



SASSQUAD TRAIL RUNNING

FROSTY FAT SASS
TRAIL PARTY HANDBOOK

JANUARY 27, 2024



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. We have a non-profit/charity partner for each race and since starting up in 2018, over \$38,000 has been donated to our charity and non-profit partners in NJ and NY. There is an event for everyone at Sassquad; you can check out the full list of events [HERE!](#)



FROSTY FAT SASS

The Frosty Fat Sass was the very first official Trail Party we hosted back in 2018. This is our one “Fat- (S)ass” style event, meaning - no swag, no aid and no whining (unless you don't see Sasquatch, then you can whine a little!)

SOUTH MTN. CONSERVANCY

Funds raised at this trail party will be donated to the [South Mountain Conservancy](#). The

Conservancy is a volunteer, non-profit organization dedicated to preserve, protect, and enhance the Reservation. Since 2018, Sassquad have raised over \$13,500 for the Conservancy!



HOW TO GET THERE:

Turtleback Rock Trailhead
374 Walker Road
West Orange, New Jersey

[GOOGLE MAPS LINK](#)

PARKING

Our Volunteer Dream Team will be directing parking on race-day. Please follow their directions and park as close as possible to the car next to you so we can maximize the parking lot. We can fit about 100 cars in the lot before we need to redirect overflow to park (legally) on the side streets off of Walker Road. Please do not park on either side of the road leading into the parking lot.

LODGING / 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 sherriffs).

There are several hotels near the trails, as well as plenty of AirBnB options nearby.

Search for: West Orange, Livingston, Millburn, Montclair, Chatham.

LOCAL FOOD, COFFEE & GROCERY

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



GROCERY

[ShopRite](#) in West Orange - 10 min drive

COFFEE & CAFES:

[Harper's Cafe](#) - 5 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

TRAIL PARTY EVENTS:

5K - one loop

3H/6H - complete as many 5K loops as you want in 3 or 6 hours. You can stop at any point without receiving a DNF (did not finish).

TRAIL PARTY SCHEDULE:

6H & 5K Check-in between 8:15am-8:45am

6H & 5K - 9am start

6H finish - 3pm

3H Check-in between 11:15am-11:45am

3H - 12pm start

3H finish - 3pm

CHECK-IN

During check-in, you'll get a bib and safety pins. 6H and 3H runners/hikers will write their name on the loop boards.

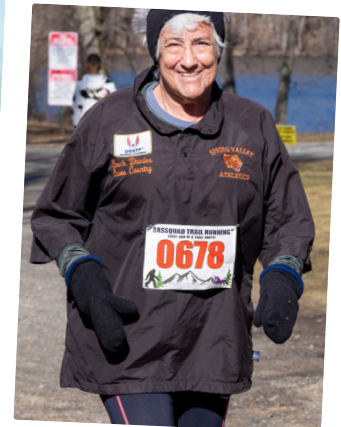
The Squatch Shop will have gear (beanies, hoodies, tees, buffs, stickers, gaiters etc) available.

RESULTS

After each loop, 6H/3H folks will add a checkmark to keep track of their total mileage.

Please write the time that you finished your last loop on your row so we can accurately score everyone.

5K folks need to write down their finish time on the clipboards that will be next to the finishline.

