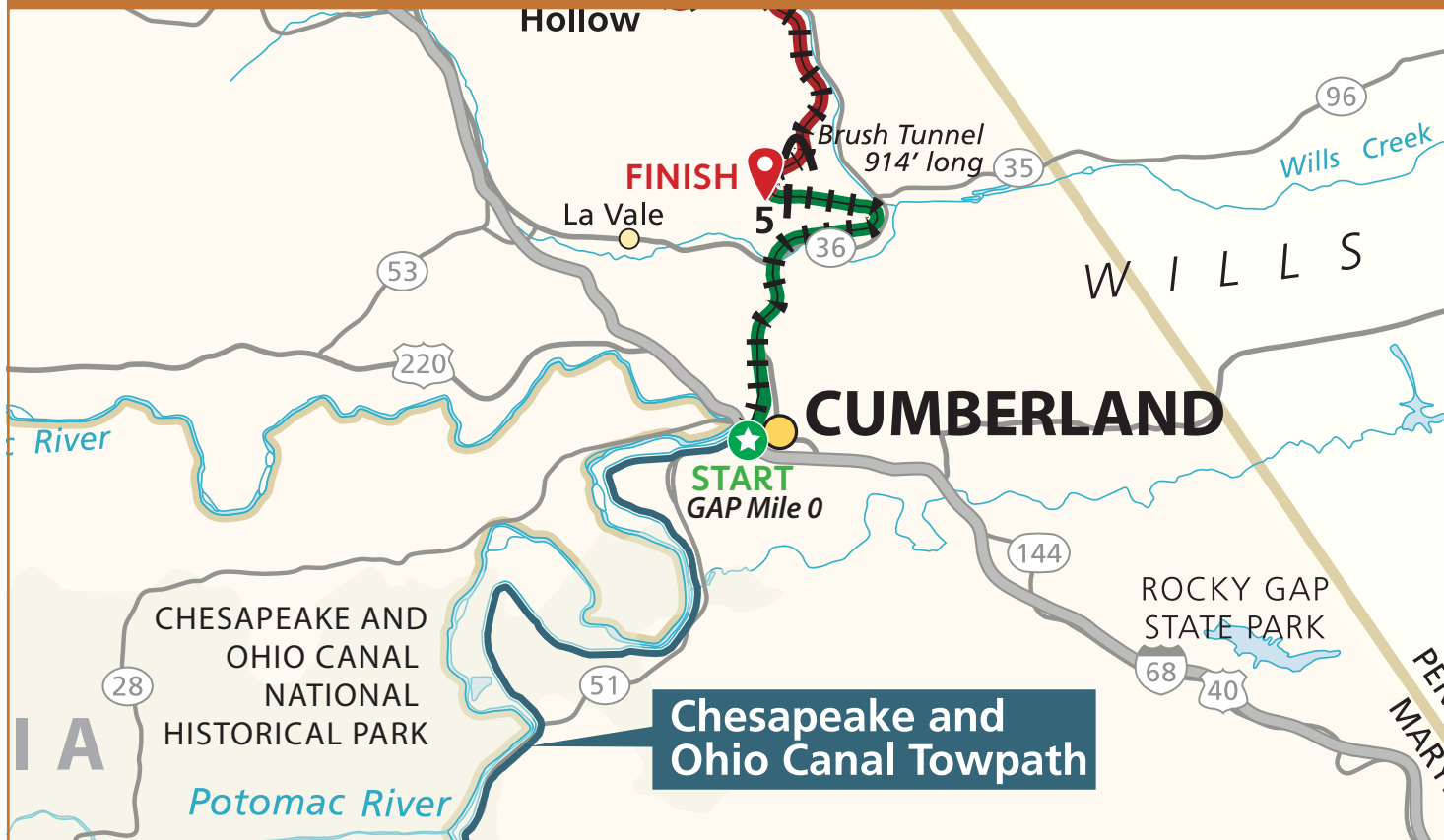




LEG 1



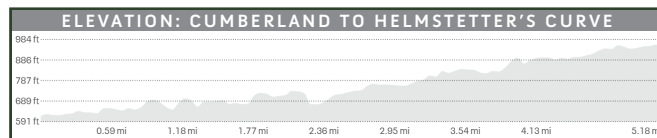
Map Courtesy of TrailGuide

CUMBERLAND VISITOR CENTER (START – 13 Canal St, Cumberland, MD 21502) TO HELMSTETTER'S CURVE

Distance: 5.18 mi

Elevation: 190.3m - 292.1m (+ 101.8m)

Difficulty: Hard



Runner Information: The start line lies at the very beginning of the Great Allegheny Passage in front of the Cumberland Visitors Center. The first leg runs through portions of downtown Cumberland and then weaves its way through wooded areas to the first exchange point along Cash Valley Rd.

DIRECTIONS TO HELMSTETTER'S CURVE (39.677319, -78.805408):

Drive time: 14 min (5.8 mi)

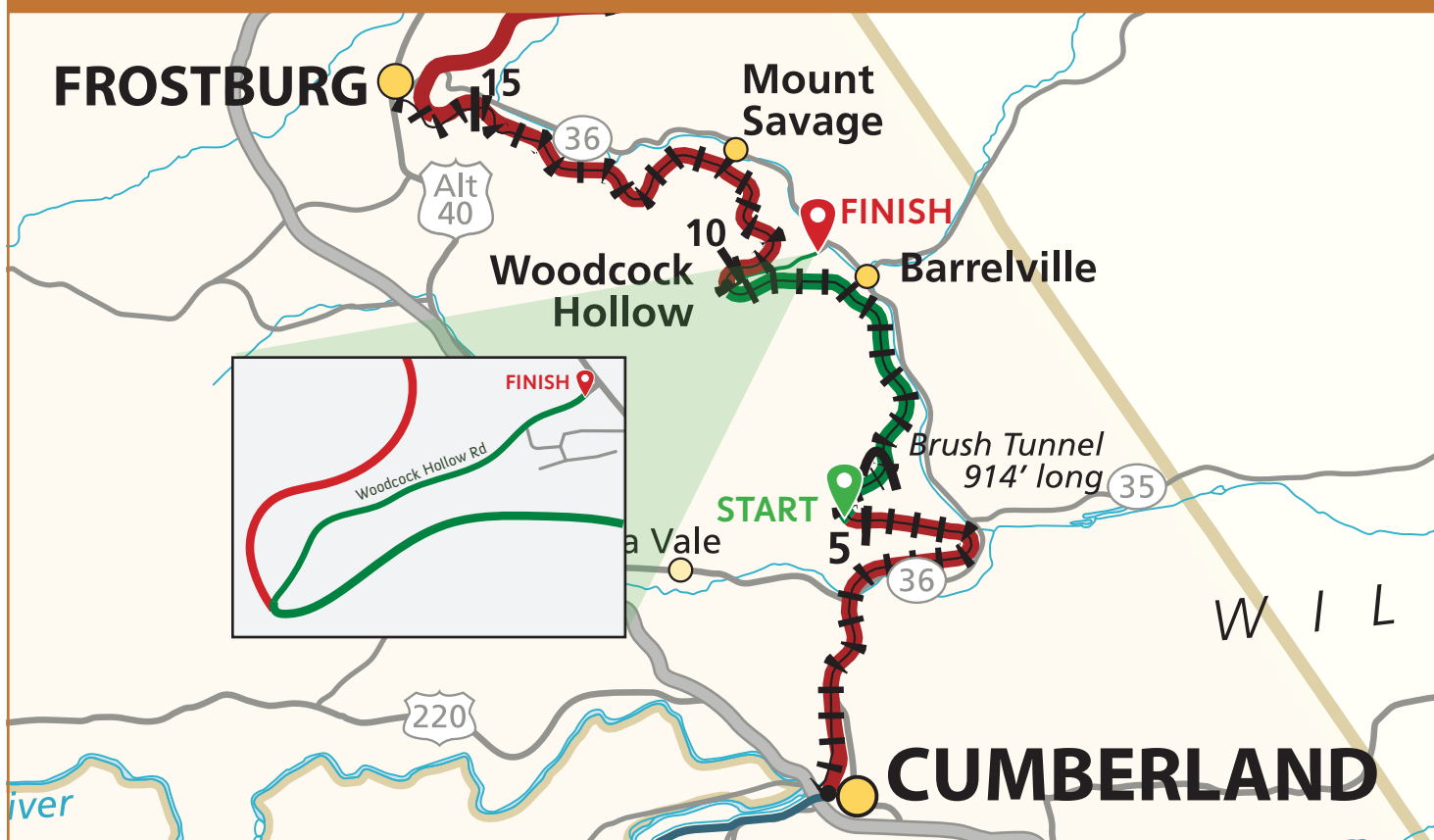
- Start on Canal St.
- RIGHT on Baltimore St. (follow 100 ft)
- LEFT on N. Mechanic (follow 400 ft)
- RIGHT on Frederick (follow 400 ft)

- LEFT on N. Centre St. (follow 0.8 mi)
- Continue RIGHT on N. Mechanic (becomes US-40) (follow 1.1 mi)
- At the light, bear RIGHT on Mt. Savage Road NW (follow 1.9 mi)
- LEFT onto Cash Valley Rd NW (follow 1.5 mi)
- Trailhead parking will be on the RIGHT



PRESENTED BY:
UPMC HEALTH PLAN

LEG 2



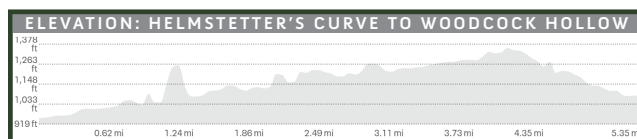
Map Courtesy of TrailGuide

HELMSETTER'S CURVE TO WOODCOCK HOLLOW

Distance: 5.35 mi

Elevation: 292.1m - 340.2m (+ 48.1m)

Difficulty: Hard



Runner Information: The course on Leg 2 runs along a railway for some time and even crosses over it at more than one location. As the leg concludes, runners will turn right onto Woodcock Hollow Rd. and run downhill for about one mile to the exchange area which will be on the right side of the road.

