



PRESENTED BY:
UPMC HEALTH PLAN

LEG 1



Map Courtesy of TrailGuide

SOUTH SIDE TO HOMESTEAD (START)

Distance: 4.21 mi

Difficulty: Easy

Runner Information: The very first leg of the Great Allegheny Passage Relay starts at UPMC Rooney Sports Complex. Here, runners will start their scenic tour of the Monongahela River as the trail runs adjacent to it. They will pass through Southside, including the Pittsburgh Steelers practice facility, to their first exchange in Homestead.

DIRECTIONS TO HOMESTEAD (40.4086, -79.91806) Drive time: 15 min (5.6 mi)
201 W Waterfront Dr, Homestead, PA 15120:

1. Turn LEFT out of parking lot onto South Water St.
2. Turn LEFT onto Hot Metal St
3. Turn LEFT onto East Carson St.
4. Use LEFT LANE to Homestead Glenwood Bridge
5. Keep RIGHT and take EXIT towards SR837 Homestead
6. At fork, keep LEFT toward Sandcastle
7. Turn LEFT on Amity St.
8. After crossing the tracks, turn RIGHT toward Sandcastle
9. Turn LEFT on E. Waterfront Dr.
10. After driving under the Homestead Grays Bridge and then under the green pedestrian bridge, turn RIGHT at the "Thank you for visiting the Waterfront" sign into the parking lot

ELEVATION: SOUTH SIDE TO HOMESTEAD





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LEG 2

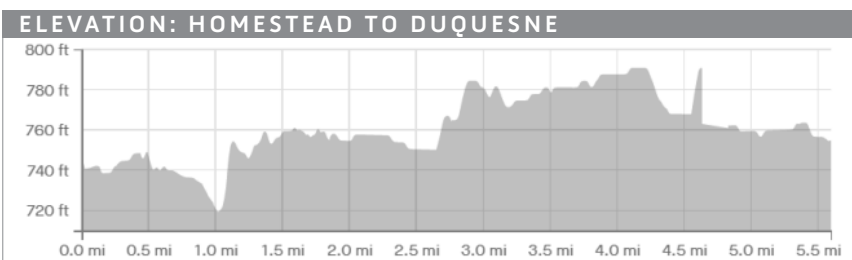


HOMESTEAD TO DUQUESNE

Distance: 5.61 mi

Difficulty: Medium

Runner Information: Leg 2 follows along side the Monongahela River as well as multiple sets of railroad tracks. The start of this leg runs behind The Waterfront which is home to many larger companies. A few overpasses are used to keep runners above the train tracks. This is followed by large industrial parks which eventually leads to their exchange zone at the US Steel Mon Valley Works Training Hub.



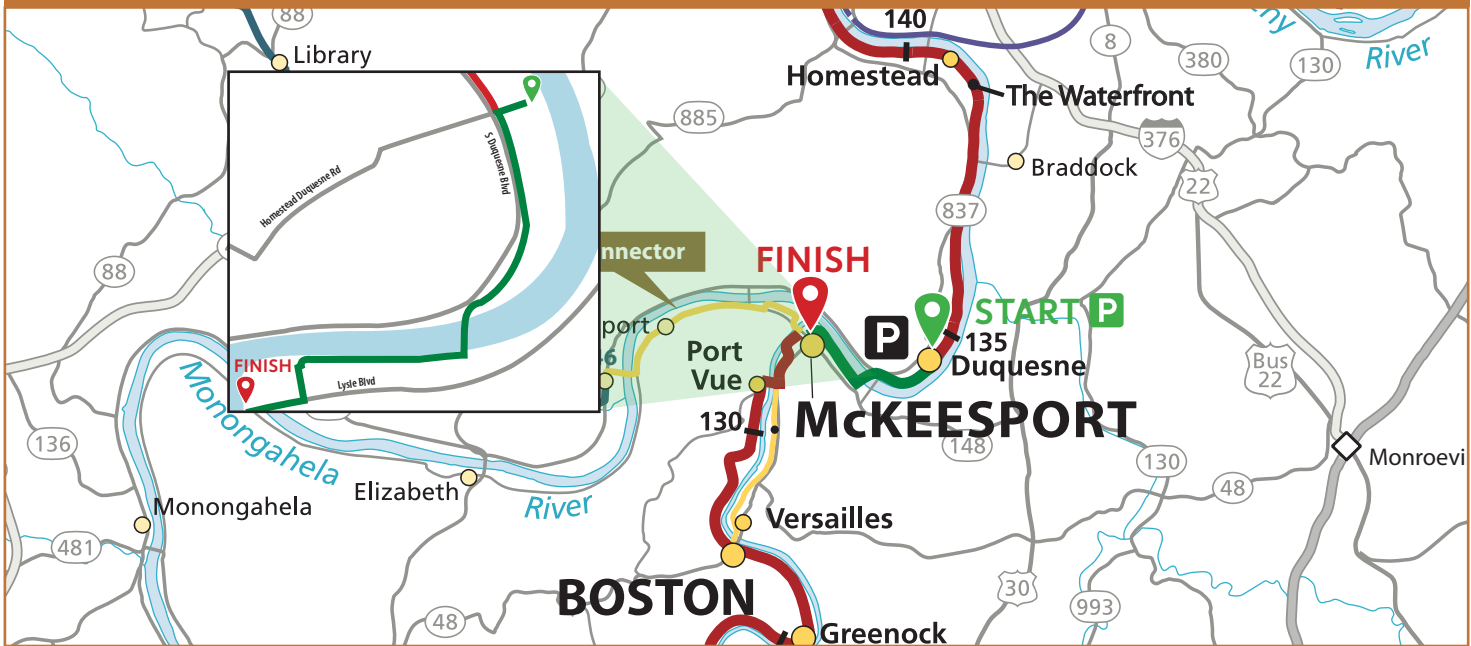
DIRECTIONS TO DUQUESNE (40.37406, -79.8414) Drive time: 16 min (6.4 mi):

1. Turn LEFT onto E Waterfront Dr (follow for 2 mi.)
2. Turn LEFT onto Eighth Ave./River Rd. (follow for 3.4 mi.)
3. Turn LEFT onto E. Grant Ave. at the light and cross railroad tracks
4. Drive straight to end of the road to the Traffic Circle, use parking lot on right



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LEG 3



DUQUESNE TO McKEESPORT

Distance: 3.0 mi

Difficulty: Easy

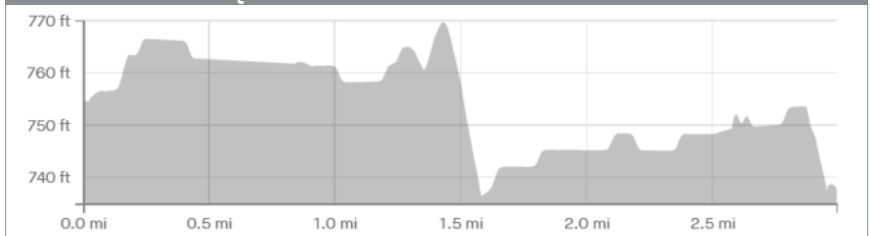
Runner Information: This leg takes runners through south end of Duquesne along the Monongahela River into McKeesport.

Runners will take a left and cross the Monongahela River over a bridge. A right at the end of the bridge will keep runners on the GAP Trail. After crossing some train tracks, the runners will stay on the GAP and head right into McKeesport where the exchange zone will be on the left hand side. This stretch of the races provides a scenic view of the river while running.

DIRECTIONS TO McKEESPORT (40.35103, -79.8694) Drive time: 10 min (3.3 mi):

1. Follow Grant Ave. from parking area
2. Turn LEFT on Duquesne Blvd. at the light (follow for .8 mi.)
3. Follow left lane to cross bridge on left (follow for .4 mi.)
4. Take first right after bridge toward McKeesport
5. Bear right onto Fifth Ave./Lysle Blvd. (follow for 1.2 mi.)
6. Bear RIGHT toward Water St
7. Turn RIGHT onto Water St

ELEVATION: DUQUESNE TO McKEESPORT





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LEG 4



Map Courtesy of TrailGuide

McKEESPORT TO BOSTON

Distance: 4.59 mi

Difficulty: Easy

Runner Information: Leg 4 begins in McKeesport and heads south. Runners will start running alongside roads on designated paths that are marked as the GAP Trail. Next, runners will take a right to cross the 15th Street Bridge across the Youghiogheny River. Once across the bridge, runners will turn left and continue to follow the GAP Trail that is marked with signs. This will lead runners to the Boston Spectrum where the exchange zone will be on the right hand side.

ELEVATION: McKEESPORT TO BOSTON



Once across the bridge, runners will turn left and continue to follow the GAP Trail that is marked with signs. This will lead runners to the Boston Spectrum where the exchange zone will be on the right hand side.

DIRECTIONS TO BOSTON (40.31424, -79.82272) 6001 Smithfield St, Boston, PA 15135

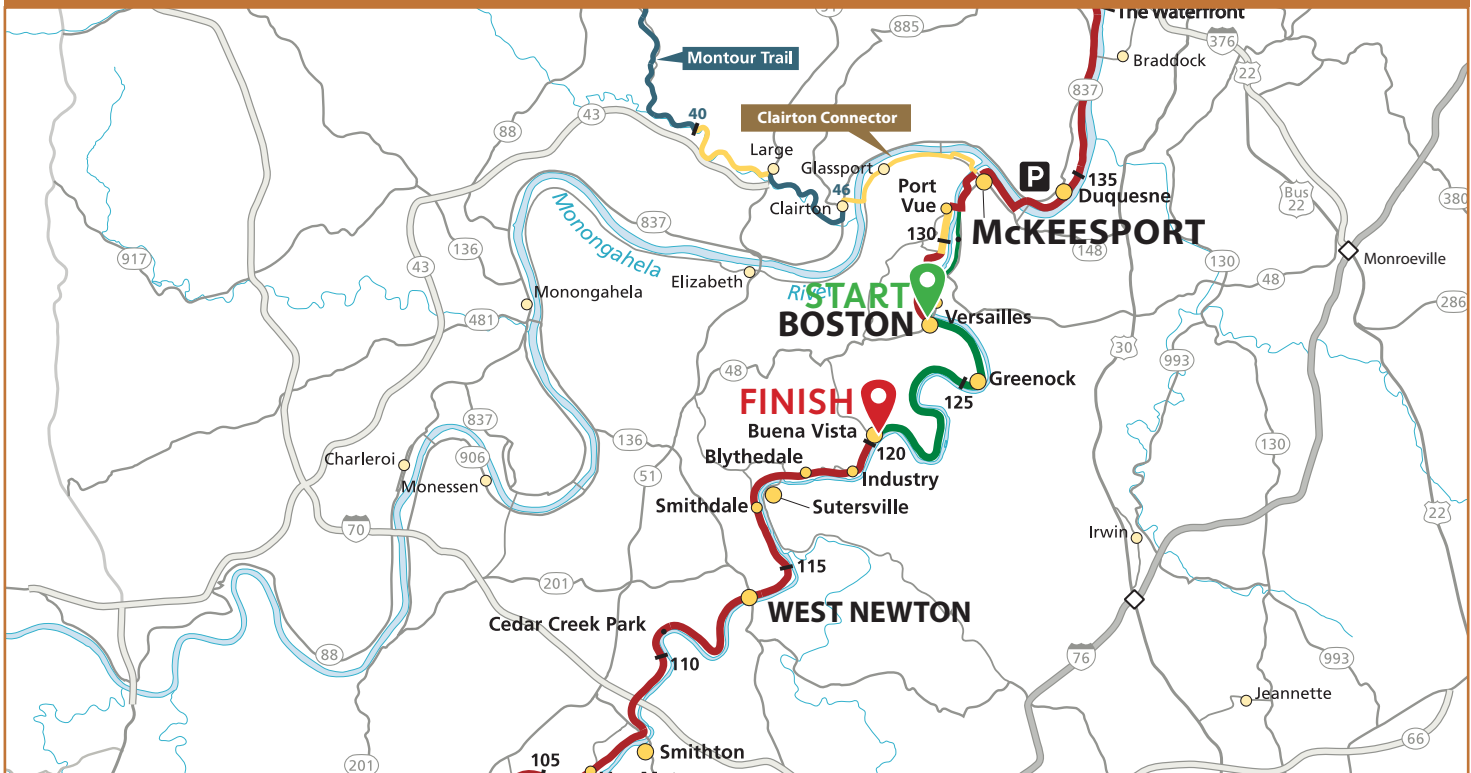
Drive time: 11 min (4.3 mi):

1. START on Water St.
2. LEFT on Water St. (follow for .3 mi.)
3. LEFT on Ninth St. at stop sign (follow for .2 mi)
4. RIGHT on Walnut St. at light (follow for 3.3 mi)
5. TURN HARD LEFT onto Smithfield St at the light (follow for .4 mi)
6. Turn LEFT onto Harper St
7. Turn LEFT into parking lot at Boston Spectrum Building



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LEG 5



Map Courtesy of TrailGuide

BOSTON TO BUENA VISTA

Distance: 7.23 mi
Difficulty: Medium

Runner Information: Runners will start just outside the Boston Spectrum. After about 2 miles into this leg, runners will experience a their section surrounded by wooded areas. Leg 5 ends as runners exchange at the Buena Vista VFC Swimming Pool grass parking lot on the right hand side.

