TABLE OF CONTENTS:

SQUATCHAPPLE	3
PARKING	4
LOCAL ACCOMMODATIONS & CAMPING	4
LOCAL FOOD	4
SWAG	4
TRAIL PARTY SCHEDULE & CUT-OFFS	5
COURSE DESCRIPTION	5
COURSE MAP	6
RACE TIMING	7
TRAIL PARTY RULES	7
PACERS	7
CREW	7
SPECTATORS & FAMILY FUN	8
SQUATCH HQ	8
AID STATION	8
RESTROOMS & CHANGING TENTS	9
MEDICAL	9
JACKALOPE TENT	9
ELECTRONICS	9
VOLUNTEER DREAM TEAM	10
REFUNDS & DEFERRALS	10
PREGNANCY, ADOPTION & POSTPARTUM POLICY	10
OUR SPONSORS & PARTNERS	10
UPCOMING TRAIL PARTIES	11

SQUATCHAPPLE

There is the Fallapple, the Mayapple, the Febapple and THE SQUATCHAPPLE!! Join us on Saturday March 7, 2026 for the Squatchapple Trail Race at the South Mountain Reservation in West Orange, NJ! With distances for everyone, this trail party is open to runners and hikers of all ages and paces. Runners/hikers can sign up to squatch 11 miles, 20 miles, 50K or 50 miles! We will be supporting the [South Mountain Conservancy](#) with this trail party! 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](#).



ABOUT OUR CHARITY PARTNER: THE SOUTH MOUNTAIN CONSERVANCY

Founded in March 2000, the [South Mountain Conservancy](#) is a volunteer, non-profit 501 (c) (3) organization dedicated to preserve, protect, and enhance the South Mountain Reservation through active stewardship, advocacy, and education. Since 2018, Sassquad Trail Runners have donated over \$20,000 to the Conservancy!

PARKING

The race starts and finishes at the Tulip Springs / Boy Scout Area at the South Mountain Reservation in West Orange, NJ. Please follow the directions of our Volunteers who will be assisting with parking!

LOCAL ACCOMMODATIONS & CAMPING

Camping is not permitted anywhere at the South Mountain Reservation. The trails and parking lots are closed from sunset to sunrise so you can't car-camp either (the lots are patrolled by the local county sheriffs).

There are several hotels near the trails, as well as plenty of AirBnB options nearby. Search for: West Orange, Livingston, Millburn, Montclair, Chatham. Some of the main hotels include: The Cambria in West Orange, Hilton Short Hills, Hyatt House Morristown, Best Western Morristown Inn, Home2Suites by Hilton in East Hanover.

LOCAL FOOD

Drive time from the Turtleback Rock Trailhead (374 Walker Rd, W. Orange)

GROCERY

- [ShopRite](#) in West Orange - 15 min drive

COFFEE & CAFES:

- [Harper's Cafe](#) - 10 min drive
- [Yellow Rose Vegan Bakery & Cafe](#) - 10 min drive
- [Able Baker](#) - 10 min drive
- [Bagel Pantry](#) - 15 min drive
- [Liv Bread Bakery](#) - 15 min drive

DELI & RESTAURANTS:

- [Benji's Taqueria](#) - 7 min drive
- [How Delish HD](#) - 7 min drive
- [Oscar's Deli](#) - 12 min drive
- [Saigon Cafe](#) - 12 min drive
- [Millburn Deli](#) - 15 min drive

SWAG

All Squatchapple participants receive a handcrafted wood medal that is also made in the Squatch Shop and a swag item that they can choose from a variety of items in our Squatch Shop. The top three finishers for non-binary, female, and male for each distance receive a handcrafted award.

TRAIL PARTY SCHEDULE & CUT-OFFS

50 Miler:

- Check-in 6:15am-6:45am
- Start at 7am
- Course closes at 8pm; 13 hour cutoff
- Participants need to maintain a 15 min 36 sec pace to finish by 8pm

6am early start available ONLY for folks who need the extra hour to finish by 8pm; will need to maintain a 16 min 48 sec pace

50K:

- Check-in 7:15am-7:45am
- Start at 8am
- Course closes at 8pm; 12 hour cutoff
- Participants need to maintain a 23 min and 12 sec pace to finish by 8pm

20 Miler:

- Check-in 8:15am-8:45am
- Start at 9am
- Course closes at 8pm; 11 hour cutoff
- Participants need to maintain a 33 min per mile pace to finish by 8pm