DIRECTIONS TO WOODCOCK HOLLOW (39.69606, -78.85288):

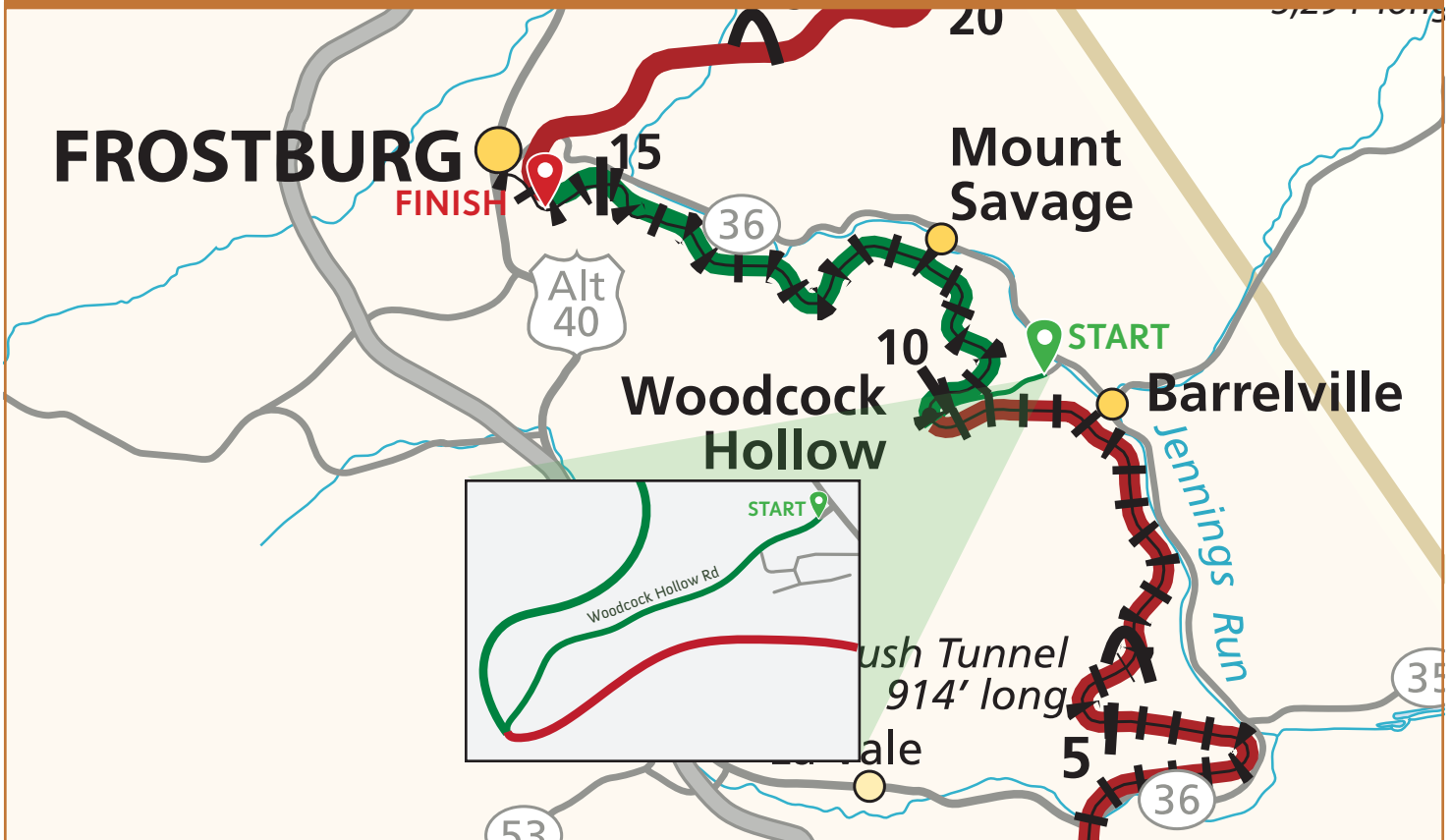
Drive time: 9 min (5.5 mi)

- LEFT on Cash Valley Rd back downhill (follow 1.5 mi)
- LEFT onto 36 S (follow 3.7 mi)
- LEFT onto Woodcock Hollow Rd NW (follow 0.2 mi)
- Exchange zone parking will be on the LEFT (gravel lot)



PRESENTED BY:
UPMC HEALTH PLAN

LEG 3



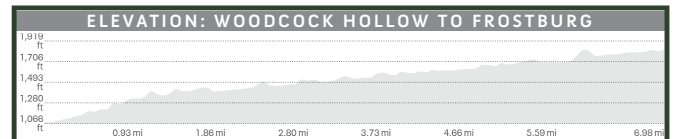
Map Courtesy of TrailGuide

WOODCOCK HOLLOW TO FROSTBURG

Distance: 6.98 mi

Elevation: 340.2m -552.9m (+212.7m)

Difficulty: Hard



Runner Information: This leg starts with a one mile uphill climb on Woodcock Hollow Rd. Runners will then turn right onto the GAP Trail where the remainder of the leg runs until the Frostburg exchange area.

DIRECTIONS TO FROSTBURG (39.659254, -78.921977):

Drive time: 10 min (5.3 mi)

-Follow Woodcock Hollow Rd back down to 36 S (follow 0.2 mi)

-Turn LEFT onto 36 S (follow 4.5 mi)

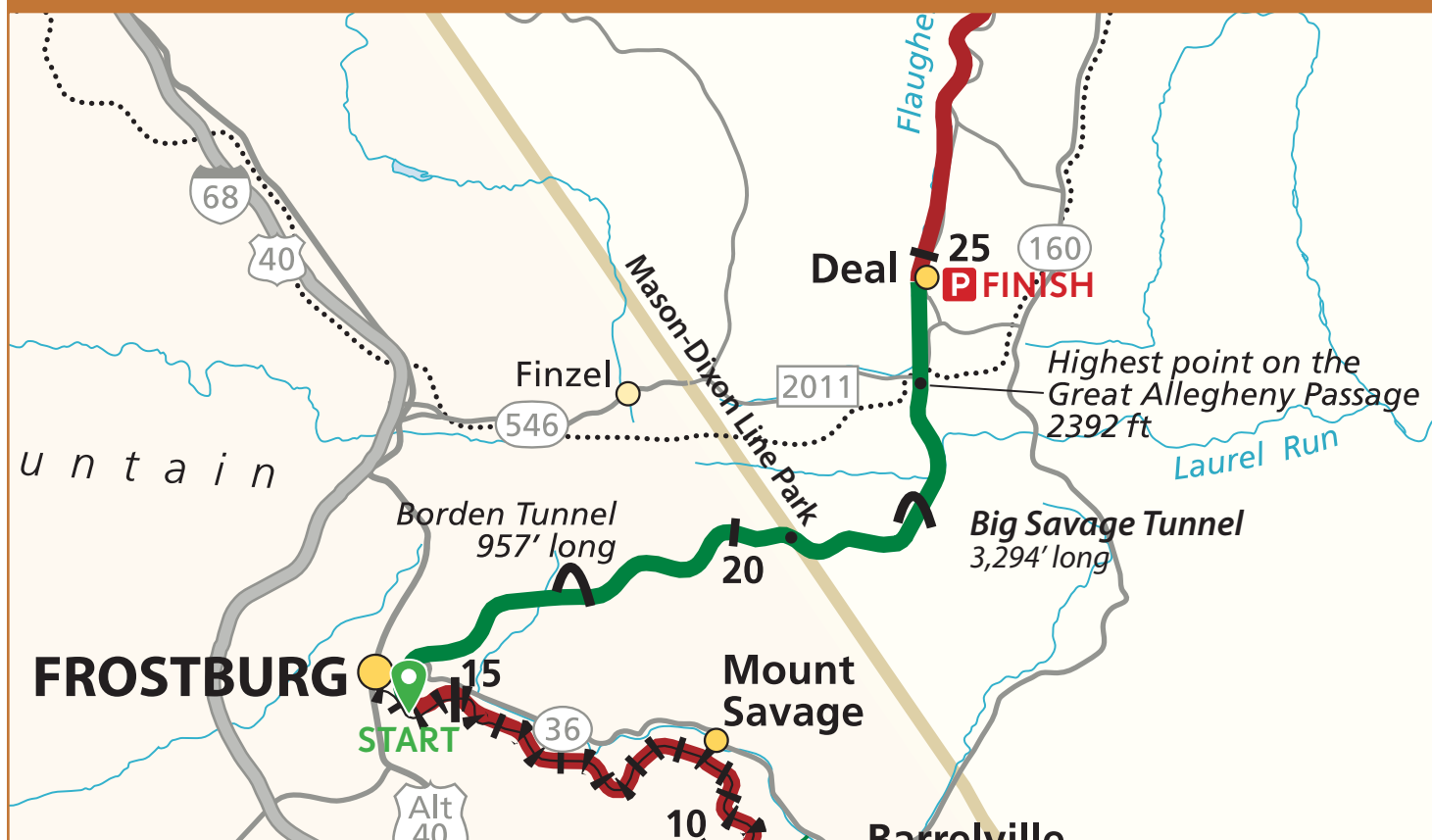
-Slight LEFT onto New Hope Rd NW (follow 0.8 mi) | NOTE: This is easy to miss.

-Trailhead parking will be on the LEFT



PRESENTED BY:
UPMC HEALTH PLAN

LEG 4



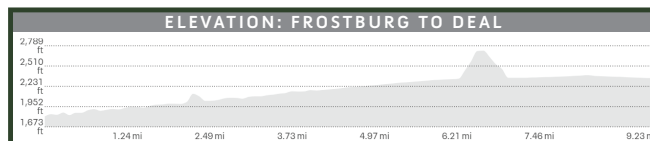
Map Courtesy of TrailGuide

FROSTBURG TO DEAL

Distance: 9.23 mi

Elevation: 552.9m - 709.4m (+156.5m)

Difficulty: Hard



Runner Information: Leg 4 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 first half of this leg. Use caution while running through. Further along Leg 4 is the Maryland/Pennsylvania border. As the leg ends, runners will be arriving at the exchange area (Deal) along the course.

DIRECTIONS TO DEAL (39.76125, -78.93142):

Drive time: 20 min (11.1 mi)

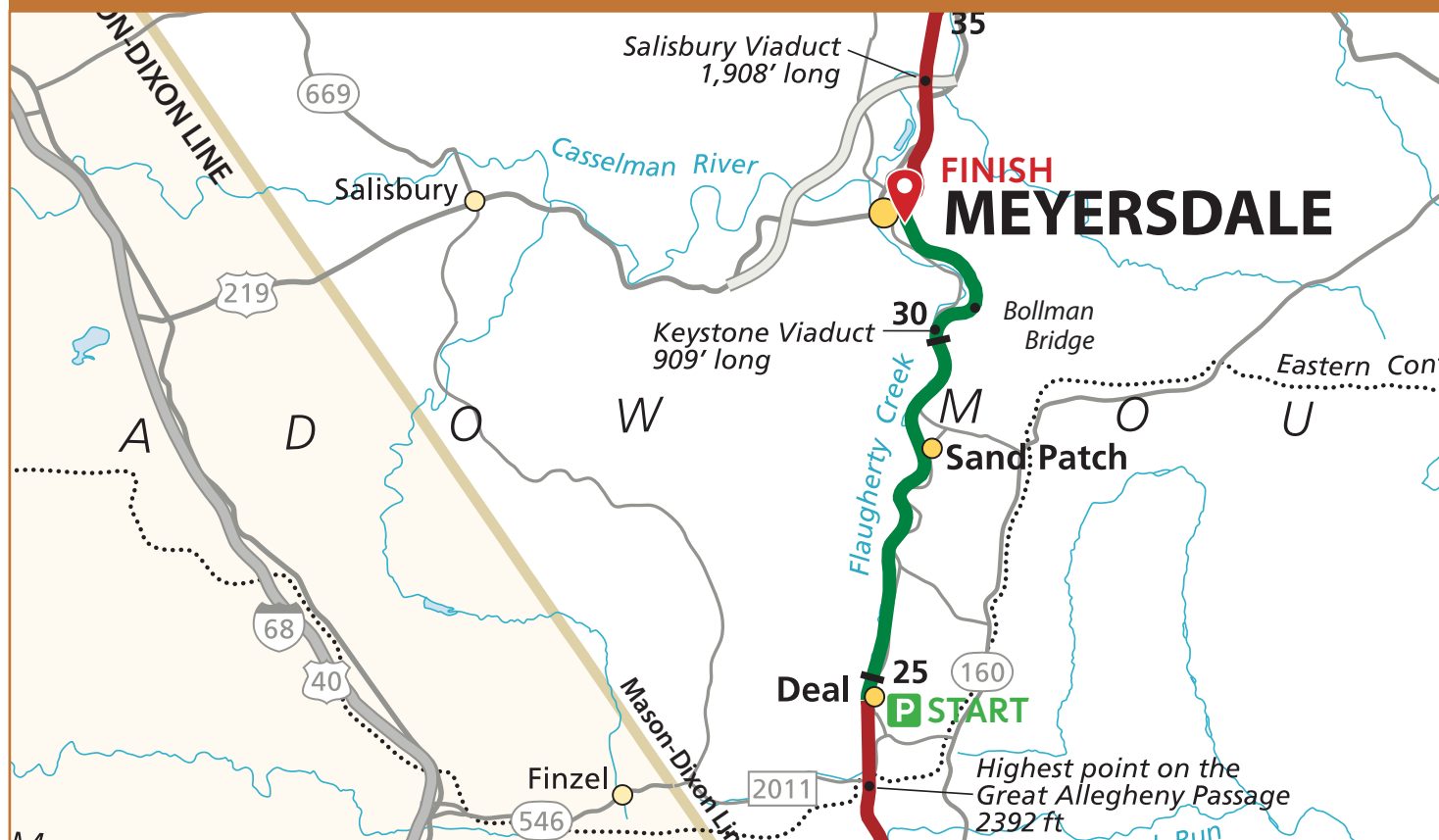
- LEFT from parking lot (uphill) on New Hope Rd NW past train Depot all the way to Stop sign (follow 0.25 mi)
- RIGHT onto US-40 ALT W/E Main St (follow 3.3 mi)
- LEFT onto MD-g46 N (follow 0.6 mi)