ELEVATION: TO BOSTON TO BUENA VISTA



DIRECTIONS TO BUENA VISTA (40.27603, -79.7982) 3333 Fire Station St, Buena Vista, PA 15018
Drive time: 20 min (3.8 mi):

1. Turn **RIGHT** out of parking lot onto Smithfield St (follow .3 mi)
2. Turn **HARD LEFT** onto Renzie Rd (follow for 3.4 mi)
3. Turn **HARD LEFT** onto Styche St
4. Destination will be on the right



PRESENTED BY:
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LEG 6



Map Courtesy of TrailGuide

BUENA VISTA TO WEST NEWTON

Distance: 6.44 mi

Difficulty: Medium

Runner Information: Leg 6 starts at the Buena Vista VFC Swimming Pool. This leg sees numerous residential areas while also leading through some wooded areas as it continues to lead runners along the Youghiogheny River. The leg comes to an end as runners finish at the Regional Trail Corporation on the left hand side of the GAP Trail.

ELEVATION: BUENA VISTA TO WEST NEWTON



DIRECTIONS TO WEST NEWTON (40.21292, -79.76944) Drive time: 17 min (8.3 mi):

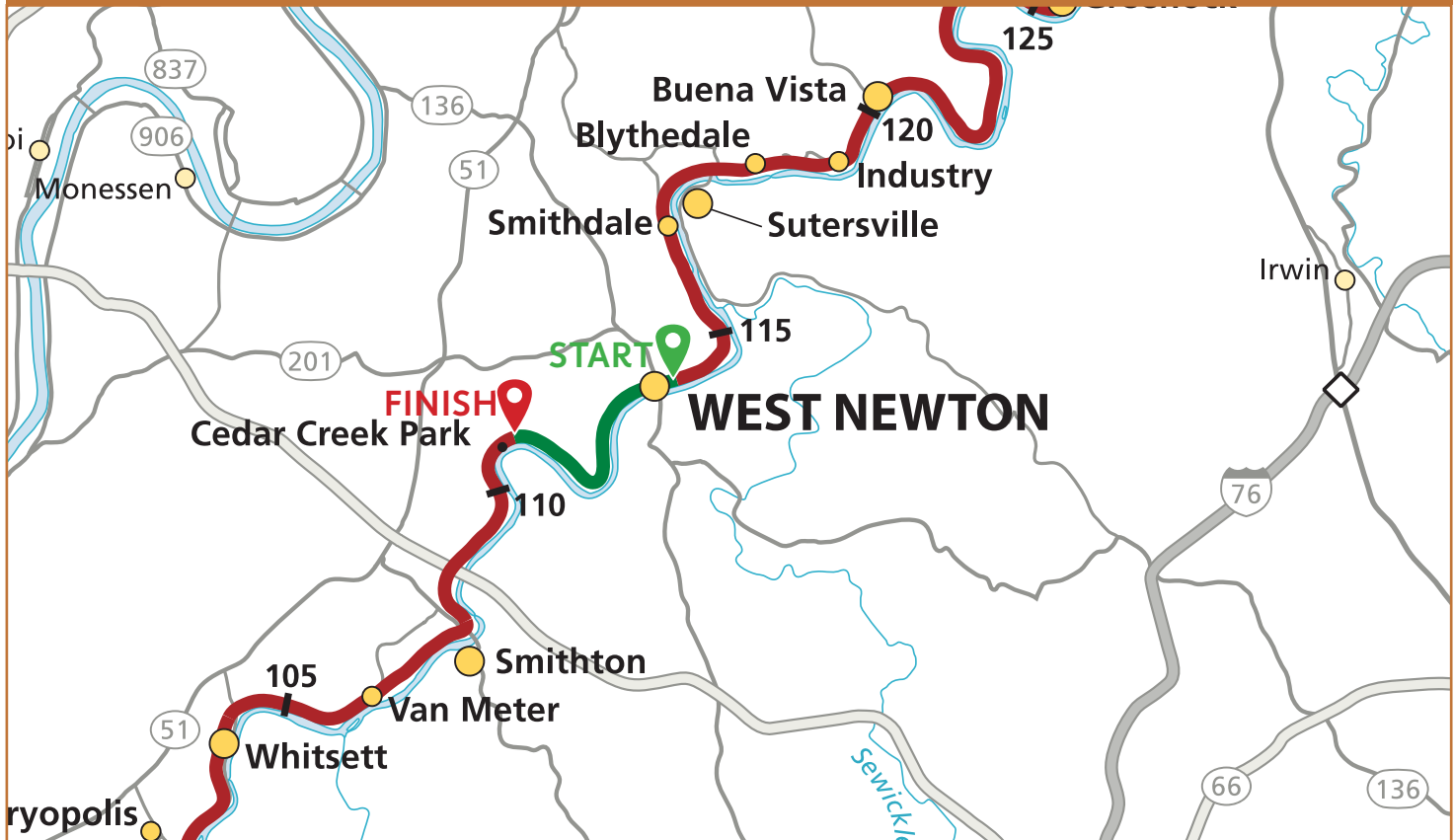
WARNING: MAY LOSE CELL SIGNAL

1. Turn left onto Greenock Buena Vista Rd. (follow for 1 mi.)
2. STAY RIGHT to continue on Blythedale Rd. (follow for 1 mi.)
3. Make HORSESHOE LEFT to continue on Blythedale Rd. (follow 1 mi.)
4. Turn RIGHT onto Douglas Run Rd at stop sign/yield sign (follow .3 mi.)
5. Keep LEFT at fork to continue on Douglas Run Rd. (follow .4 mi.)
6. Keep LEFT at fork to continue on Douglas Run Rd. (follow .7 mi.)
7. WARNING: Next turn is hard to see!
8. LEFT onto Skillet Hill Rd. (follow for 1 mi.)
9. Turn left onto PA-136 at stop sign (follow for 2.6 mi.)
10. Turn left onto Collinsburg Rd
11. Destination will be on the left



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LEG 7



Map Courtesy of TrailGuide

WEST NEWTON TO CEDAR CREEK

Distance: 3.52 mi

Difficulty: Easy

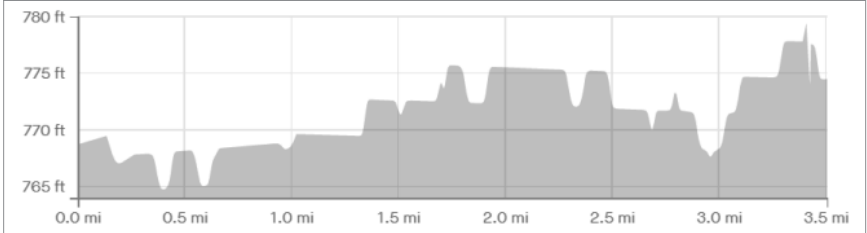
Runner Information: Leg 7, a shorter portion of the relay, gives runners the scenic view offered by the Youghiogheny River shore while they wind in and out of residential areas. At the end of this leg, runners will exchange at the Cedar Creek Park Access on the left.

DIRECTIONS TO CEDAR CREEK (40.17785, -79.77792) Drive time: 16 min (7.0 mi):

WARNING: MAY LOSE CELL SIGNAL

1. Turn right onto W. Main St./PA-136 (follow for .9 mi.)
2. SLIGHT LEFT onto Rostraver Rd./PA-201 S (follow for 2.6 mi.)
3. Slight LEFT to PA-51 S (follow for .2 mi.)
4. Turn right onto PA-51 S at stop sign (follow 1.4 mi)
5. Turn LEFT onto Concord Ln at light (also Harper Dr. on Apple Maps)
6. Quick RIGHT to stay on Concord Ln (follow for 100 ft.)
7. Turn left onto Municipal Dr (follow .7 mi.)
8. Turn LEFT onto Evergreen Dr into Cedar Creek Park (follow for 1 mi.)
9. At bottom of hill, Evergreen bears right and then TURN LEFT at brown directional sign
10. Destination will be on the left