11 Miler:

- Check-in 8:15am-8:45am
- Start at 9am
- Course closes at 8pm; 11 hour cutoff
- Participants need to maintain a 60 min per mile pace to finish by 8pm

*****We cannot have any runners/hikers/volunteers out on the course after 8pm. 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 their final loop before 8pm. Participants cannot continue running/hiking on the race course after cutoff. Please be respectful of this rule as it is a part of our permit*****

COURSE DESCRIPTION

The Squatchapple course consists of 3 different loops that all start/finish at the Tulip Springs Trailhead. The loops are 4 miles, 5.5 miles and 7 miles. Runners/hikers will complete a combination of these three loops to achieve the distances that they registered for. You must complete the loops in the exact order that they are listed. We only allow drop-downs for the 50M -> 50K and the 50K -> 20M. 20 Milers cannot drop down to the 11 miler as they are different loop sequences. Folks who drop-down are not eligible for post-race awards.

- **50 Miler:** 5,790 ft gain - Pink, Checkered, Blue repeated 3 x's. [Download the GPX file HERE](#)
- **50K:** 3,860 ft gain - Pink, Checkered, Blue repeated 2 x's. [Download the GPX file HERE](#)
- **20 Miler:** 2,155 ft gain - Pink, Checkered, Blue, Pink. [Download the GPX file HERE](#)
- **11 Miler:** 1,185 ft gain - Pink, Blue. [Download the GPX file HERE](#)

Need help loading a GPX file onto your phone or watch? [Visit the Squatch Trail School to learn how!](#)

4 Mile Turtleback Loop, PINK RIBBONS: 370 ft gain, 75% carriage roads, 25% singletrack. This is *almost* the same loop that we use for the Frosty Fat Sass and Squatchy Leftovers - we just add a little bit extra which means you get to see "Turtleback Rock". You'll know what it is when you get there! This loop is mostly mellow doublewide trails with a bit of singletrack. There is one big climb and one

big descent. You'll finish the loop the same way Pink and Blue does, by going down the 200'+ rocky hill. [Download the 4M Pink Loop GPX HERE](#)

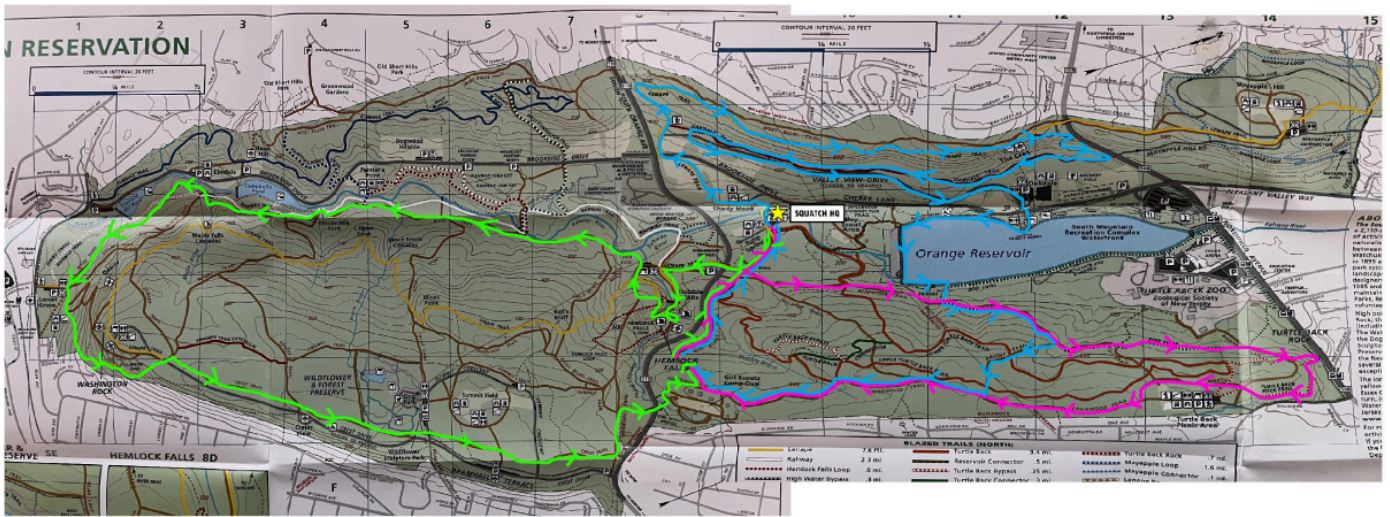
5.5 Mile Locust Grove Loop, CHECKERED RIBBONS. 600 ft gain. 90% carriage roads, 10% singletrack. This loop is mostly mellow doublewide trails. The one exception is the rocky, technical climb up the steep Lenape Trail--300' gain in 1/2 mile. The other 300' gain in the loop are gentle rollers. This year we rerouted the back half of the course to follow the Crest Trail rather than the Swampy Trail. The Crest Trail parallels Crest Drive and is a flat, doublewide trail. You'll finish the loop the same way Pink and Blue does, by going down the 200'+ rocky hill. [Download the 5.5M Checkered Loop GPX HERE](#)