- RIGHT onto 546 N (follow 3 mi)
- RIGHT onto McKenzie Hollow Rd (follow 3.2 mi)
- LEFT onto Deal Rd/SR2006 (follow 0.5 mi)
- Trailhead parking will be on the LEFT



PRESENTED BY:
UPMC HEALTH PLAN

LEG 5



Map Courtesy of TrailGuide

DEAL TO MEYERSDALE

Distance: 7.29 mi

Elevation: 709.4m - 638.3m (-71.1m)

Difficulty: Medium



Runner Information: The Deal to Meyersdale 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 before finishing this leg at the Meyersdale Historical Society. The exchange area will be on the left.

DIRECTIONS TO MEYERSDALE (39.816313, -79.021262):

Drive time: 15 min (8.2 mi)

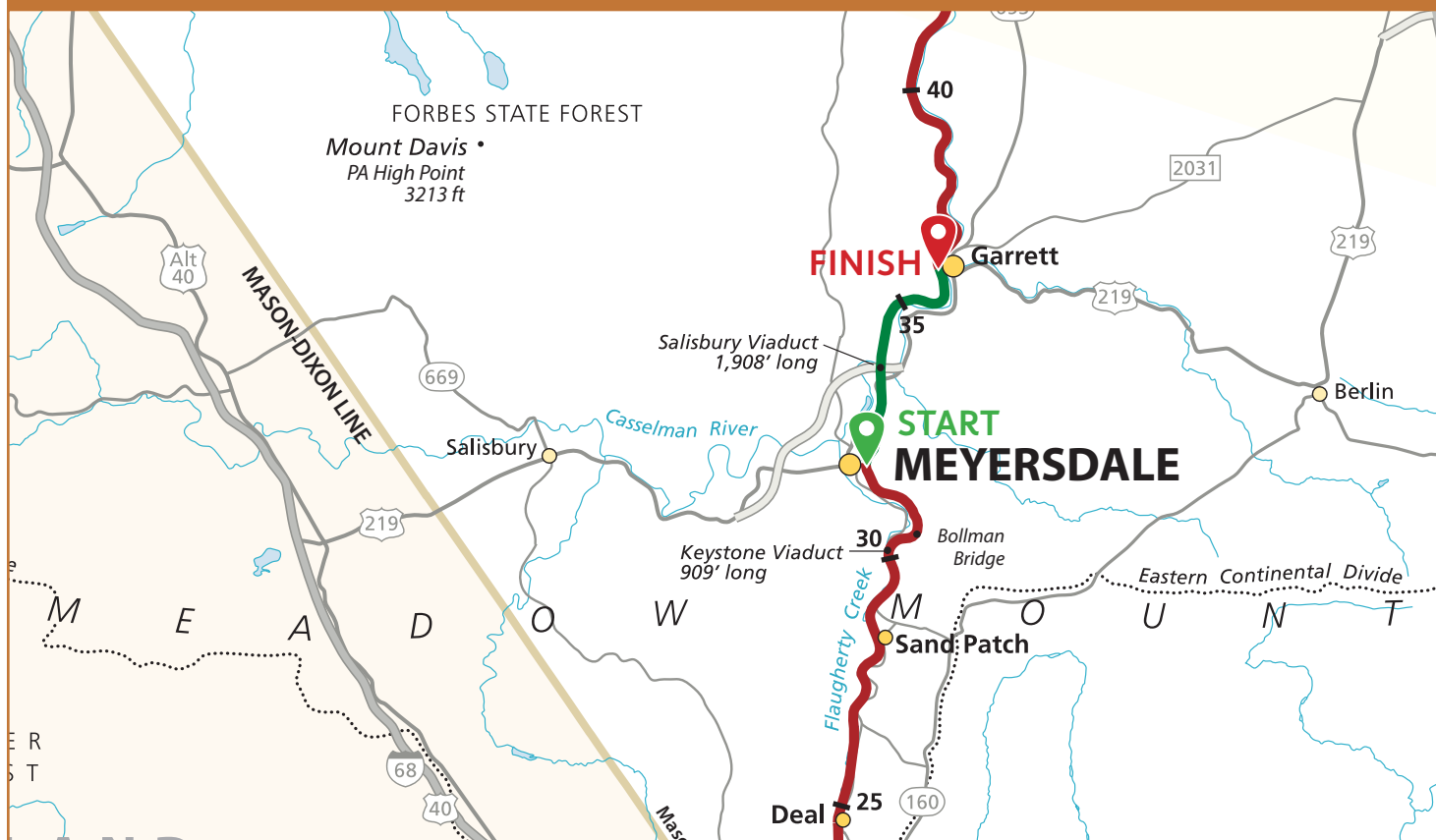
- LEFT out of parking lot onto Deal Rd (follow 1.8 mi)
- Continue LEFT onto Deal Rd at T (follow 2.4 mi)
- STAY STRAIGHT on Deal Rd.
- LEFT onto Glade City Rd. (follow 3.6 mi)

- Continue on Glade City Rd all the way into Meyersdale
- RIGHT on Main St (follow 0.1 mi)
- Trailhead parking will be on the LEFT (Meyersdale Train Station)



PRESENTED BY:
UPMC HEALTH PLAN

LEG 6



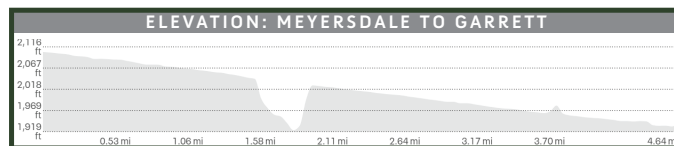
Map Courtesy of TrailGuide

MEYERSDALE TO GARRETT

Distance: 4.64 mi

Elevation: 638.3m - 588.6m (-49.7m)

Difficulty: Easy



Runner Information: This leg begins running through the residential areas of Meyersdale. Later, the trail leads through large farmlands and also over the Salisbury Viaduct. Leg 6 concludes just outside of Garrett at exchange 6 which will be on the right.

DIRECTIONS TO GARRETT (39.860970, -79.063468):

Drive time: 11 min (5.4 mi)

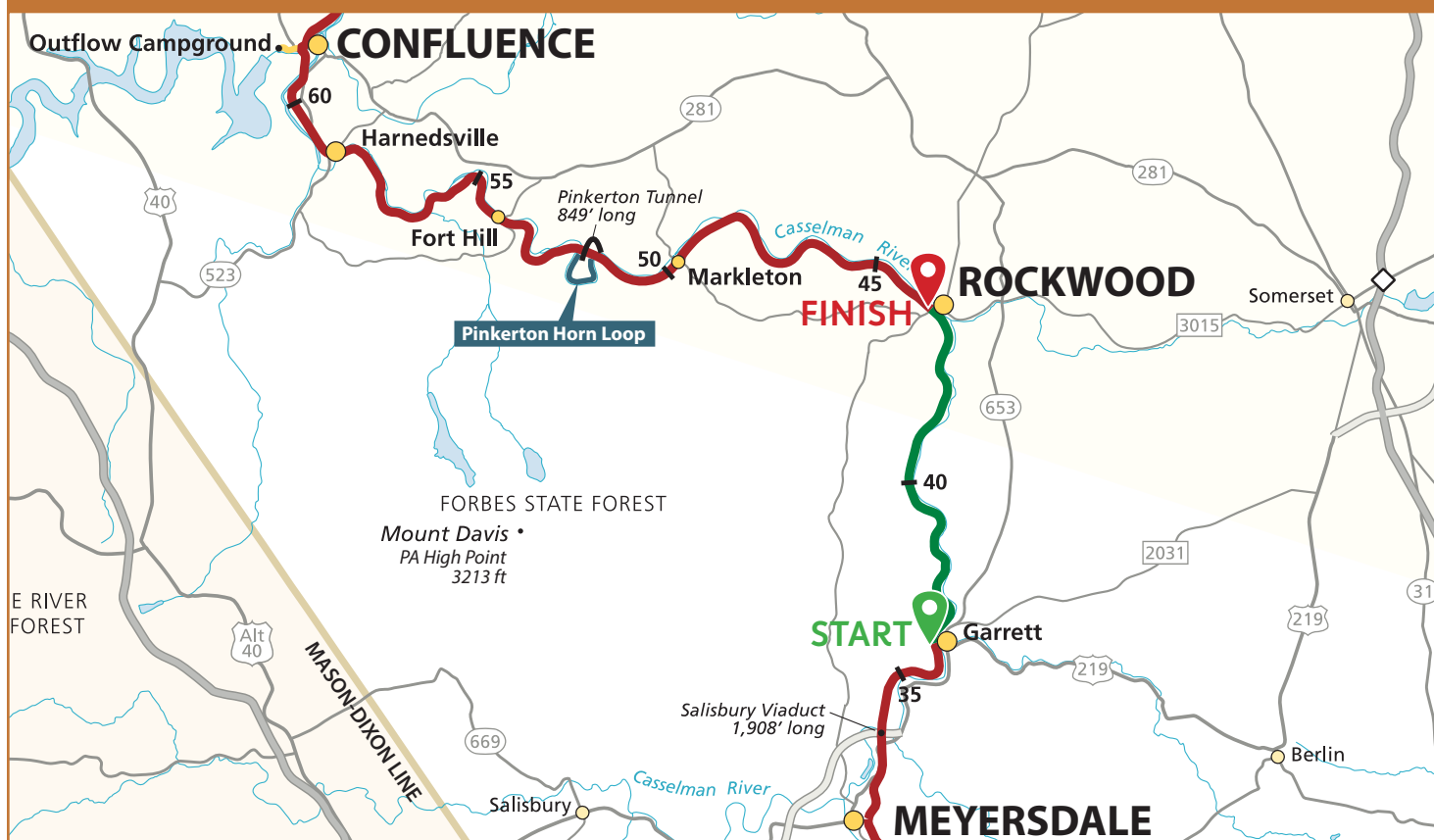
- RIGHT out from trailhead parking on Main St (follow 0.4 mi)
- RIGHT onto Grant St. (US-219) (follow 4.4 mi)
- 1.4 miles in, Grant St. changes into Mason Dixon Highway
- LEFT onto Jackson St/PA-653 (follow 0.1 mi)
- LEFT on Walker Rd. (follow 0.1 mi)

- Right on Lafayette Rd. (follow 0.1 mi)
- LEFT on Berlin St. follow 500 feet across the bridge
- Trailhead parking will be on the LEFT



PRESENTED BY:
UPMC HEALTH PLAN

LEG 7



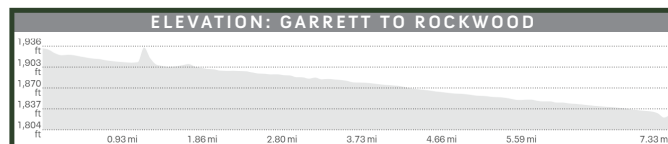
Map Courtesy of TrailGuide

GARRETT TO ROCKWOOD

Distance: 7.33 mi

Elevation: 588.6m - 566.2m (-22.4m)

Difficulty: Medium



Runner Information: While staying entirely along the GAP Trail, Leg 7 runs along the Casselman River for the majority of the course. The exchange point will be on the right after crossing Rockdale Rd.