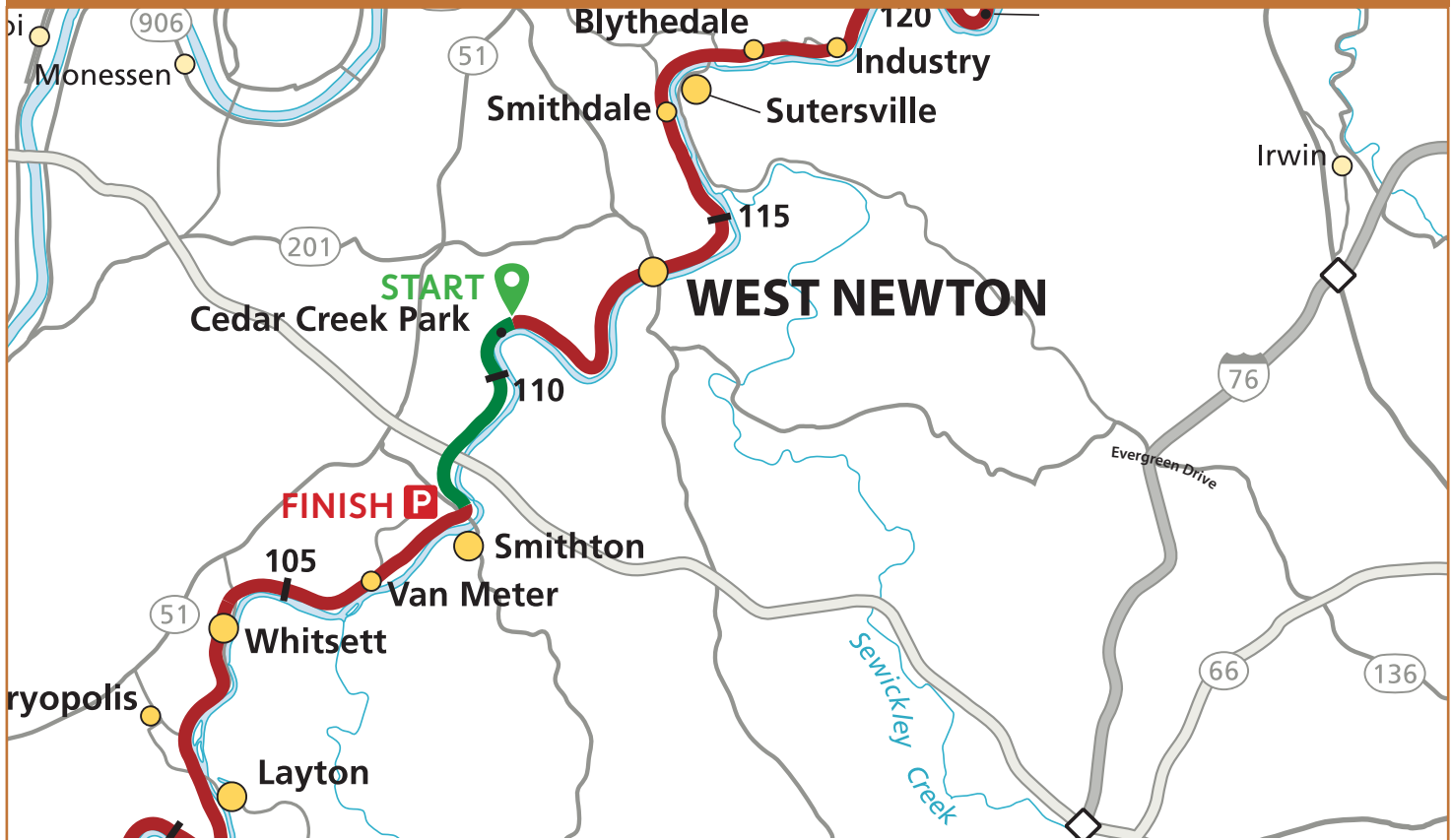
ELEVATION: WEST NEWTON TO CEDAR CREEK





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LEG 8



Map Courtesy of TrailGuide

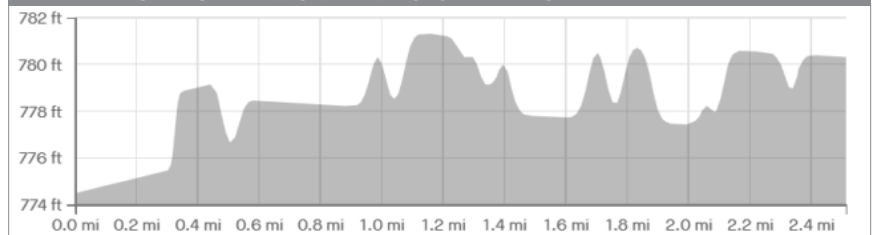
CEDAR CREEK TO SMITHTON

Distance: 2.53 mi

Difficulty: Easy

Runner Information: Like many other legs, this leg follows alongside the Youghiogheny River. This very short leg makes for a great recovery run as runners enter into Smithton.

ELEVATION: CEDAR CREEK TO SMITHTON



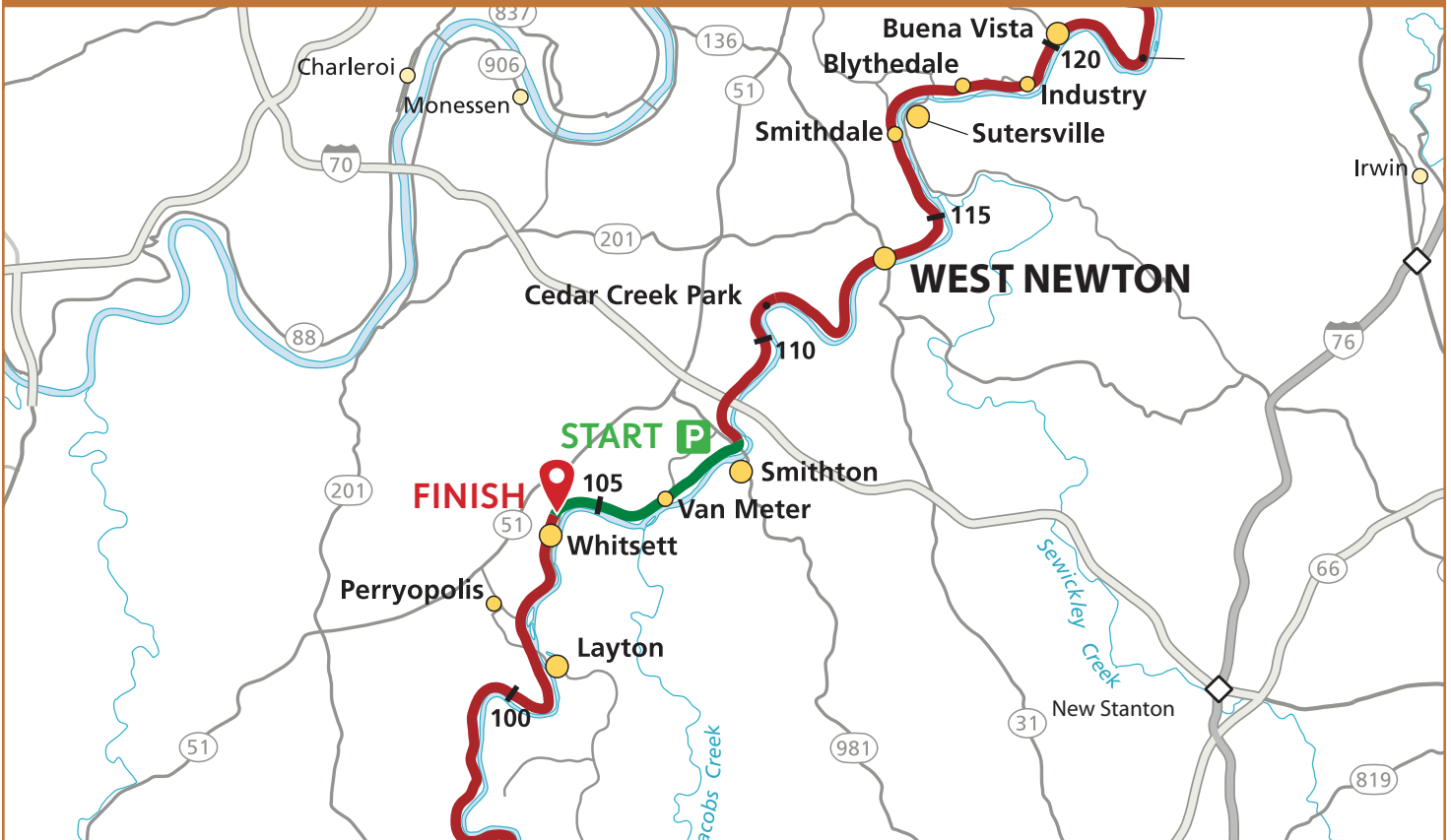
DIRECTIONS TO SMITHTON (40.15873, -79.74743) Drive time: 12 min (4.6 mi):

1. Head back towards where you entered
2. At brown directional sign, turn RIGHT onto Evergreen Dr (follow for 1 mi.)
3. Turn RIGHT onto Municipal Dr (follow for .7 mi.)
4. Turn RIGHT onto Concord Ln (follow for 100 ft.)
5. Turn LEFT onto PA-51 S at light (follow for .9 mi.)
6. Turn LEFT onto PA-981 N toward Smithton (follow for 1.6 mi.)
7. WARNING: Next turn is hard to see!
8. Turn LEFT onto Smithton Beach Rd
9. Destination will be on the right



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LEG 9



Map Courtesy of TrailGuide

SMITHTON TO WHITSETT

Distance: 4.16 mi

Difficulty: Easy

Runner Information: Leg 9 offers a shorter distance compared to most of the course.

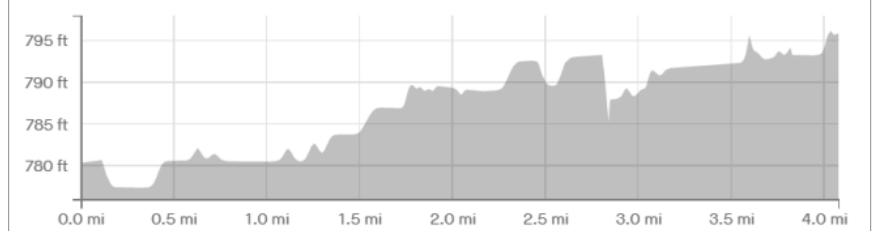
Once again, The Great Allegheny Passage

follows the Youghiogheny River on this leg. Runners will end in Whitsett next to a small baseball field and park.

DIRECTIONS TO WHITSETT (40.10714, -79.75651):

1. Turn right onto PA-981 S (follow for 1.5 mi.)
2. Turn left onto PA-51 S (follow for 2.6 mi)
3. WARNING: Next turn is hard to see!
4. Turn left onto River Rd (follow for 1 mi.)
5. Turn right onto 1st St
6. Destination will be on the right

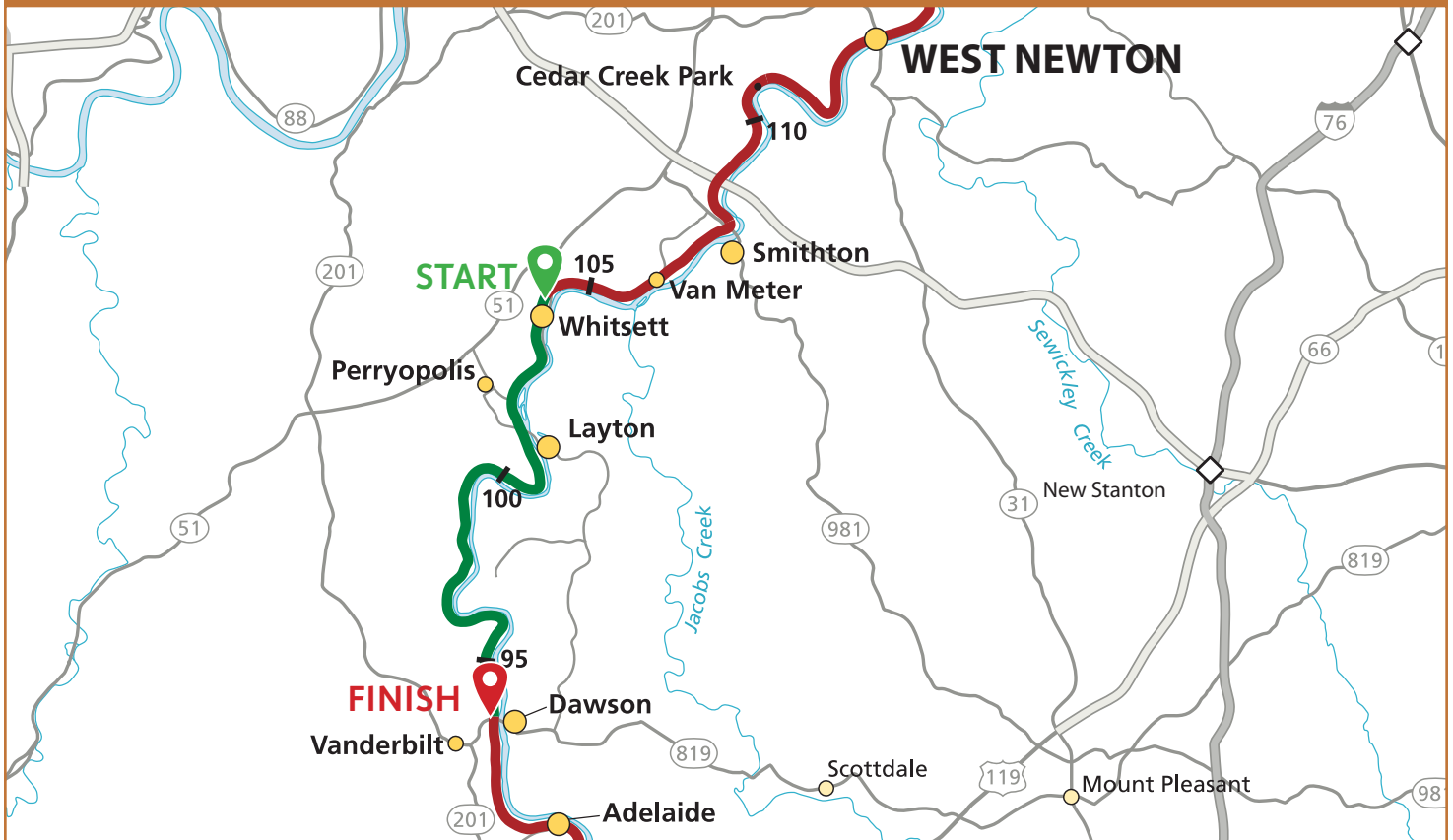
ELEVATION: SMITHTON TO WHITSETT





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LEG 10



Map Courtesy of TrailGuide

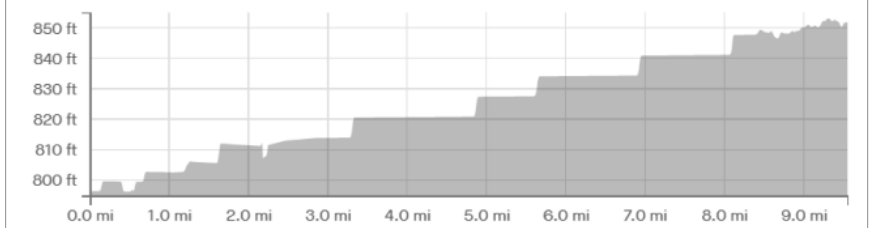
WHITSETT TO DAWSON

Distance: 9.54 mi

Difficulty: Hard

Runner Information: This 9.5 mile leg starts with a very discrete uphill slope. It runs almost entirely alongside the Youghiogheny River and finishes at Dawson.