7 Mile Mayapple Loop BLUE RIBBONS: 960 ft gain. 35% singletrack, 30% road, 34% carriage roads, 1% grass field. Note: this loop has two road crossings - all runners/hikers must cross legally and only when they have the right-of-way at the crosswalk! You'll finish the loop the same way Pink and Blue does, by going down the 200'+ rocky hill. [Download the 7M Blue Loop GPX HERE](#)

We will include a detailed trail conditions report leading up to the race... But be warned, this event has been nicknamed, "The Slopapple" due to notoriously 'spicy' weather and muddy trail conditions that are common at an early spring race! Generally, most runners/hikers find a sturdy trail shoe with decent lugs to be a good match for this race (think Brooks Cascadia, Altra Timps, Hoka Speedgoat etc). Trekking poles are allowed at all of our events.

The course is on public trails so you will definitely see other hikers/runners. You will also likely encounter folks with dogs and unfortunately, people don't always follow the law that mandates all dogs must be leashed so please be alert and aware of your surroundings. The only wildlife you may see are squirrels, deer, chipmunks and the occasional fox.

COURSE MAP



SQUATCHAPPLE TRAIL PARTY

@ THE S. MTN. RESERVATION IN WEST ORANGE, NJ

4 Mile Turtleback Loop, PINK RIBBONS: 370 ft gain, 75% carriage roads, 25% singletrack.

5.5 Mile Locust Grove Loop, CHECKERED RIBBON. 600 ft gain. 90% carriage roads, 10% singletrack.

7 Mile Mayapple Loop BLUE RIBBONS: 960 ft gain. 35% singletrack, 30% road, 34% carriage roads, 1% grass field.

50 Miler: 5,790 ft gain - Pink, Checkered, Blue repeated 3 x's

33 Miler: 3,860 ft gain - Pink, Checkered, Blue repeated 2 x's

20 Miler: 2,155 ft gain - Pink, Checkered, Blue, Pink

11 Miler: 1,185 ft gain - Pink, Blue

sassquadtrailrunning.com
trailpartydirector@sassquadtrailrunning.com

RACE TIMING

All bibs have timing chips on the back side that will be used to track you through our timing software. Please make sure your bib is on the front of your body and not covered by any clothing. We won't be able to accurately track you if your bib is covered up!

TRAIL PARTY RULES

(these apply to all events)

1. Bibs must 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 crossing the timing mats
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 notify the Timers. Do not leave without letting us know!
4. We cannot have anyone on the course after 8pm
5. We discourage the use of headphones. We want everyone to be aware of their surroundings and be able to hear other runners, Volunteers and wildlife.
6. Crew can aid runners at Squatch HQ. Crew cannot aid runners anywhere else on the course.

7. AWD (athletes with disabilities) and Squatchers over the age of 60 can have a pacer. Pacers need to [pre-register](#) before arriving at the race and wear a pacer bib while on course.
8. Any athletes on the course after sunset can have a pacer with them. [Pacers need to pre-register](#) before arriving at the event and wear a pacer bib while on course.
9. Pets cannot participate in any of our Trail Parties. If your family/friends who are spectating want to bring their pet to the race, it must remain leashed at all times.
10. Trekking poles are allowed.
11. We have a zero-tolerance for bullying, hate speech, or any disrespectful language or behavior towards another participant, spectator, volunteer, race staff, or park user.

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.](#) Participants who are still on the course after sunset can have a pacer with them; please [pre-register your pacer.](#)



CREW

All runners/hikers can have a Crew join them at the Trail Party for the duration of the event. Crew access is only available at Squatch HQ.