DIRECTIONS TO ROCKWOOD (39.91089, -79.16126):

Drive time: 13 min (8.1 mi)

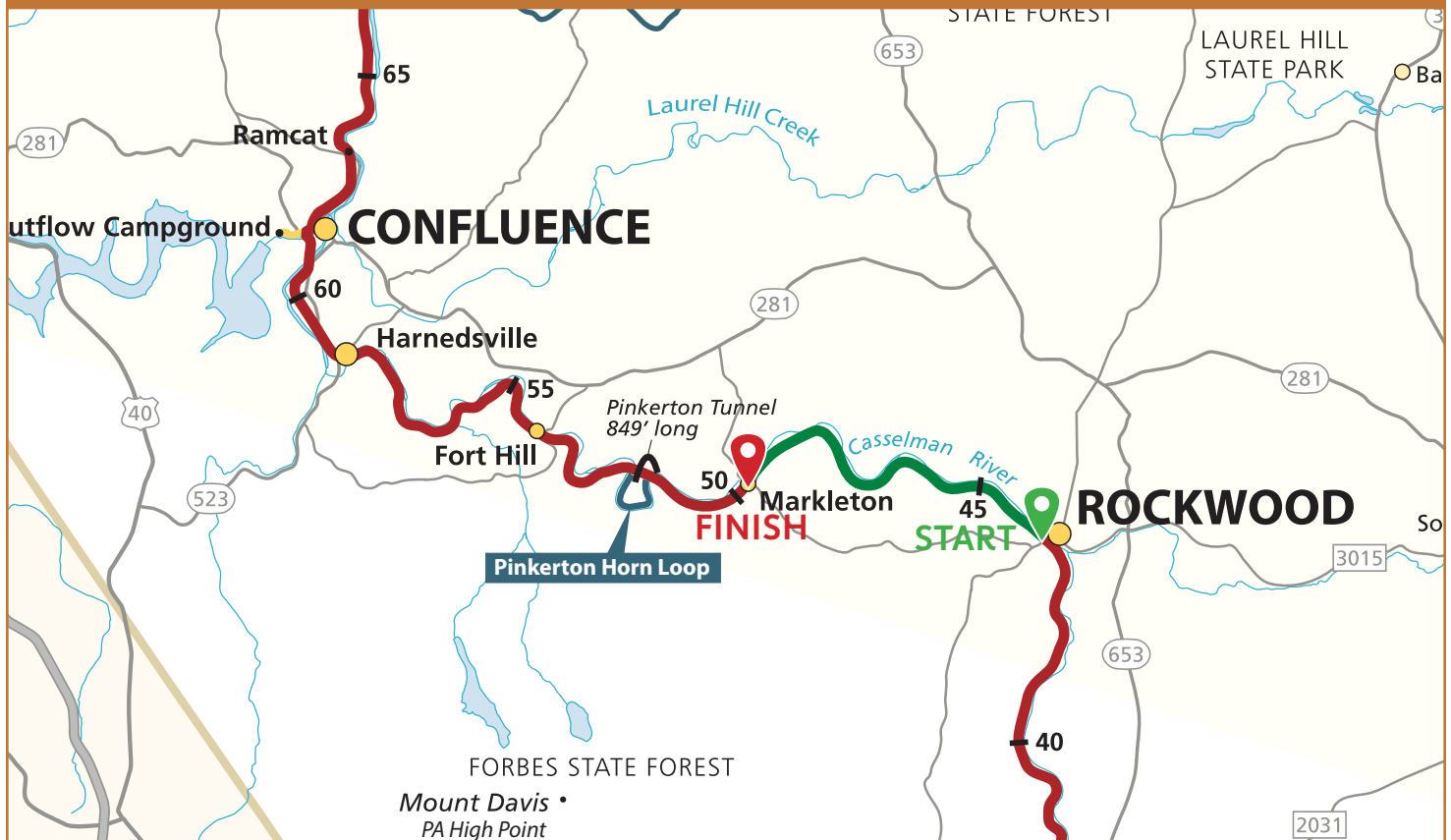
- RIGHT out of trailhead parking lot onto Berlin St. (cross bridge, 500 ft)
- LEFT on Jefferson (follow 200 ft)
- RIGHT on Church St. (across bridge, 300 ft)
- LEFT on Jackson St./SR-653 (follow 6 mi)

- LEFT onto Galico/PA-653 W (follow 0.7 mi)
- LEFT onto Main St/PA-653 (follow 0.9 mi)
- LEFT onto Bridge St (follow 0.2 mi)
- Trailhead parking will be on the RIGHT



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UPMC HEALTH PLAN

LEG 8



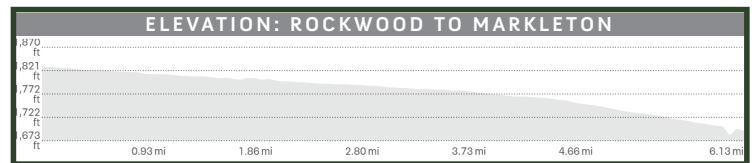
Map Courtesy of TrailGuide

ROCKWOOD TO MARKLETON

Distance: 6.13 mi

Elevation: 566.2m - 507.8m (-58.4m)

Difficulty: Medium



Runner Information: Much like the previous leg, Leg 8 also follows along the Casselman River and remains on the GAP Trail. At this point, runners will begin to experience darkness along the trail. This portion of the course is entirely surrounded by rural areas. As this leg comes to an end, the exchange area is difficult to see for both runners and vehicle drivers. Runners will exchange just before crossing Markleton School Road. Runners will then be guided to the exchange area in the Tony's Boat Launch parking lot where vehicles will be parked.

DIRECTIONS TO MARKLETON (39.85988, -79.22744):

Drive time: 11 min (6.0 mi)

-RIGHT out of trailhead parking onto
Rockdale Rd (follow 0.2 mi)

-Right onto Markleton School Rd (follow 1.1 mi)

-Bear LEFT to stay on Markleton School Rd (follow 1.4 mi)
-Continue left on Markleton School Rd (follow 3.1 mi)
-Trailhead parking will be on the LEFT



PRESENTED BY:
UPMC HEALTH PLAN

LEG 9



Map Courtesy of TrailGuide

MARKELTON TO HARNEDSVILLE

Distance: 9.27 mi

Elevation: 507.8m - 423.9m (-83.9m)

Difficulty: Hard



Runner Information: After beginning this leg at Tony's Boat Launch, 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 turn right onto Hogback Rd. and then left onto Turkeyfoot Rd. The entrance to Turkeyfoot Valley High School will be on the right, which is where the exchange point is located.

DIRECTIONS TO HARNEDSVILLE (39.799572, -79.328835):

Confluence, PA 15424: Drive time: 15 min (9.5 mi)

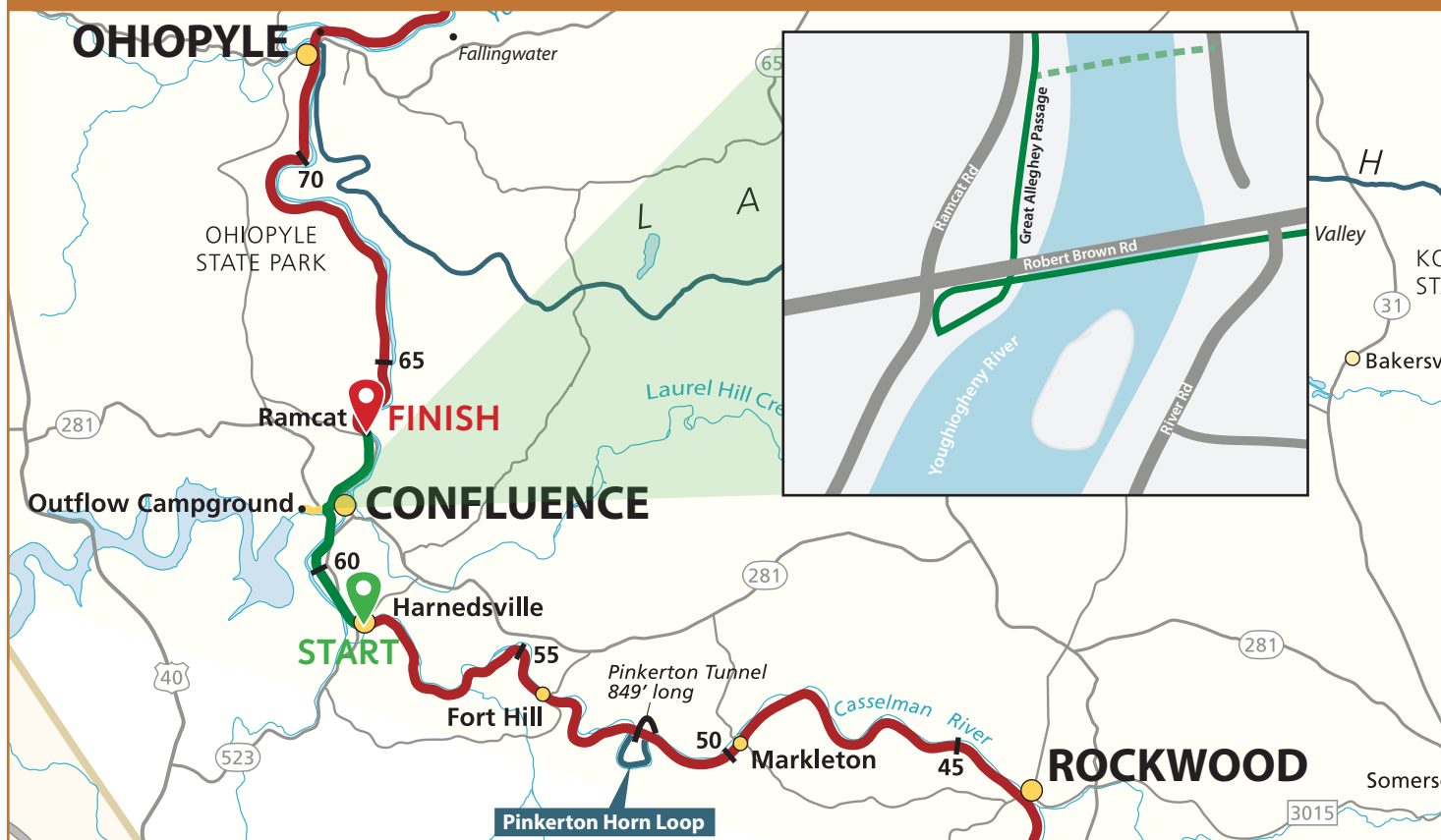
- LEFT out from trailhead parking onto Markleton School Rd (follow 0.7 mi)
- LEFT onto Porter Rd (follow 1.2 mi)
- Bear LEFT onto Turkeyfoot Trail Rd (follow 1.2 mi)
- LEFT onto Kingwood Rd/PA-281 (follow 4 mi)