ELEVATION: WHITSETT TO DAWSON



DIRECTIONS TO DAWSON (40.04542, -79.6619) Drive time: 20 min (13.1 mi):

1. Turn left onto River Rd. (follow for 1 mi.)
2. Turn left onto PA-51 S/Pittsburgh Rd (follow for 4.8)
3. Take second exit on RIGHT to 201 S Fayette City Rd
4. Continue right onto Fayette City Rd.
5. Fayette City Rd. turns into Blue Star Rd. (follow for 5 mi.)
6. LEFT onto Dickerson Run Rd (follow for .6 mi)
7. STAY LEFT on Dickerson Run Rd. (follow for 1.3 mi.)
8. WARNING: Next turn is hard to see! (If you travel over the overpass, you have gone too far)
9. Turn right onto Hollow Rd (CAUTION: vehicles may be parked on side of road)
10. Destination will be straight ahead



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LEG 11



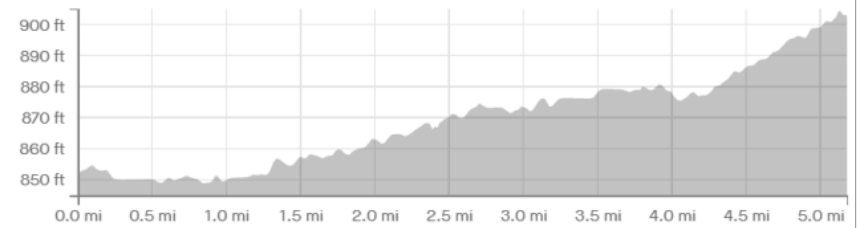
Map Courtesy of TrailGuide

DAWSON TO CONNELLSVILLE

Distance: 5.18 mi
Difficulty: Medium

Runner Information: This shorter leg begins along the river in Dawson. As the trail continues along the Youghiogheny River, runners will experience residential areas as well as wilderness. The leg concludes at the northern end of Connellsville.

ELEVATION: DAWSON TO CONNELLSVILLE



DIRECTIONS TO CONNELLSVILLE (40.02191, -79.60317) Drive time: 10 min (4.4 mi):

1. Turn right onto Front St (follow for 300 ft.)
2. Turn right onto Scottdale Dawson Rd./PA-819 S (follow for .2 mi.)
3. Continue right onto 819 S/Main St. (follow for .5 mi)
4. Turn left onto PA-201 S/Vanderbilt Rd (follow for 3.4 mi.)
5. Turn LEFT into Parking Lot at "Martins Gasoline"
6. STRAIGHT to stop sign
7. Turn LEFT to the parking lot with train car behind shopping plaza
8. Destination will be straight ahead



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LEG 12



Map Courtesy of TrailGuide

CONNELLSVILLE TO BRUNER RUN

Distance: 11.5 mi

Difficulty: Hard

Runner Information: The majority of Leg 12 is once again spent following the shore of the Youghiogheny River along their 11.5 mile journey through the Pennsylvania wilderness before finishing at Bruner Run.

ELEVATION: CONNELLSVILLE TO BRUNER RUN



DIRECTIONS TO BRUNER RUN (39.91389, -79.50044) Drive time: 31 min (15.5 mi):

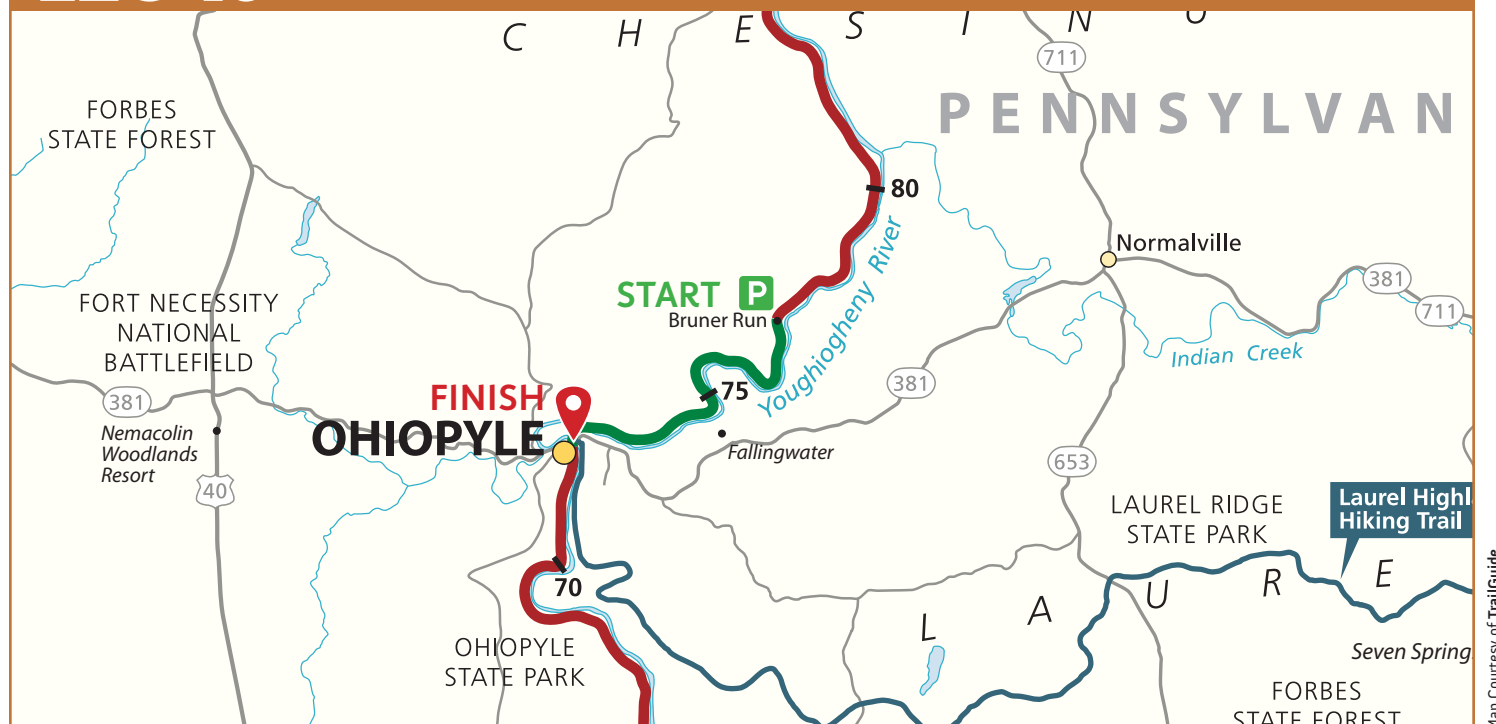
WARNING: MAY LOSE CELL SIGNAL

1. Go back from where you came
2. STRAIGHT at stop sign
3. RIGHT on US 119 S at the light (follow for 800 ft.)
4. Continue through the light to 119/S Ninth St (follow for .3 mi.)
5. S 9th St turns slightly right and becomes US-119 S/ Blackstone Rd (follow for 2.6 mi)
6. LEFT onto Dunbar Rd. at light (follow for 1.1 mi.)
7. RIGHT onto Connellsville St (follow for .2 mi.)
8. LEFT onto Furnace Hill Rd (follow for .7 mi.)
9. Continue RIGHT on Furnace Hill Rd. (follow for 4.2 mi.)
10. RIGHT onto Dunbar Ohiopyle Rd (follow for 4.8 mi.)
11. LEFT onto Kentucky Rd. at stop sign (follow for 1.2 mi.)
12. LEFT onto Holland Hill Rd. (follow for 2.1 mi.)
13. RIGHT onto Sugar Hill Rd. (follow for 1.4 mi)
14. Destination will be straight ahead



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LEG 13



BRUNER RUN TO OHIOPYLE

Distance: 6.04 mi

Difficulty: Medium

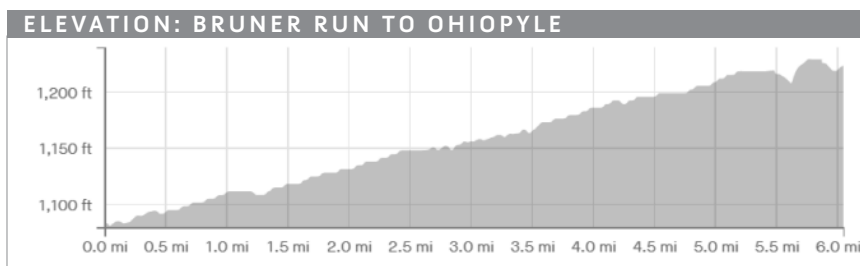
Runner Information: Leg 13 begins with, runners starting at the Bruner Run Takeout. The trail runs alongside the Youghiogheny River and follows its winding shores. After crossing over the river, runners will finish in town at Ohiopyle State Park.

Bruner Run has two parking areas. The first lot is at the end of Sugar Run Rd. on the right where vans can park and rest. The second lot can be found if drivers continue on Sugar Run Rd. for about mile and half. The actual runner exchange and van parking lot are at the end of the road. Staff will direct drivers where they should park when they arrive at Bruner Run.

DIRECTIONS TO OHIOPYLE (39.869718, -79.491616) 7 Sheridan St, Ohiopyle, PA 15470

Drive time: 15 min (8.9 mi):

1. Head back on Sugar Run Rd (follow for 1.3 mi.)
2. Sugar Run Rd becomes Holland Hill Rd by turning left (follow for 3.7 mi.)
3. LEFT onto Main St (follow for .4 mi.)
4. RIGHT onto Sherman St (follow for .1 mi)
5. RIGHT onto Sheridan St.
6. IMMEDIATE LEFT into parking lot (this is your destination)





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LEG 14



Map Courtesy of TrailGuide

OHIOPILE TO RAMCAT

Distance: 8.56 mi

Difficulty: Hard

Runner Information: Leg 14 starts at the Laurel Highlands Information parking lot. Runners will be alongside the Youghiogheny for the duration of this leg on the GAP Trail until the Ohiopyle State Park Ramcat Access point which will be on the right hand side.