- Crew *cannot* aid their runner/hiker at any other spot on the course.
- Crews are encouraged to bring ice if they anticipate their runner/hiker needing ice during the event.
- Crew are welcome to set up their own pop-up tents at Squatch HQ. All tents and canopies **MUST** be staked down!
- Please do not set up a tent or canopy in the parking lot; we need to utilize every single parking space. Personal fires and bonfires (like a solo stove) of any type are not allowed. You can use any of the charcoal grills that are available throughout the picnic groves (BYO-charcoal)
- Remember that we do not have any power outlets available so please bring your own power supplies for the weekend.

You don't **HAVE** to have a crew. If you are coming to the Trail Party solo, rest assured that you will be well-supported by our Volunteer Dream Team! If you are looking for some crewing help, we recommend reaching out to our friends over at [Chaos Crewing](#). Sassquaders can save 15% on consulting and crewing services!

SPECTATORS & FAMILY FUN

The South Mountain Reservation is a great spot to enjoy the weekend with your family. There are baseball and soccer fields next to Squatch HQ so there is plenty of space for the kiddos to run around! Weather-permitting, we have some fun activities available such as corn hole, oversized connect-four and tic tac toe games and a rainbow parachute. If the temps are low, we usually have a bonfire! We encourage family and spectators to explore the trails at the Reservation- all trails are open to the public (there are over 50 miles of trails to explore!). The [South Mountain Recreation Complex Waterfront](#) (there is an awesome playground and a beautiful paved walking path around the water), the [Turtleback Zoo](#), [Treetop Adventure](#), [Codey Ice Arena](#), [MiniGolf Safari](#) are all within a 5 minute drive from the race site!

SQUATCH HQ

Squatch HQ (the Start/Finish) - is where the party will be! This is the only aid station for the race (no other aid will be on the course). Squatch HQ will be rockin' from 7am until 8pm! Our Volunteer Dream Team will help you throughout the race as you come in and out of Squatch HQ - this means that you don't *need* a Crew to finish this event. Our Volunteers will be ready to assist you - all you need to do is ask for help!

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. 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!

SQUATCH HQ AID STATION				
HYDRATION	NUTRITION - <i>these are the items we will definitely have... there may be some additional surprise items throughout the event</i>			
Water Skratch Coke Flât Coke	Bananas Clementines Guacamole	Chewy Granola Bars GF Fruit Snacks Chocolate/Candy GF Potato Chips GF Tortilla Chips Oreos GF Oreos	PB&J Pickles	Vegan Perogies Salted Potatoes Quesadillas (GF available) Bacon

*****SPECIAL NOTE FOR OUR VEGAN & GLUTEN-FREE FOLKS: PLEASE ASK a volunteer at the aid station if you do not see something that you need/want!***

Please bring your own cup at our aid station.

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). We'll have Skratch Hydration at Squatch HQ for the duration of the event! 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! You can save \$50 working with Dina one-on-one if you mention Sassquad Trail Running.

Please remember that the Aid Station is for runners and hikers who are registered for the Squatchapple. Crew and Spectators should plan on bringing their own food for the weekend.

RESTROOMS & CHANGING TENTS

There are portajohns at Squatch HQ. As with all of our events, we have menstrual products and wipes available outside of the portajohns. We have several private changing tents that are available for use before, during and after the race.

MEDICAL

Squatch HQ will have a fully-stocked first aid kit.. We have an AED on site. Please note: we do not give out any medications, including Tylenol or Advil etc.

JACKALOPE TENT

The Jackalope Tent is a quiet space that is available at most of our Trail Parties. The tent is away from the crowds and loud music. Stop by the Jackalope Tent when you need a break. The Jackalope Tent is a multi-use space that is also available for breastfeeding. Why do we call it the Jackalope Tent? Jackalopes are peaceful cryptids and are also excellent singers (usually tenor).

ELECTRONICS

There are no power outlets at the South Mountain Reservation. We encourage all runners/hikers to pack their own charging supply such as an external battery pack. 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.

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! We'll need a small army of Volunteers at Squatch HQ to keep the party goin'! [Click HERE to volunteer!](#)

REFUNDS & DEFERRALS

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 doublecheck 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.

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 \$37,000! Please support our charity/non-profit partners that are listed below!



Sassquad is a Proud Member of the Following Organizations:



American
Trail
Running
Association