- Turn LEFT onto Second St (changes name to Hogback Rd) (follow 1.2 mi)
- RIGHT onto Turkeyfoot Rd/SR-3045 (follow 500 ft)
- Turkeyfoot Valley High School parking will be on the RIGHT



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LEG 10



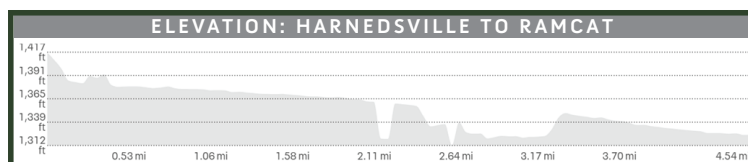
Map Courtesy of TrailGuide

HARNEDSVILLE TO RAMCAT

Distance: 4.54 mi

Elevation: 423.9m - 404.2m (-19.7m)

Difficulty: Easy



Runner Information: Upon exiting the exchange area at Turkeyfoot High School, runners will turn left onto Turkeyfoot Rd, turn right onto Hogback Rd. and then turn right onto the GAP Trail. The leg then works its way toward Ramcat utilizing a few bridges to avoid water. The trail eventually runs along Robert Brown Rd. which turns into a bridge which the trail will cross. As runners come to the end of the bridge, stay to the left and loop underneath the bridge to continue onto the race course. As the leg ends, runners will cross Ram Cat Rd. Shortly after that, the exchange area is on the left in the Ohiopyle State Park Ramcat Access Point.

DIRECTIONS TO RAMCAT (39.82646, -79.37897):

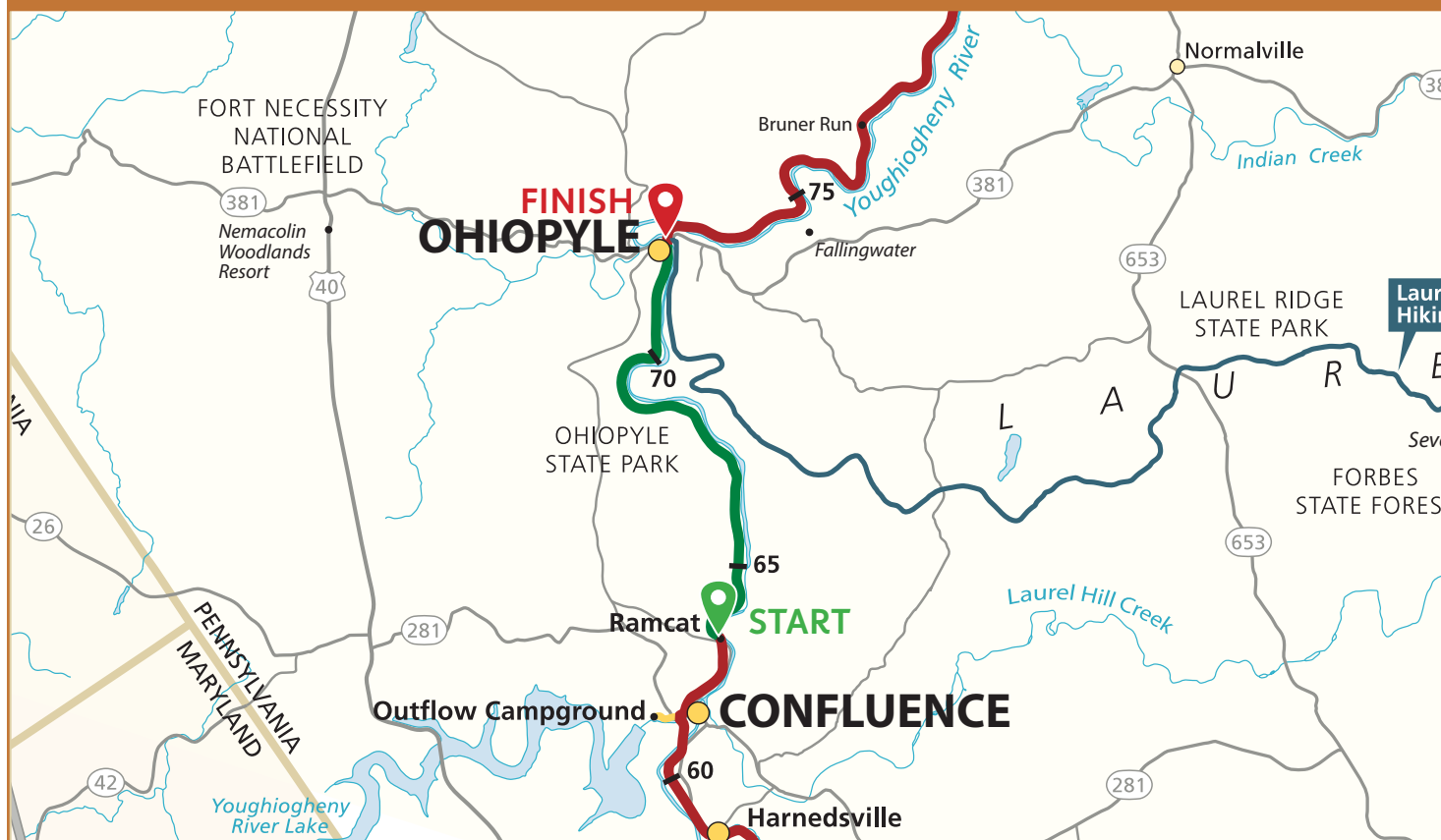
Drive time: 10 min (4.7 mi)

- RIGHT out from school parking lot onto Turkeyfoot Road (follow 0.1 mi)
- RIGHT onto Listonburg Rd/PA-523 N (follow 1.9 mi)
- Turn LEFT onto Robert Brown Rd/ PA-281 S (follow 0.4 mi)
- Turn RIGHT onto Ramcat Rd (follow 1.8 mi)
- Trailhead parking on RIGHT, pull into Ram Cat Access Rd



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LEG 11



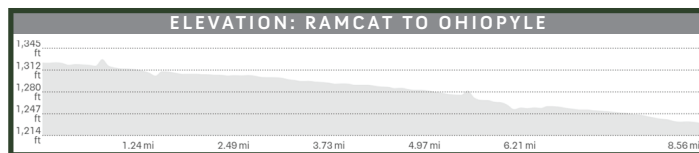
Map Courtesy of TrailGuide

RAMCAT TO OHIOPLYE

Distance: 8.56 mi

Elevation: 340.2m - 552.9m (+212.7m)

Difficulty: Hard



Runner Information: Leg 11 starts on the GAP Trail at the Ohiopyle State Park Ramcat Access point. Runners will be alongside the Youghiogheny for the duration of this leg before exchanging in town at the Laurel Highlands Information parking lot on the left.

DIRECTIONS TO OHIOPLYE (39.869718, -79.491616):

Drive time: 23 min (12.2 mi)

-LEFT out from Ram Cat parking lot
onto Ramcat Rd (follow 1.9 mi)

(DO NOT go RIGHT, rough gravel road!)

-RIGHT on PA-281 (Mae West Rd) (follow 2.1 mi)

-At the fork, BEAR RIGHT to Sugar Loaf Rd (follow 4.8 mi)

-Continue RIGHT on Sugar Loaf Rd/SR26116 (follow 2.8 mi)

-At the stop sign, turn right onto Main St (follow 0.2 mi)

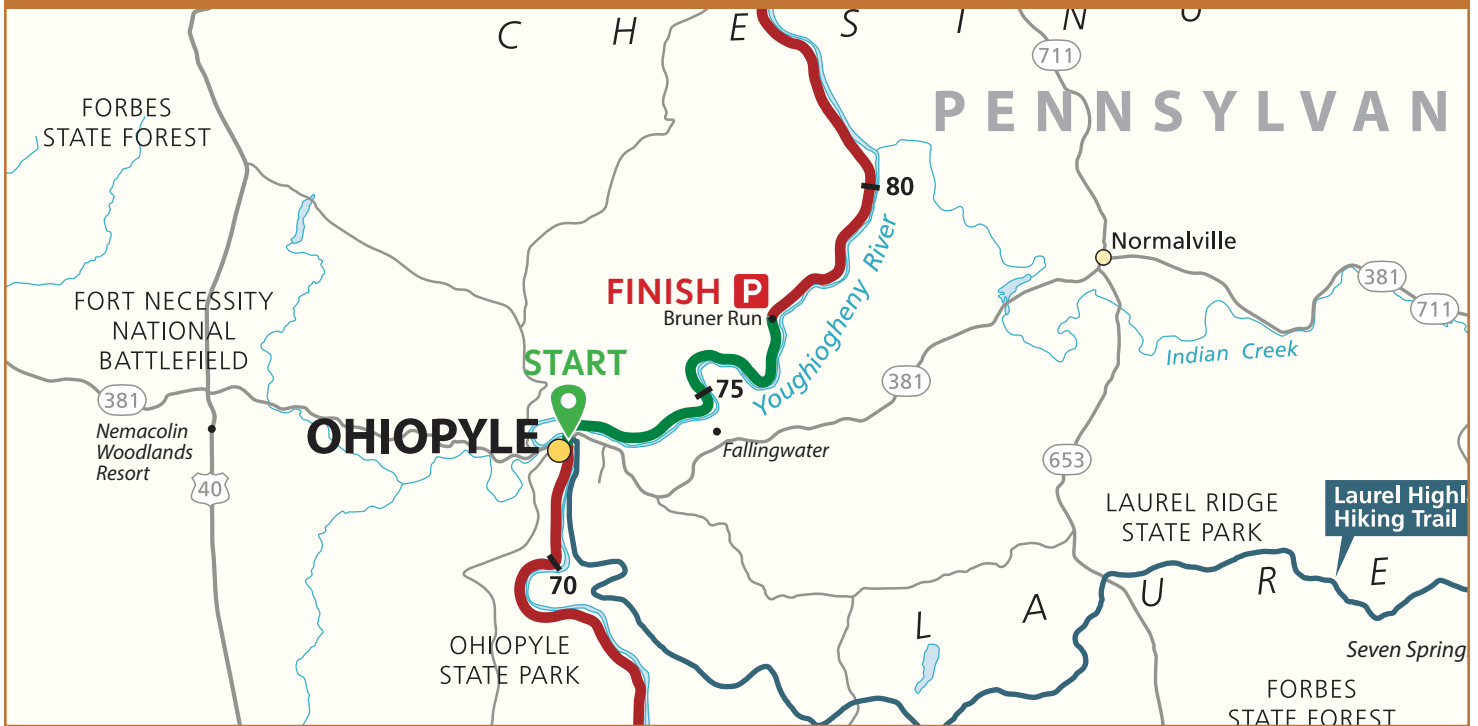
-RIGHT on Sheridan St (follow 500 ft)

-Trailhead parking will be on the LEFT
at the information center



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UPMC HEALTH PLAN

LEG 12



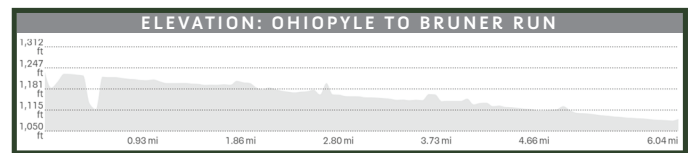
Map Courtesy of TrailGuide

OHIOPYLE TO BRUNER RUN

Distance: 6.04 mi

Elevation: 376.1m - 355.8m (-20.2m)

Difficulty: Medium



Runner Information: Leg 12 starts in town at Ohiopyle State Park. After crossing over the Youghiogheny River, the GAP Trail leads runners along the river's winding shore. When the leg ends, runners will wait for their vehicles along the trail at Bruner Run Takeout.