ELEVATION: OHIOPILE TO RAMCAT



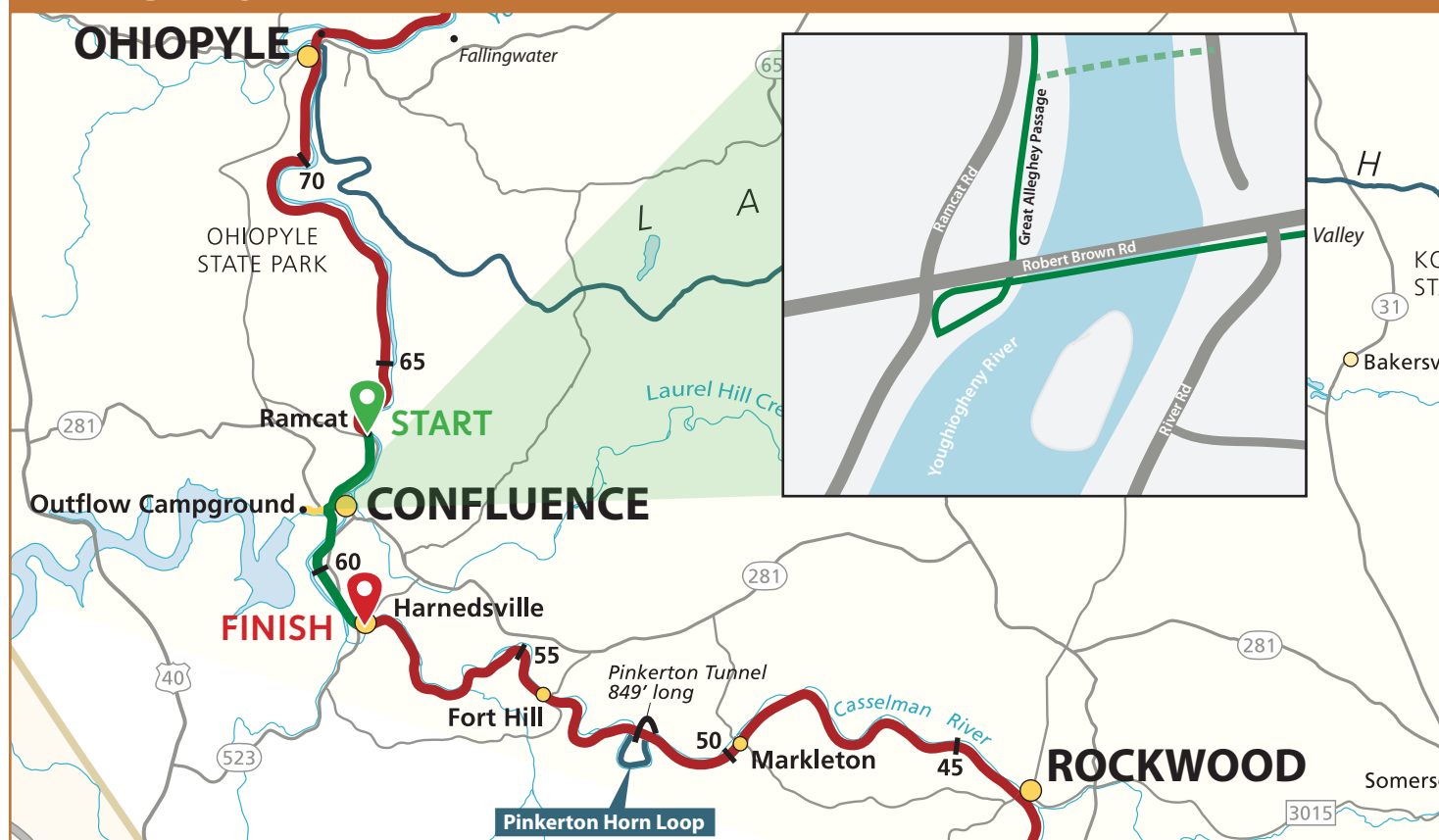
DIRECTIONS TO RAMCAT (39.82646, -79.37897) Drive time: 23 min (9.8 mi):

1. LEFT out of parking lot onto Sheridan St.
2. QUICK RIGHT onto Grant St. (follow for .2 mi)
3. LEFT onto Sugarloaf Rd (follow for 2.9 mi.)
4. SLIGHT LEFT to continue onto Sugar Loaf Rd. (follow for 4.4 mi)
5. LEFT onto Ramcat Rd. (follow for 2.2 mi.)
6. WARNING: your next turn will be on the GAP Trail!
Watch out for runners!
7. LEFT onto Great Allegheny Passage
8. Destination will be straight ahead



PRESENTED BY:
UPMC HEALTH PLAN

LEG 15



Map Courtesy of TrailGuide

RAMCAT TO HARNEDSVILLE

Distance: 4.54 mi

Difficulty: Easy

Runner Information: As the leg begins, runners will cross Ram Cat Rd. Runners will follow the Youghiogheny River for the first part of the leg. Stay to the right of the trail and loop onto Robert Brown Road which leads onto a bridge. The leg then works its way toward Harnedsville utilizing a few bridges to avoid water. Runners will follow course signs that lead to Turkeyfoot Valley High School where leg 15 will come to an end.

DIRECTIONS TO HARNEDSVILLE (39.799572, -79.328835)

172 Turkeyfoot Road, Schoolhouse Rd, Confluence, PA 15424 Drive time: 10 min (4.7 mi):

1. RIGHT onto Great Allegheny Passage
2. LEFT onto Ramcat Rd (follow for 1.8 mi.)
3. LEFT on Robert Brown Rd. (follow for .4 mi.)
4. RIGHT onto Oden St. (follow for 1.9 mi.)
5. BEAR LEFT onto Turkeyfoot Rd (follow for .1 mi.)
6. Destination (high school parking lot) will be on the left

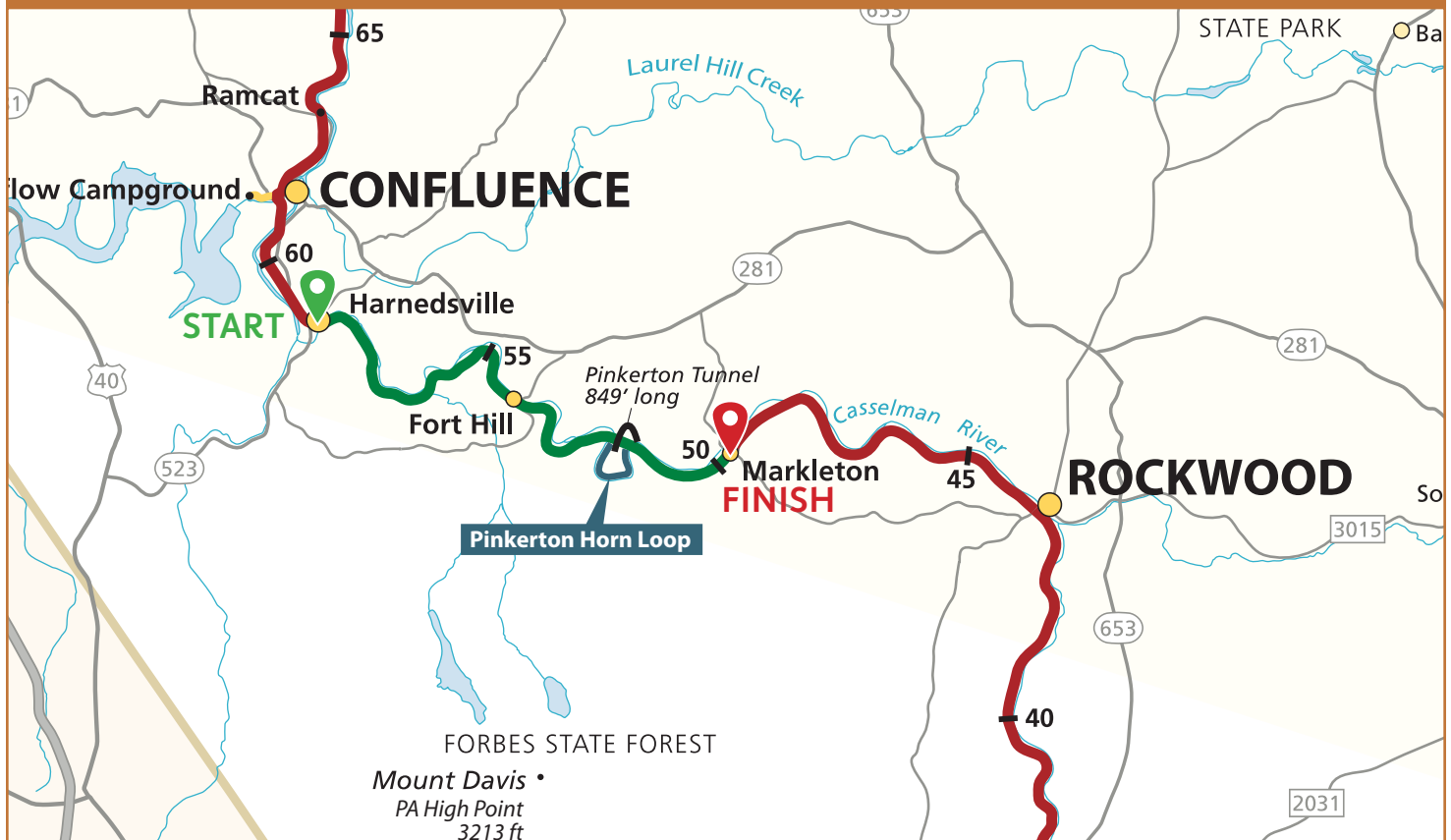
ELEVATION: RAMCAT TO HARNEDSVILLE





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LEG 16



HARNEDSVILLE TO MARKELTON

Distance: 9.27 mi

Difficulty: Hard

Runner Information: After beginning this leg at Turkeyfoot Valley High School, the course takes runners along the Casselman River and through the Pinkerton Tunnel. The trail will also cross the river in some areas. As this portion of the course ends, runners will finish in Markleton and be guided to their vans at Merrill Lynch Wealth Management.

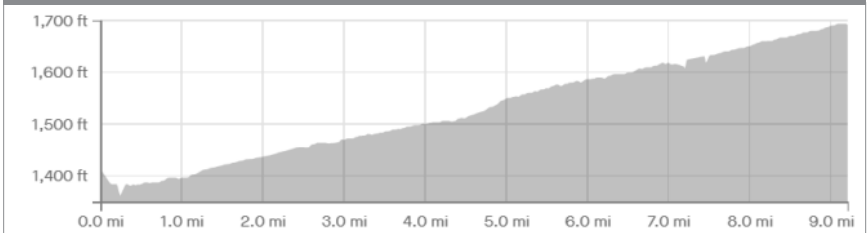
DIRECTIONS TO MARKELTON (39.85988, -79.22744) Drive time: 15 min (9.5 mi):

WARNING: MAY LOSE CELL SIGNAL

1. LEFT out of parking lot onto Turkeyfoot Rd.
2. LEFT onto Hogback Rd (follow for 1.2 mi.)
3. RIGHT onto Park St./PA-281 N (follow for 4 mi.)

4. RIGHT onto Turkeyfoot Trail Rd. (follow for 1.4 mi.)
5. RIGHT onto Porter Rd (follow for 1.2 mi.)
6. RIGHT onto Markleton School Rd. (follow for .7 mi)
7. Destination will be on the right

ELEVATION: HARNEDSVILLE TO MARKELTON





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LEG 17



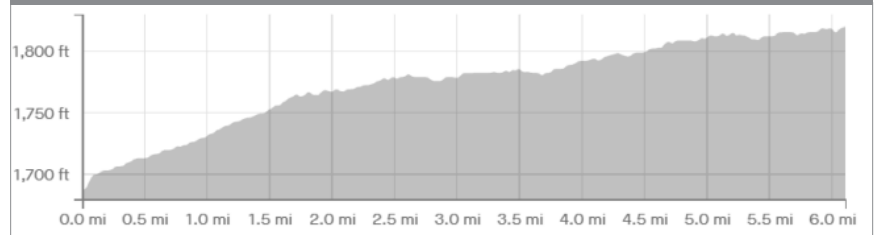
MARKELTON TO ROCKWOOD

Distance: 6.13 mi

Difficulty: Medium

Runner Information: Much like the previous leg, Leg 17 also follows along the Casselman River and remains on the GAP Trail. This portion of the course is entirely surrounded by rural areas.