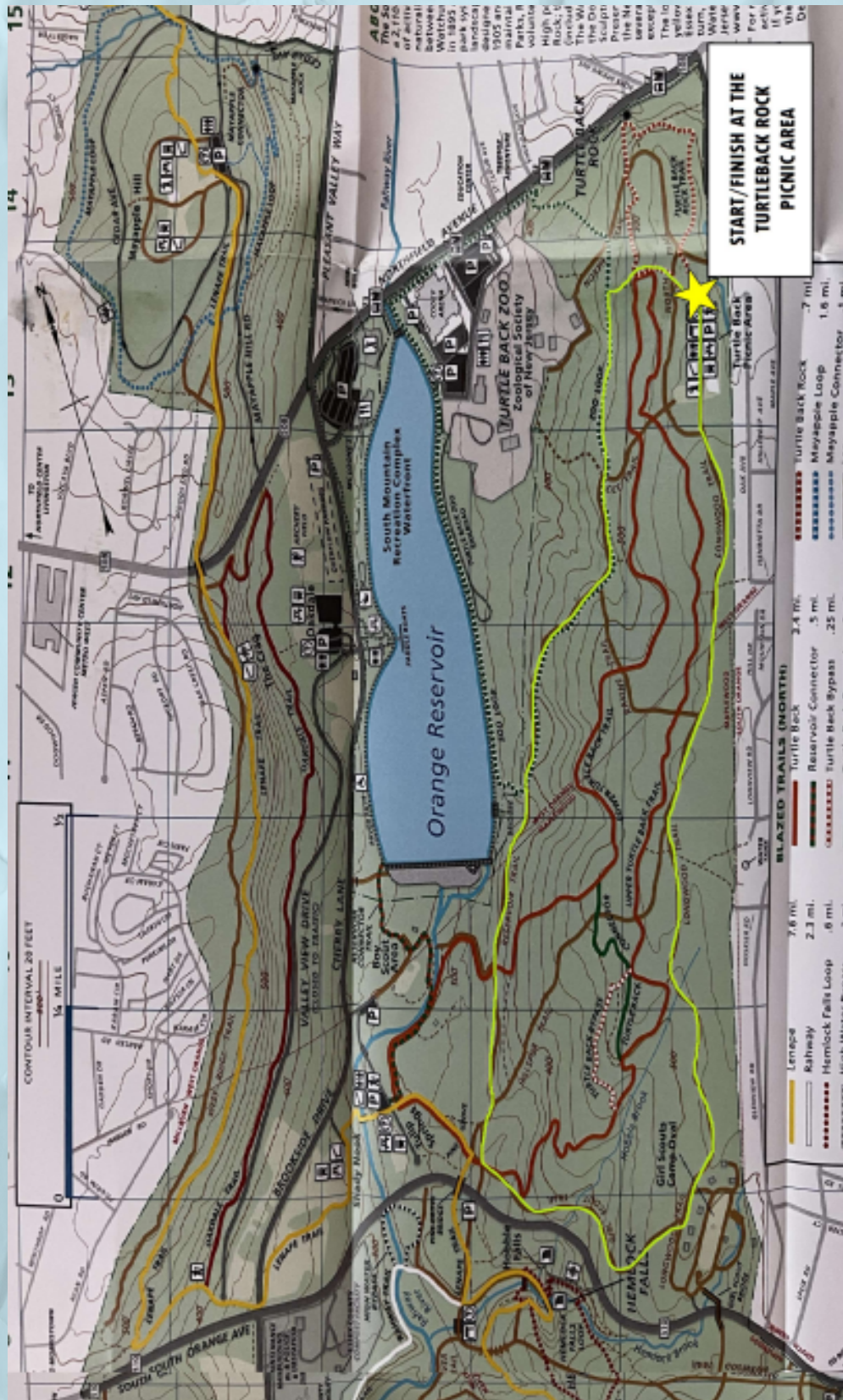


THE COURSE

The 5K course is a great mix of mellow carriage roads (dirt or gravel wide trails) and a bit of technical singletrack. There is one large climb towards the end of the loop. There is about 300 feet of gain in the 5K loop. This is a GREAT intro to the trails if this is your first event or you're just starting out!

If you're going to be out there for 3 or 6 hours, we recommend a grippy trail shoe that can give ya some comfort over rocks and roots. We will always provide a detailed trail conditions report leading up to the race and will include recommendations for any winter traction devices.

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.



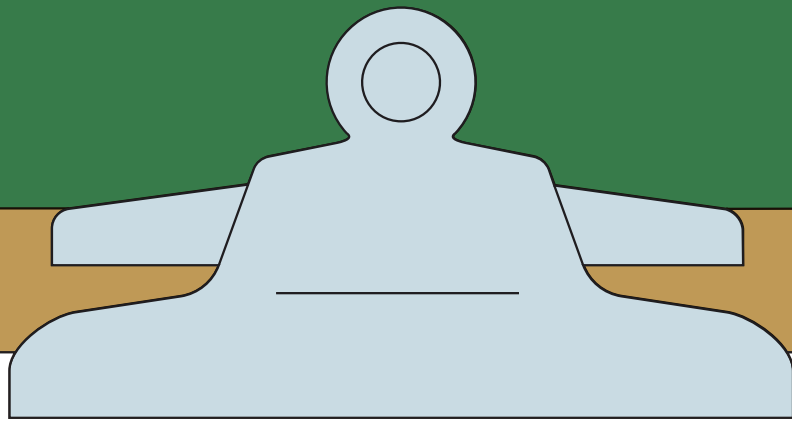
COURSE MAP

[DOWNLOAD THE GPX FILE HERE](#)

SQUATCH HQ

The start/finish area at the Turtleback Rock Trailhead is a large open field with many picnic tables. Family/friends are always welcome to hang out at our Trail Parties! We stage race equipment under the pavilion so if you need to keep your things covered, please plan on bringing your own tent or keeping your gear in your car. You will pass the parking lot after each loop so you will have easy-access to your car. You're welcome to setup your own tent, just be sure to stake it down so it doesn't go flying while you're out on the trail (we've seen it happen!) There are no power outlets at the trailhead and no running water. There are portajohns next to the parking lot that you will pass after each loop.





PACERS & CREW


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 register your pacer prior to the start of the event!](#) Pacers are not allowed for other runners and hikers without prior approval from the Trail Party Director.

Crew can aid runners at Squatch HQ. Crew cannot aid runners anywhere else on the course. Family and friends are always welcome to hang at our events to spectate!



REMEMBER!

This is a Fat (S)ass event so we are not providing any food or giving out any swag. We'll have water at Squatch HQ but you'll need to BYO fuel & electrolytes for this event!



You must be registered and wear a bib at all times in order to participate (no race bandits!)

SASSQUAD

TRAIL RUNNING

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