Bruner Run has two parking areas. The first lot is at the end of Sugar Run Rd. on the right where vehicles can park and rest. The second lot can be found if drivers continue on Sugar Run Rd. for about mile and half. The actual area where runners will exchange is found at the end of the road. Here, please be cautious as vehicles will be cross the trail in order to access the temporary parking area.

DIRECTIONS TO BRUNER RUN (39.91389, -79.50044):

Drive time: 15 min (8.9 mi)

- RIGHT out of parking lot on Sheridan (follow 500 ft)
- LEFT on Water St (follow 0.6 mi)
- RIGHT on Ohiopyle Rd (follow 1.5 mi)
- Continue STRAIGHT on Holland Hill Rd (follow 2.1 mi)
- At the fork in the road, turn RIGHT on Sugar Run Rd/T804 (follow 1.2 mi)
- Parking lot is on RIGHT



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LEG 13



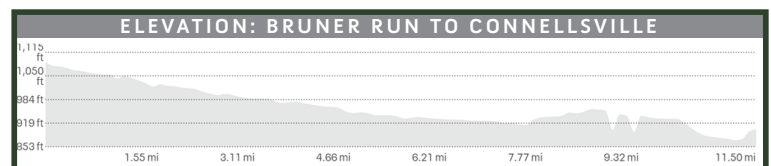
Map Courtesy of TrailGuide

BRUNER RUN TO CONNELLSVILLE

Distance: 11.5 mi

Elevation: 355.8m - 265.4m (-90.4m)

Difficulty: Hard



Runner Information: The majority of Leg 13 is once again spent following the shore of the Youghiogheny River along their 11.5 mile journey through the Pennsylvania wilderness before finishing in Connellsville.

DIRECTIONS TO CONNELLSVILLE (40.02191, -79.60317):

794 Vanderbilt Rd, Connellsville, PA 15425:

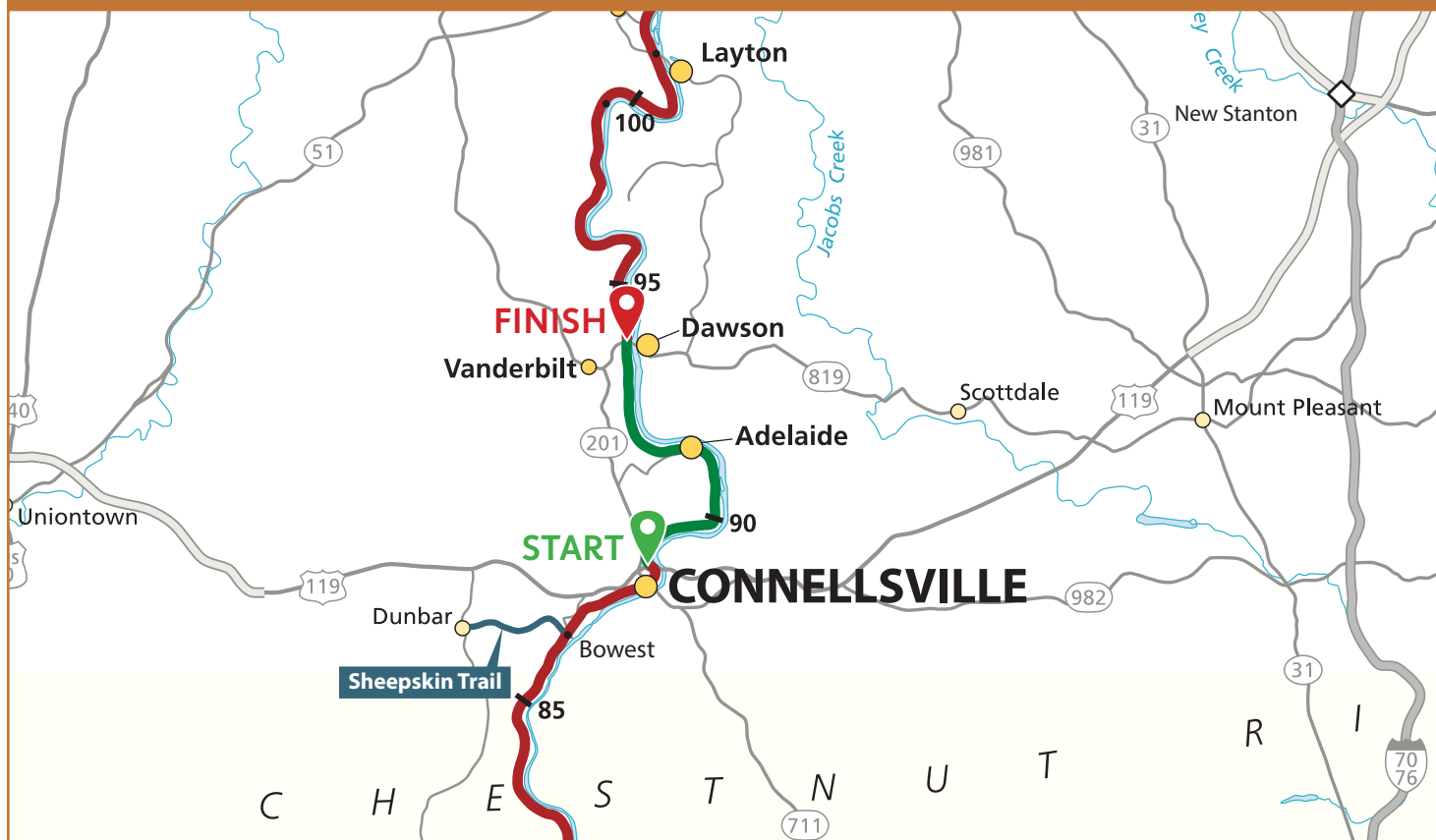
Drive time: 31 min (15.5 mi)

- Follow Sugar Run Rd/T804, bear LEFT to Holland Hill Rd (follow 3.4 mi)
- RIGHT on Kentuck Rd. (follow 1 mi)
- RIGHT on Dunbar Rd. (follow 2.4 mi) **BE CAREFUL, winding dark steep roads**
- RIGHT on Connellsville St (follow 0.2 mi)
- LEFT on Woodvale St (changes into Dunbar Rd) (follow 1 mi)
- RIGHT on US-119 N /University (follow 3.2 mi)
- LEFT on Shopping Plaza Dr (stay to your RIGHT, follow straight behind the shopping plaza)
- Trailhead parking will be straight ahead at the caboose.



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LEG 14



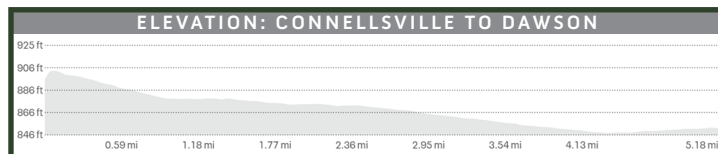
Map Courtesy of TrailGuide

CONNELLSVILLE TO DAWSON

Distance: 5.18 mi

Elevation: 265.4m - 258.8m (-6.6m)

Difficulty: Easy



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

DIRECTIONS TO DAWSON (40.04542, -79.6619):

Drive time: 10 min (4.4 mi)

- RIGHT out of trailhead parking lot; drive behind the shopping plaza.
- RIGHT out from Shopping Plaza Drive onto Vanderbilt Rd.
- RIGHT onto Vanderbilt Rd (PA-201N). (follow 3.4 mi)
- RIGHT on Dawson Rd/ PA-819 (follow 0.3 mi)

- Follow PA-819 (also called Main St) (follow 0.1 mi)
- LEFT on 2nd St (still PA-819) (follow 0.2 mi)
- LEFT on Front St (follow 350 ft)
- Immediate LEFT on Hollow Rd to Trailhead at the bottom of hill.
- Trailhead parking will be at end of road.



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LEG 15



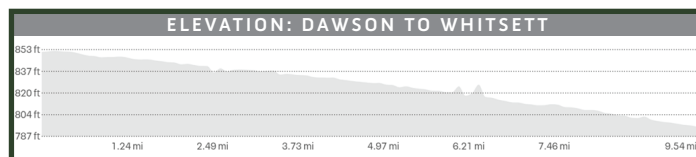
Map Courtesy of TrailGuide

DAWSON TO WHITSETT

Distance: 9.54 mi

Elevation: 258.8m - 241.9m (-16.9m)

Difficulty: Hard



Runner Information: This 9.54 mile leg runs almost entirely alongside the Youghiogheny River and includes a very discrete downhill slope before finishing in Whitsett.