ELEVATION: MARKELTON TO ROCKWOOD



DIRECTIONS TO ROCKWOOD (39.91089, -79.16126) Drive time: 11 min (6.0 mi):

WARNING: MAY LOSE CELL SIGNAL

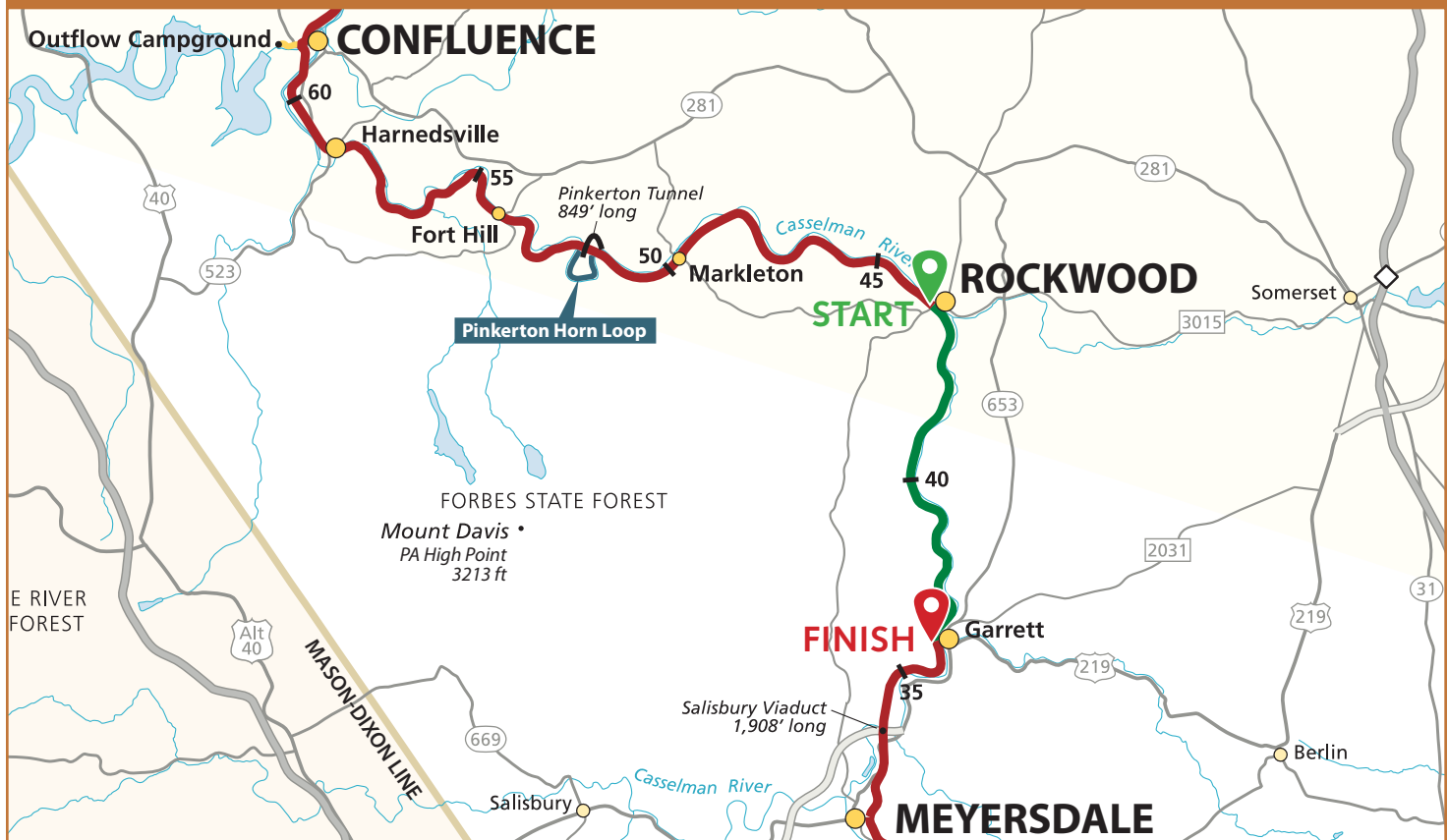
1. Right out of parking lot onto Markleton School Rd. (follow for 3.1 mi.)
2. RIGHT to stay on Markleton School Rd (follow for 1.5 mi.)

3. RIGHT to stay on Markleton School Rd (follow for 1.1 mi.)
4. LEFT onto Rockdale Rd (follow for .2 mi.)
5. LEFT into parking lot.



PRESENTED BY:
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LEG 18



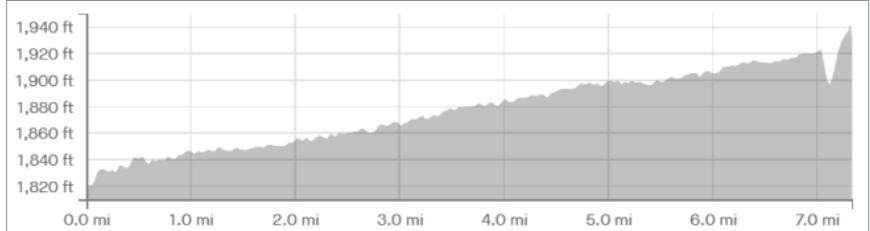
ROCKWOOD TO GARRETT

Distance: 7.33 mi

Difficulty: Hard

Runner Information: While staying entirely along the GAP Trail, Leg 18 runs along the Casselman River for the majority of the course. The exchange point will be on the left hand side when entering Garrett.

ELEVATION: ROCKWOOD TO GARRETT



DIRECTIONS TO GARRETT (39.860970, -79.063468) 1787 Berlin St, Garrett, PA 15542, Drive time: 13 min (8.1 mi):

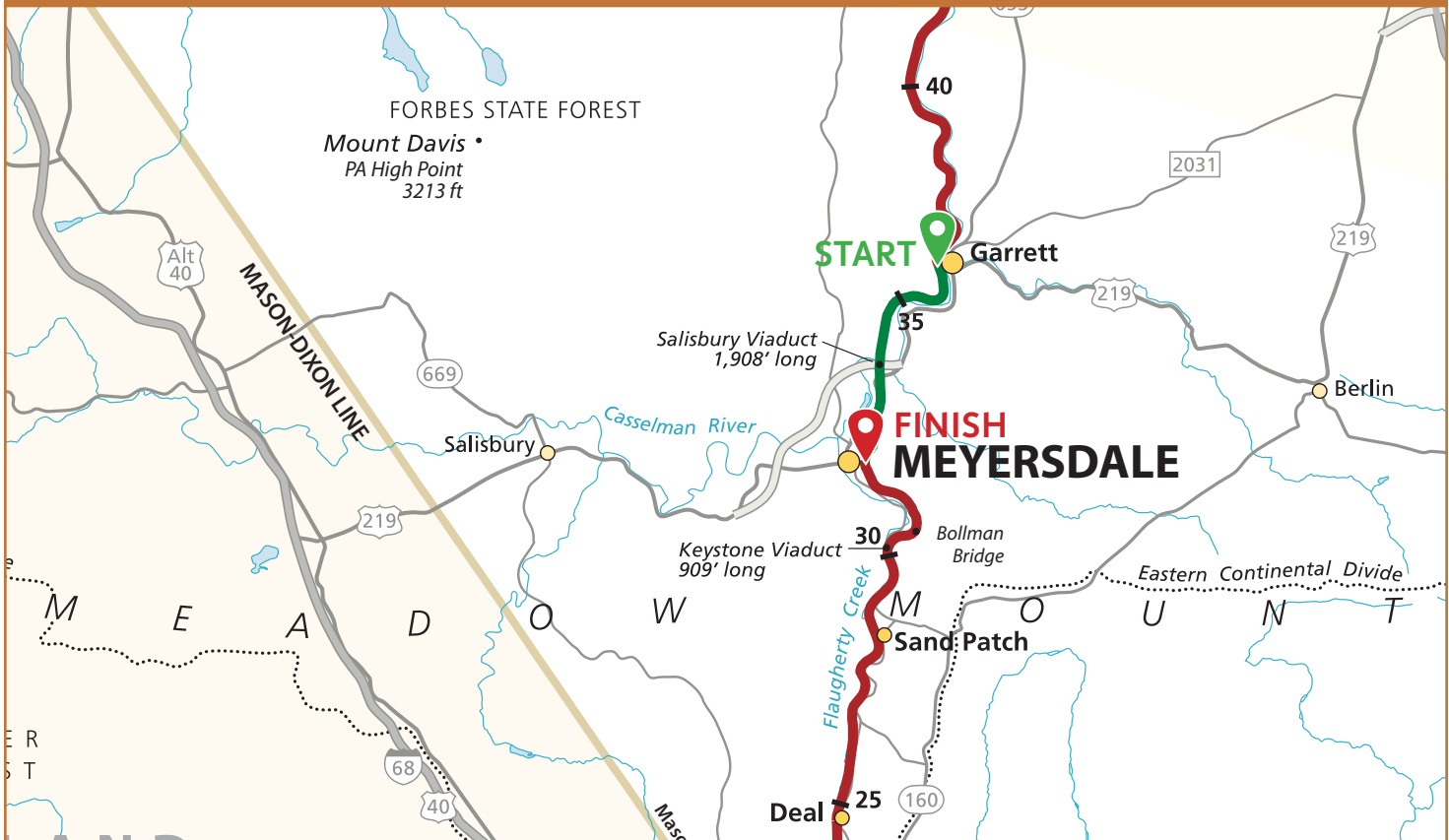
WARNING: MAY LOSE CELL SIGNAL

1. LEFT out of parking lot onto Rockdale Rd (follow for .2 mi.)
2. RIGHT onto Main St. (follow for .8 mi.)
3. RIGHT onto Galico Rd. (follow for .8 mi.)
4. Turn RIGHT to stay on Galico Rd. (follow for 5.9 mi.)
5. RIGHT onto Berlin St. (follow over bridge for 450 ft. to stop sign)
6. Turn RIGHT to continue onto Berlin St. (follow over bridge for 450 ft. to stop sign)
7. Turn right onto Berlin St (follow across bridge)
8. Turn LEFT into parking lot on left.



PRESENTED BY:
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LEG 19



Map Courtesy of TrailGuide

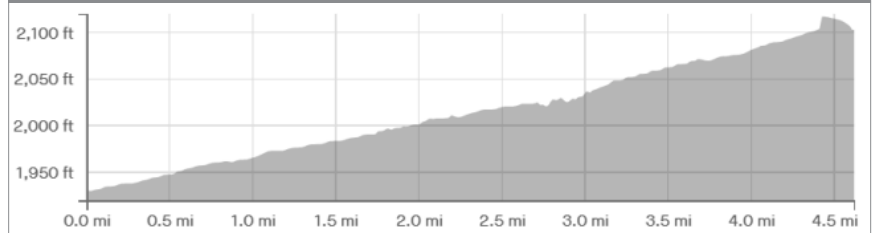
GARRETT TO MEYERSDALE

Distance: 4.64 mi

Difficulty: Medium

Runner Information: Leg 19 starts just outside of Garrett at exchange 19. Later, the trail leads through large farmlands and also over the Salisbury Viaduct. This leg ends running through the residential areas of Meyersdale.

ELEVATION: GARRETT TO MEYERSDALE



DIRECTIONS TO MEYERSDALE (39.816313, -79.021262) 527 Main St, Meyersdale, PA 15552

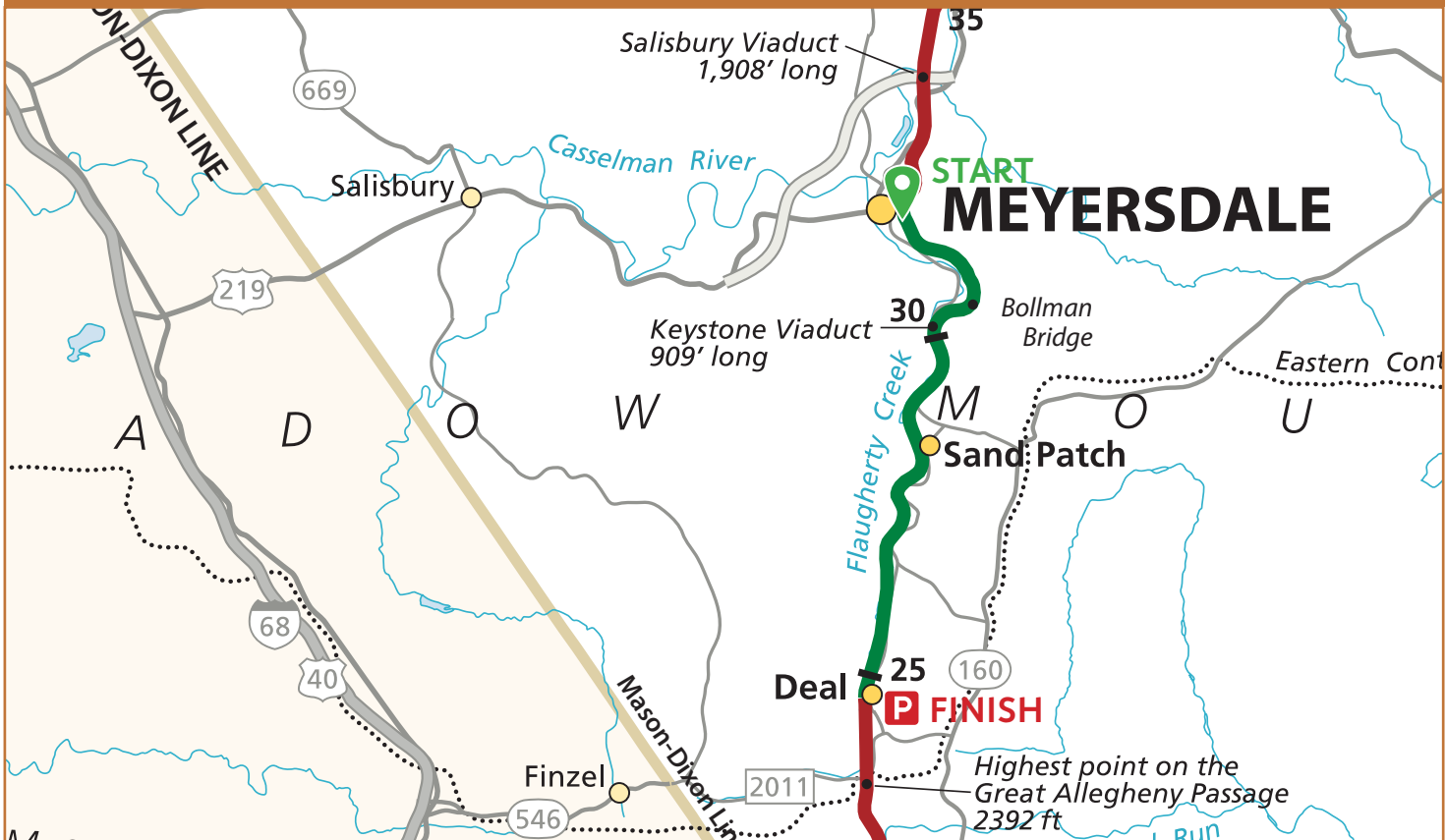
Drive time: 11 min (5.4 mi):

1. Turn **RIGHT** out of parking lot onto Berlin St. (follow for 500 ft.)
2. **LEFT** to stay on Berlin St.
3. Turn **RIGHT** to cross bridge
4. **RIGHT** on Jackson St. at stop sign (follow for .3 mi)
5. Bear **RIGHT** onto Mason-Dixon Highway (follow for 3.9 mi.)
6. **WARNING:** One-lane underpass ahead!
7. Stay **LEFT** to continue to Grant St. (follow for .3 mi.)
8. Left to stay on Main St. (follow for .4 mi.)
9. Turn **LEFT** into Meyersdale Historical Society parking lot to destination



PRESENTED BY:
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LEG 20



MEYERSDALE TO DEAL

Distance: 7.29 mi

Difficulty: Hard

Runner Information: The Meyersdale to Deal leg remains entirely on the GAP Trail and runs over a few bridges along the way. Runners will cross Main Street, a busy road, just as they start this leg at the Meyersdale Historical Society.

ELEVATION: MEYERSDALE TO DEAL



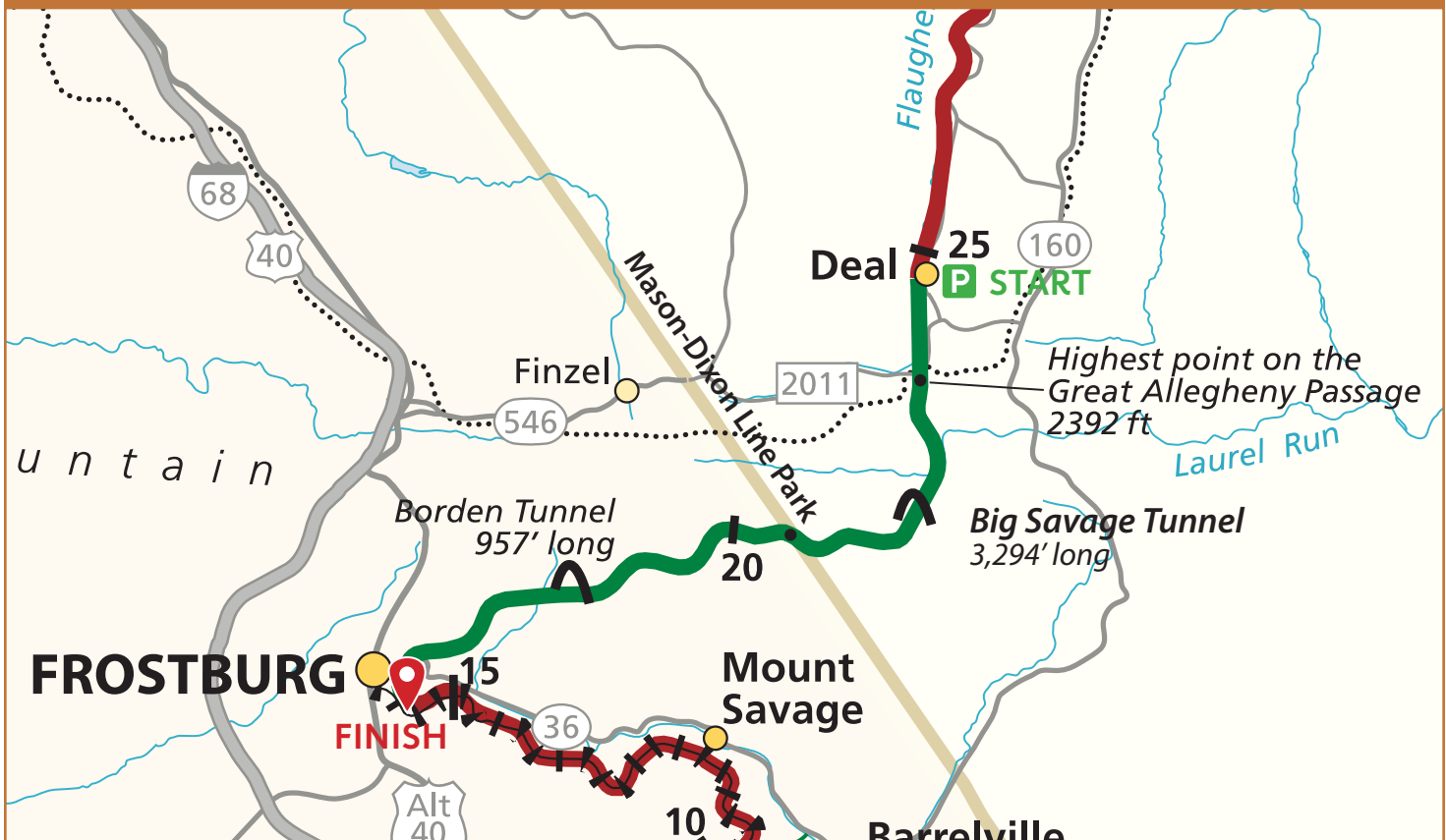
DIRECTIONS TO DEAL (39.76125, -78.93142) Drive time: 18 min (8.2 mi):

1. Turn **RIGHT** out of parking lot onto Main St. (follow for 600 ft.)
2. **LEFT** onto Cherry St. (follow for 3.6 mi)
3. **RIGHT** onto Deal Rd. (follow for 2.3 mi.)
4. Turn **RIGHT** at stop sign to continue on Deal Rd (follow for 1.8 mi.)
5. Turn **RIGHT** into parking lot at Deal Trailhead



PRESENTED BY:
UPMC HEALTH PLAN

LEG 21



Map Courtesy of TrailGuide

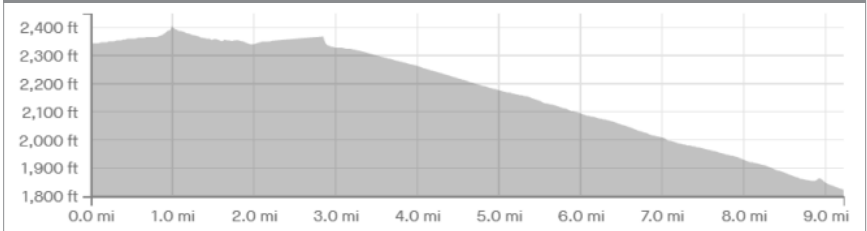
DEAL TO FROSTBURG

Distance: 9.23 mi

Difficulty: Hard

Runner Information: Leg 21 remains completely on the GAP Trail. There are a few points at the beginning and end of this leg that cross active roads. The Borden Tunnel sits along the second half of this leg. Use caution while running through. Also along Leg 21 is the Maryland/Pennsylvania border.

ELEVATION: DEAL TO FROSTBURG



DIRECTIONS TO FROSTBURG (39.659254, -78.921977) Drive time: 20 min (11.1 mi):

1. EXIT left at stop sign at lot exit near GAP Trail onto Old Deal Rd.
2. Continue straight to stop sign
3. Proceed straight onto Deal Rd. (follow for 0.5 mi.)
4. RIGHT on McKenzie Hollow Rd. (follow for 3.2 mi.)
5. LEFT onto Greenville Rd. at stop sign (follow for 3.0 mi.)
6. LEFT onto Finzel Rd. (follow for .6 mi.)
7. RIGHT onto National Pike (follow for 3.4 mi)
8. LEFT onto Depot Terrace. (follow for .1 mi.)
9. LEFT onto Depot St.
10. Cross railroad tracks
11. RIGHT at stop sign onto New Hope Rd. (follow for .3 mi.)
12. Turn RIGHT into parking lot



PRESENTED BY:
UPMC HEALTH PLAN

LEG 22



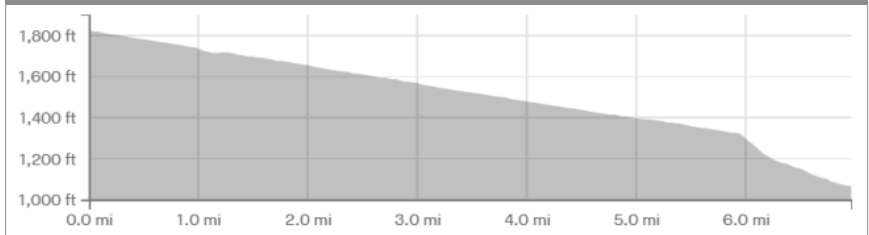
FROSTBURG TO WOODCOCK HOLLOW

Distance: 6.98 mi

Difficulty: Medium

Runner Information: This leg starts easy while running on the GAP Trail. At the end of the leg, runners will turn left off of the trail and proceed down Woodcock Hollow Rd. After about one mile, the exchange will be on the right.