DIRECTIONS TO WHITSETT (40.10714, -79.75651):

Drive time: 20 min (13.1 mi)

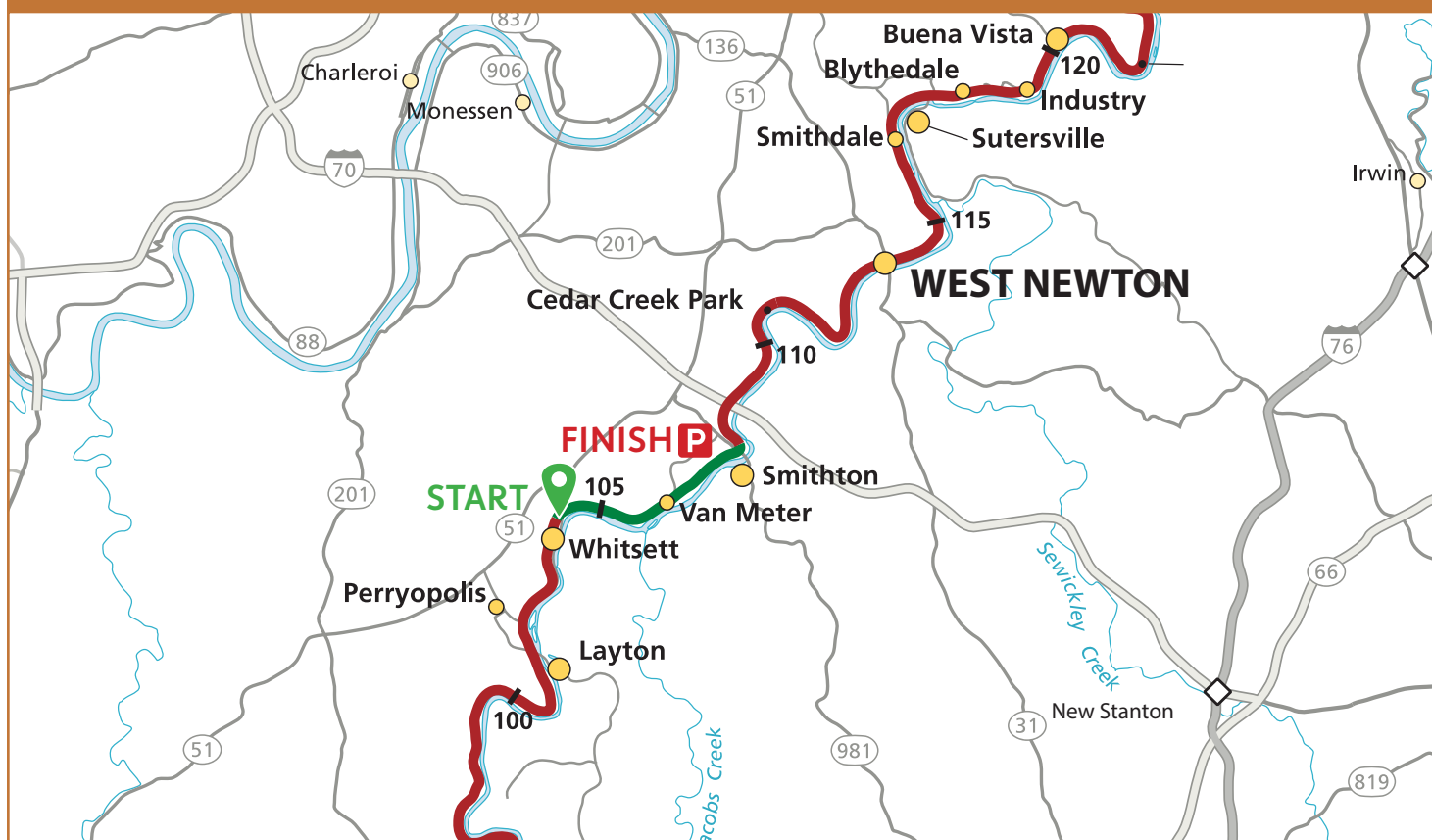
- Return to the top of the hill on Hollow Rd.
- Turn LEFT on Front St (follow 2 mi)
- Turn LEFT to stay on Dickerson Run Rd
- Turn RIGHT onto PA-201N (follow 5 mi)

- Merge RIGHT onto Rt 51 N/Pittsburgh Rd via the ramp to Pittsburgh (follow 4.6 mi)
- Turn RIGHT onto River Rd/Twp Rd 495 (follow 1.1 mi)
- Turn RIGHT onto 1st St/twp rd 515
- Use parking along both sides of the street



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LEG 16



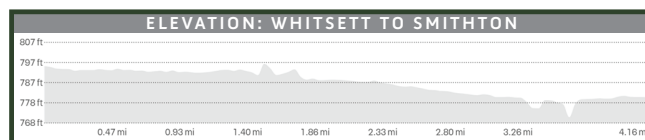
Map Courtesy of TrailGuide

WHITSETT TO SMITHTON

Distance: 4.16 mi

Elevation: 241.9m - 237.6m (-4.3m)

Difficulty: Easy



Runner Information: Leg 16 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 Smithton.

DIRECTIONS TO SMITHTON (40.15873, -79.74743):

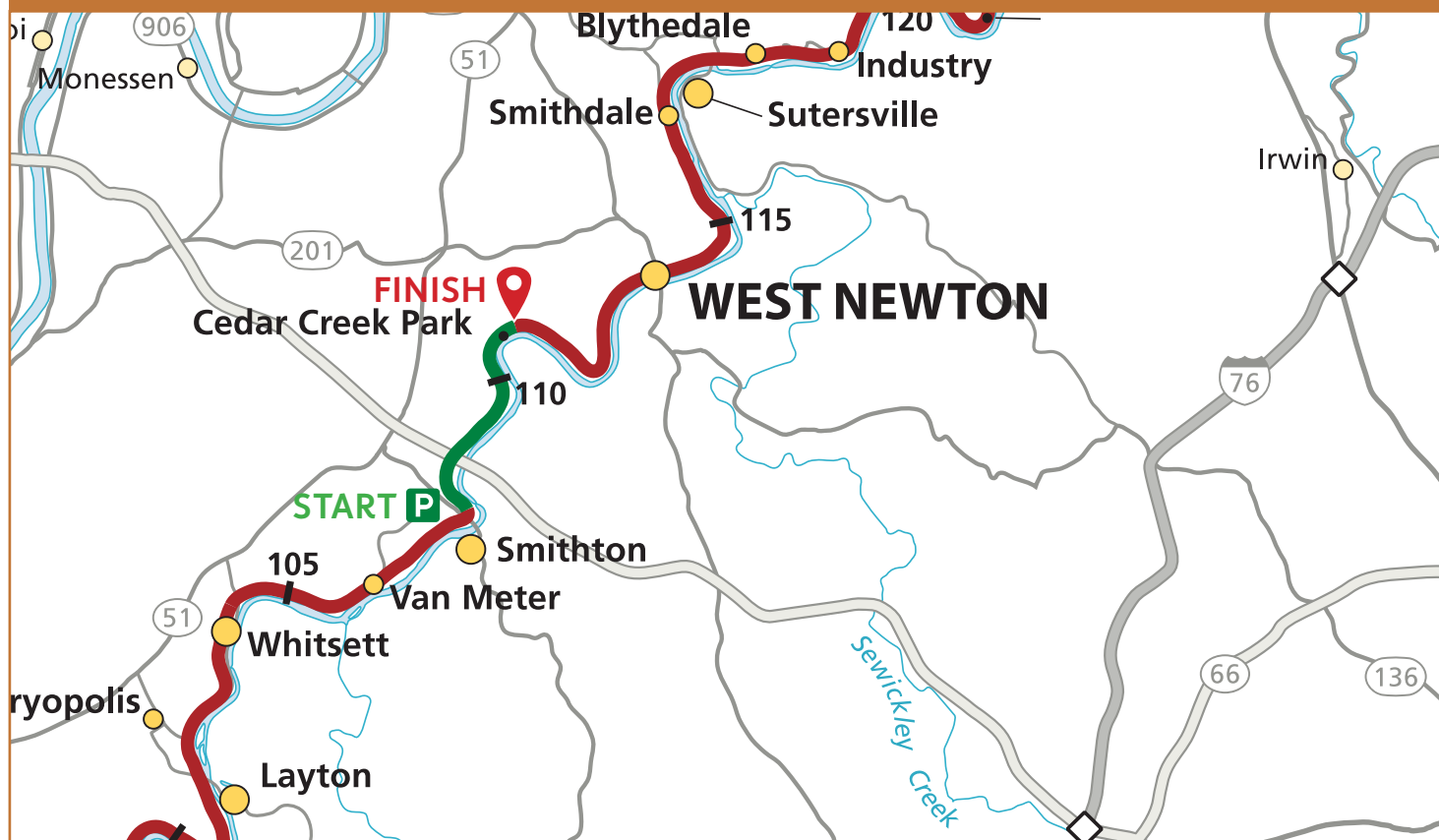
Drive time: 7 min (5.5 mi)

- Return the way you entered the parking lot
- LEFT onto River Rd/Twp Rd 495 (follow 1.1 mi)
- RIGHT onto Rt 51 N (follow 2.6 mi)
- RIGHT onto PA-981 N (follow 1.6 mi)
- WARNING: NEXT TURN IS HIDDEN BEFORE BRIDGE
- SHARP LEFT (before bridge) onto Smithton Beach Rd
- Exchange zone is located at the bottom on the RIGHT HAND SIDE



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LEG 17



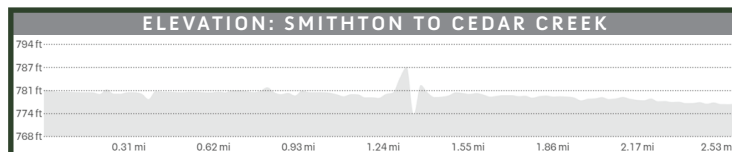
Map Courtesy of TrailGuide

SMITHTON TO CEDAR CREEK

Distance: 2.53 mi

Elevation: 241.9m - 236.3m (-5.3m)

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 the Cedar Creek exchange zone.

DIRECTIONS TO CEDAR CREEK (40.17785, -79.77792):

Drive time: 12 min (4.6 mi)

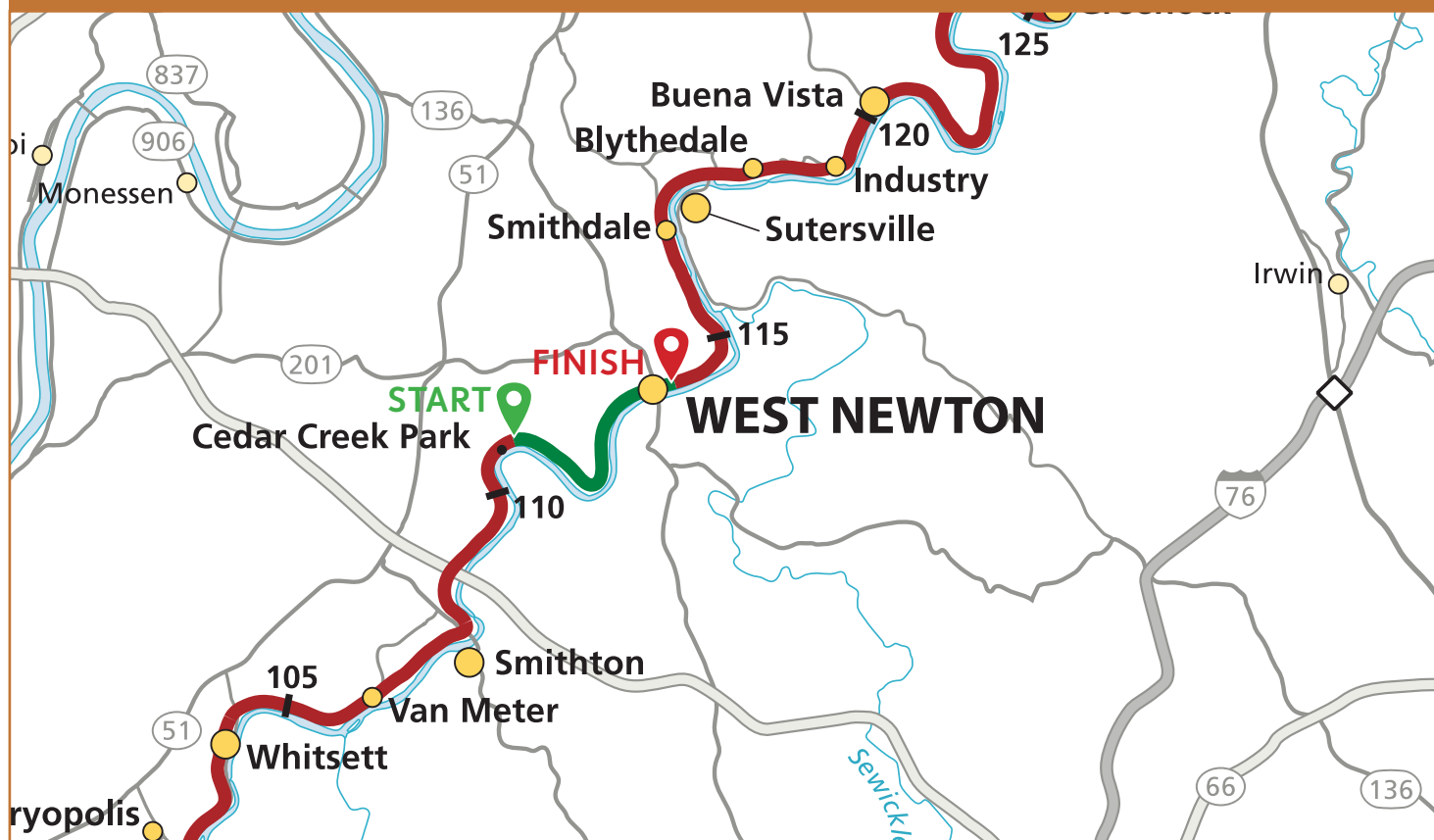
- Head out the way you came in on Smithton Beach Rd
- RIGHT onto PA-981 S (follow 1.6 mi)
- RIGHT onto PA-51 N (follow 0.5 mi)
- RIGHT onto Concord Ln (follow 0.3 mi)
- RIGHT onto Municipal Dr (follow 0.7 mi)