ELEVATION: FROSTBURG TO WOODCOCK HOLLOW



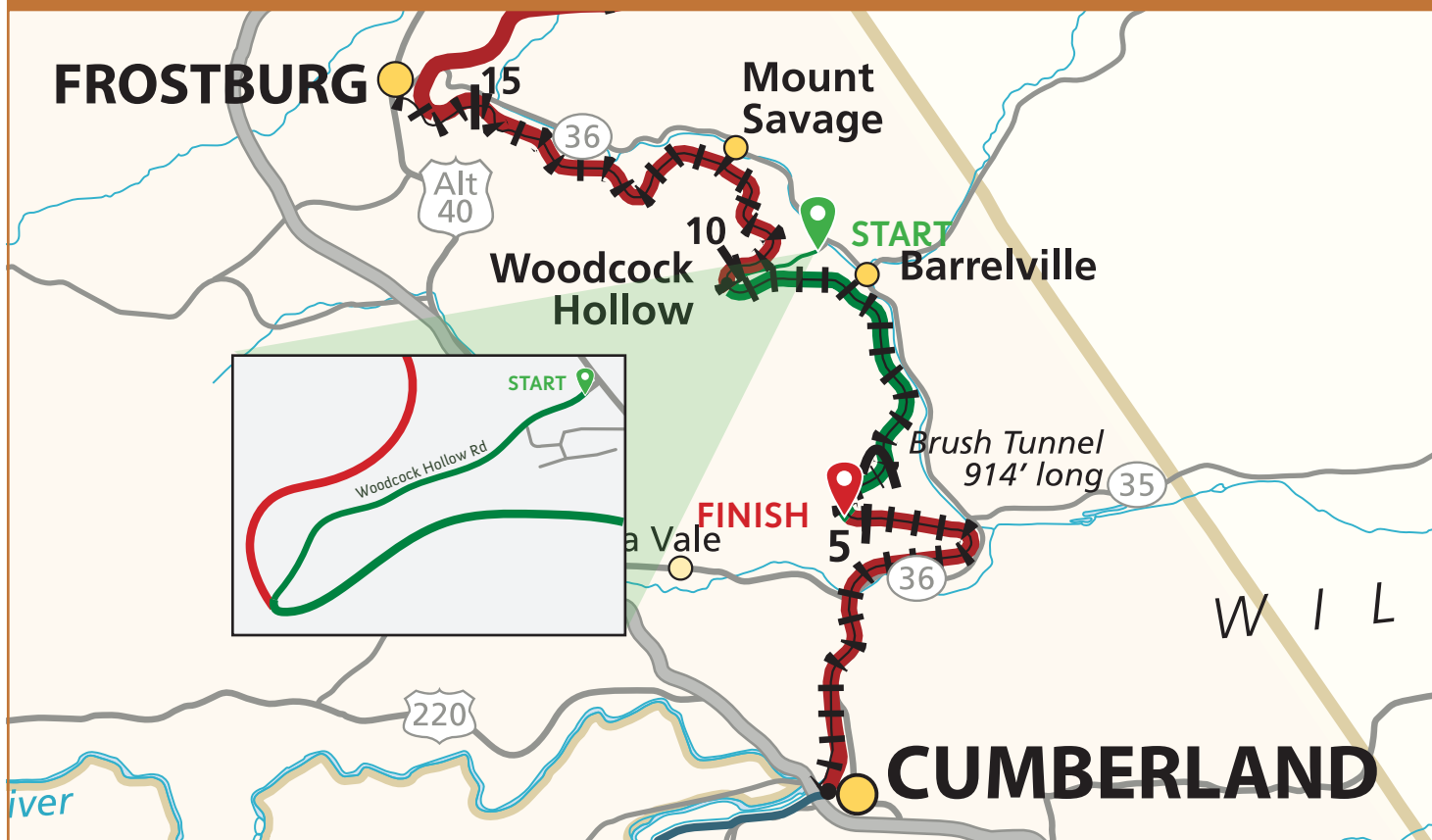
DIRECTIONS TO WOODCOCK HOLLOW (39.69606, -78.85288) Drive time: 12 min (6.5 mi):

1. Turn RIGHT out of parking lot onto New Hope Rd (follow for .8 mi.)
2. Turn RIGHT at stop sign onto Mt. Savage Rd. NW (follow for 4.5 mi.)
3. RIGHT onto Woodcock Hollow Rd (follow for .2 mi)
4. Destination will be on the left in gravel lot



PRESENTED BY:
UPMC HEALTH PLAN

LEG 23



Map Courtesy of TrailGuide

WOODCOCK HOLLOW TO HELMSETTER'S CURVE

Distance: 5.35 mi

Difficulty: Hard

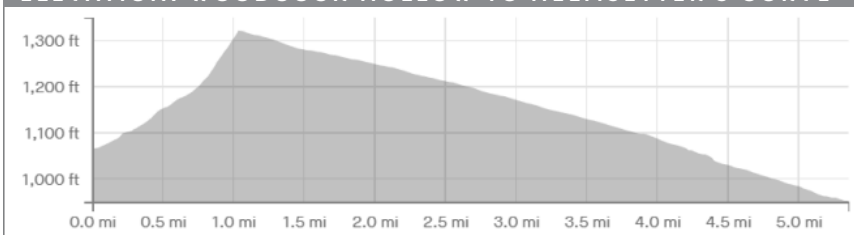
Runner Information: The course on Leg 23 runs along a railway for some time and even crosses over it at more than one location. As this leg begins, runners will run uphill on Woodcock Hollow Rd. for about one mile before turning left onto the GAP trail. From here, the leg runs entirely downhill.

DIRECTIONS TO HELMSETTER'S CURVE (39.677319, -78.805408) Drive time: 9 min (6.4 mi):

WARNING: MAY LOSE CELL SIGNAL

1. Turn RIGHT out of gravel lot (follow .2 mi.)
2. Turn right onto Mt. Savage Rd./MD-36 N (follow for 3.8 mi.)
3. Turn right onto Cash Valley Rd (follow for 1.5 mi.)
4. Destination will be on the right

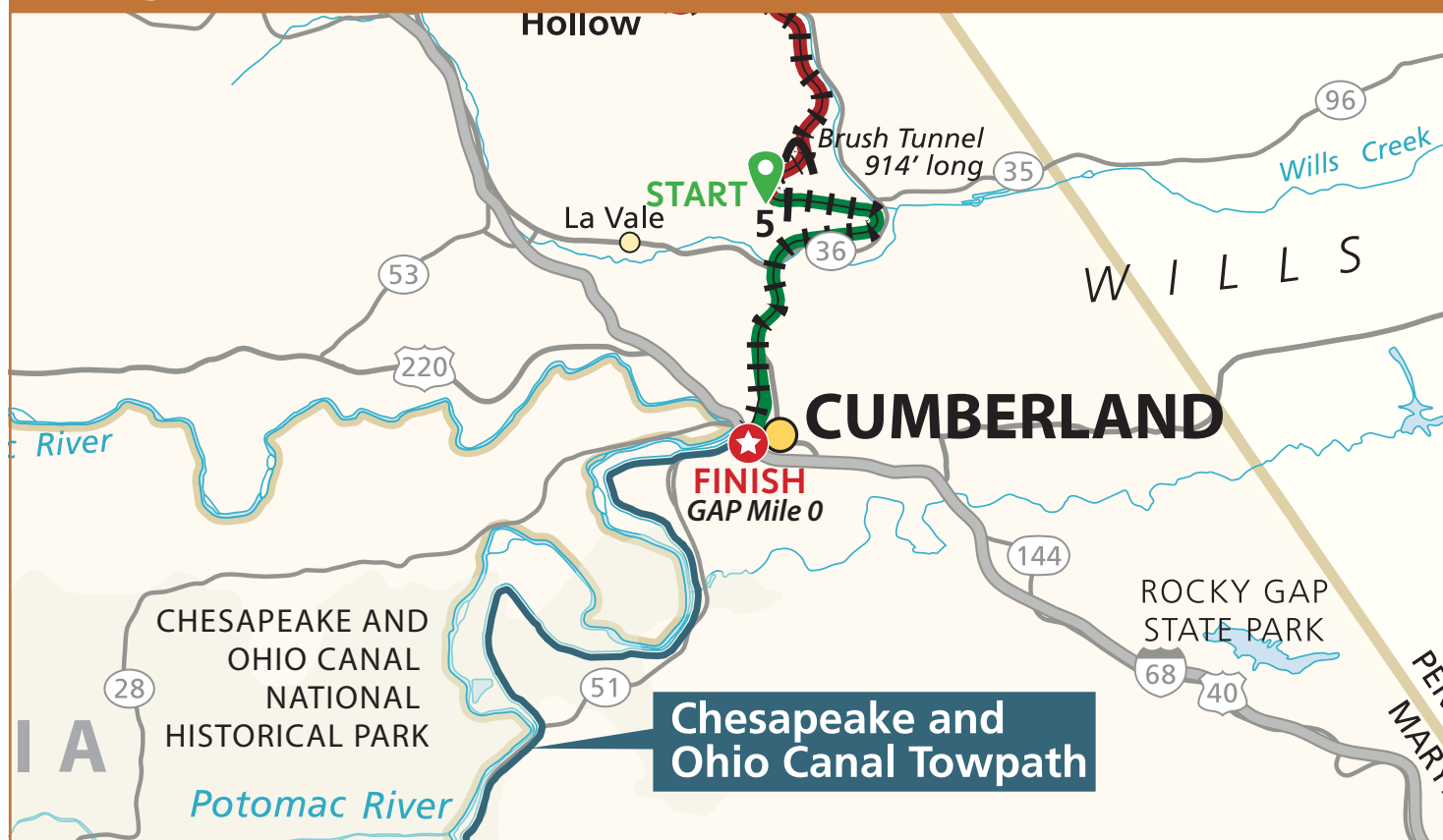
ELEVATION: WOODCOCK HOLLOW TO HELMSETTER'S CURVE





PRESENTED BY:
UPMC HEALTH PLAN

LEG 24



HELMSTETTER'S CURVE TO CUMBERLAND (FINISH)

Distance: 5.18 mi

Difficulty: Easy

Runner Information: The finish line lies at the very end of the Great Allegheny Passage in front of Canal Place. The last leg runs through wooded areas to portions of downtown Cumberland to the end of the race.

DIRECTIONS TO CUMBERLAND (39.64935, -78.76301) 13 Canal St, Cumberland, MD 21502)

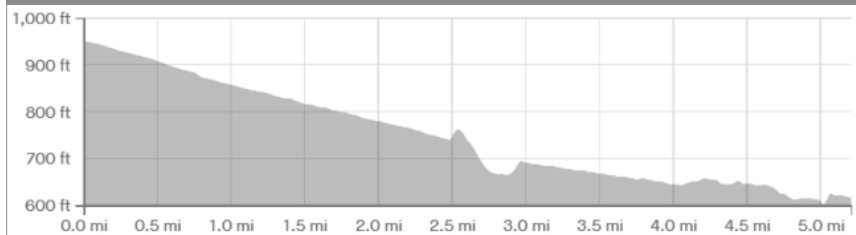
Drive time: 14 min (5.6 mi):

WARNING: MAY LOSE CELL SIGNAL

1. Turn **LEFT** out of parking lot onto Cash Valley Rd (follow for 1.5 mi.)
2. **RIGHT** onto Mt Savage Rd./MD-36 (follow for 1.9 mi.)
3. At the light, continue **STRAIGHT** to US-40 National Highway (follow for 1.2 mi.)

4. At the light, continue **STRAIGHT** onto North Mechanic St. (follow for 1 mi.)
5. **RIGHT** onto Baltimore St. (follow for 100 ft.)
6. **LEFT** on Canal St. Finish line will be ahead. Park in one of the nearest lots either at the finish line or within the surrounding few blocks."

ELEVATION: HELMSETTER'S CURVE TO CUMBERLAND



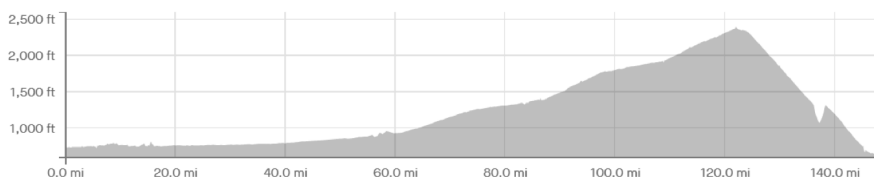
COURSE OVERVIEW



PRESENTED BY:
UPMC HEALTH PLAN



ELEVATION: FULL COURSE (150 MILES)



RUN BY **P3R**