- Turn LEFT onto Evergreen Dr (Through the Park Entrance) (follow 1 mi)
- At bottom of hill, turn RIGHT to cross the trail, then LEFT to reach the exchange zone
- Continue to the end of the road. Exchange zone will be on the left side, parking will be on the right.



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LEG 18



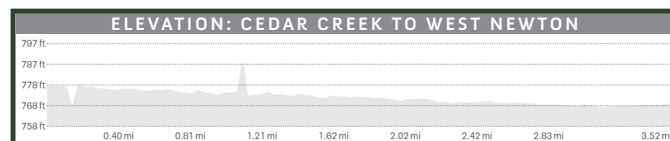
Map Courtesy of TrailGuide

CEDAR CREEK TO WEST NEWTON

Distance: 3.52 mi

Elevation: 236.3m - 234.2m (-2.1m)

Difficulty: Easy



Runner Information: Leg 18, 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 West Newton Regional Trail Corporation on the right.

DIRECTIONS TO WEST NEWTON (40.21292, -79.76944):

Drive time: 16 min (7.0 mi)

- Return the way you came into the park
- Turn RIGHT on Evergreen Dr (follow 1 mi)
- RIGHT on Municipal Dr (follow 0.6 mi)
- RIGHT onto Concord Ln (follow 500 ft)
- Continue LEFT on Concord Ln to the traffic light
- RIGHT onto PA-51 N (follow 1 mi)

- RIGHT on Vernon Dr (follow 3.3 mi)
- RIGHT on W. Main St. (follow 500 ft)
- LEFT onto Collinsburg Rd (before the bridge)
- Trailhead parking at Visitor Center on the LEFT



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UPMC HEALTH PLAN

LEG 19



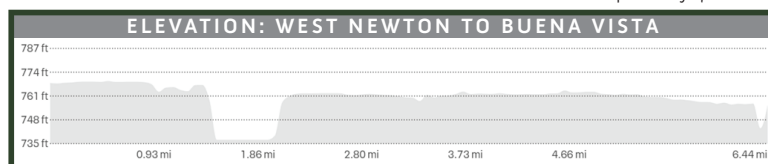
Map Courtesy of TrailGuide

WEST NEWTON TO BUENA VISTA

Distance: 6.44 mi

Elevation: 234.2m - 230.3m (3.9m)

Difficulty: Medium



Runner Information: Leg 19 starts on the Eastern side of West Newton, leading runners along the Youghiogheny River. This leg sees numerous residential areas while also leading through some wooded areas. As the leg comes to an end, runners will be exchanging in the Buena Vista VFC Swimming Pool grass parking lot on the left.

DIRECTIONS TO BUENA VISTA (40.27603, -79.7982):

Drive time: 16 min (8.2 mi)

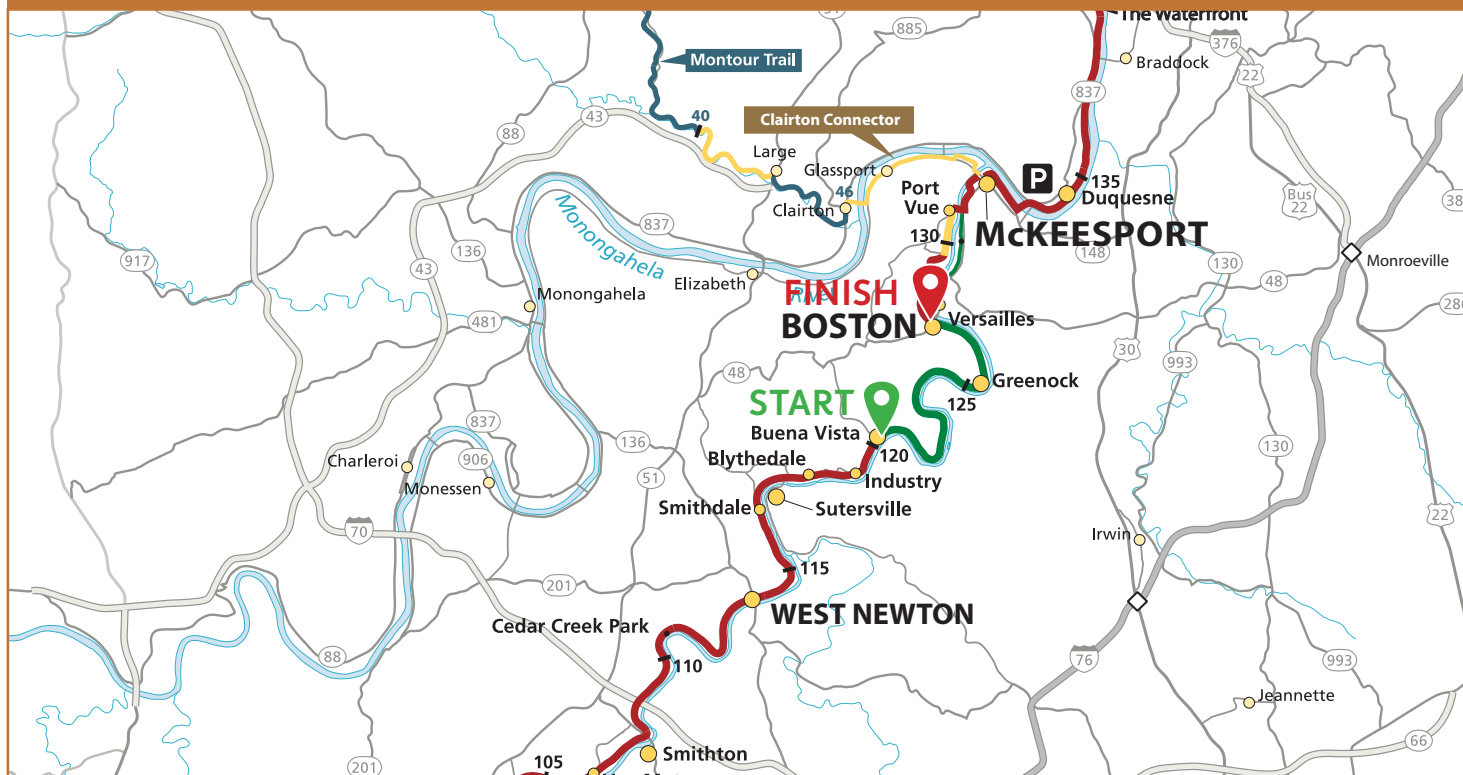
- Return the way you came in on Collinsburgh Rd. toward W. Main St.
- RIGHT on PA-136/W. Main St. (follow 2.6 mi)
- Right on Skillet Hill Rd. (follow 2.5 mi)
- At 1.1 miles, Skillet Hill Rd turns RIGHT at the stop sign and becomes Douglas Run Rd/Pineview Dr. (follow for final 1.4 mi)

- LEFT onto Blythedale Rd at the stop sign (follow 1.9 mi)
- Merge onto Industry Rd. (follow 1 mi)
- RIGHT onto Styche (follow 300 ft)
- Park in the grass lot on RIGHT across from the Buena Vista Volunteer Fire Department.



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LEG 20



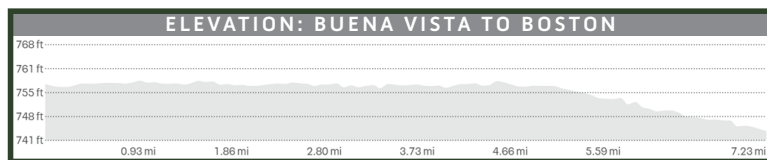
Map Courtesy of TrailGuide

BUENA VISTA TO BOSTON

Distance: 7.58mi

Elevation: 230.3m - 228.2m (-2.1m)

Difficulty: Medium



Runner Information: Leg 20 gives runners 7.58 miles of the GAP Trail surrounded by wooded areas until about the last two miles of this section of the course. When the leg comes to an end, runners will exchange just outside of the Boston Spectrum parking lot on the left which is along the trail.

DIRECTIONS TO BOSTON (40.311053, -79.827645):

Drive time: 20 min (3.8 mi)

- Return the way you entered on Styche St toward Fire Station St.
- RIGHT onto Greenock Buena Vista Rd (follow 2.4 mi)
- Continue onto Renzie Rd (follow 1 mi)
- At the fork, STAY LEFT toward the traffic light
- LEFT on W. Smithfield St. then **IMMEDIATE RIGHT** on Donner St.
- Parking is available at the Boston trailhead on LEFT



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LEG 21



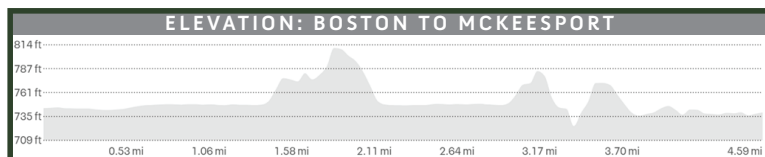
Map Courtesy of TrailGuide

BOSTON TO McKEESPORT

Distance: 4.24mi

Elevation: 228.2m - 224.9m (-3.3m)

Difficulty: Easy



Runner Information: Leg 21 begins in the same fashion as the previous leg. After starting at the Boston trailhead, runners will continue along the trail cross over the Youghiogheny River. After crossing the river, runners will turn left and follow the trail toward McKeesport. At this point, runners will be running alongside roads on designated paths that are marked as the GAP Trail. The next exchange area will come up on the right of the GAP Trail at the McKee's Point Marina parking lot.

DIRECTIONS TO McKEESPORT (40.35103, -79.8694):

Drive time: 11 min (4.3 mi)

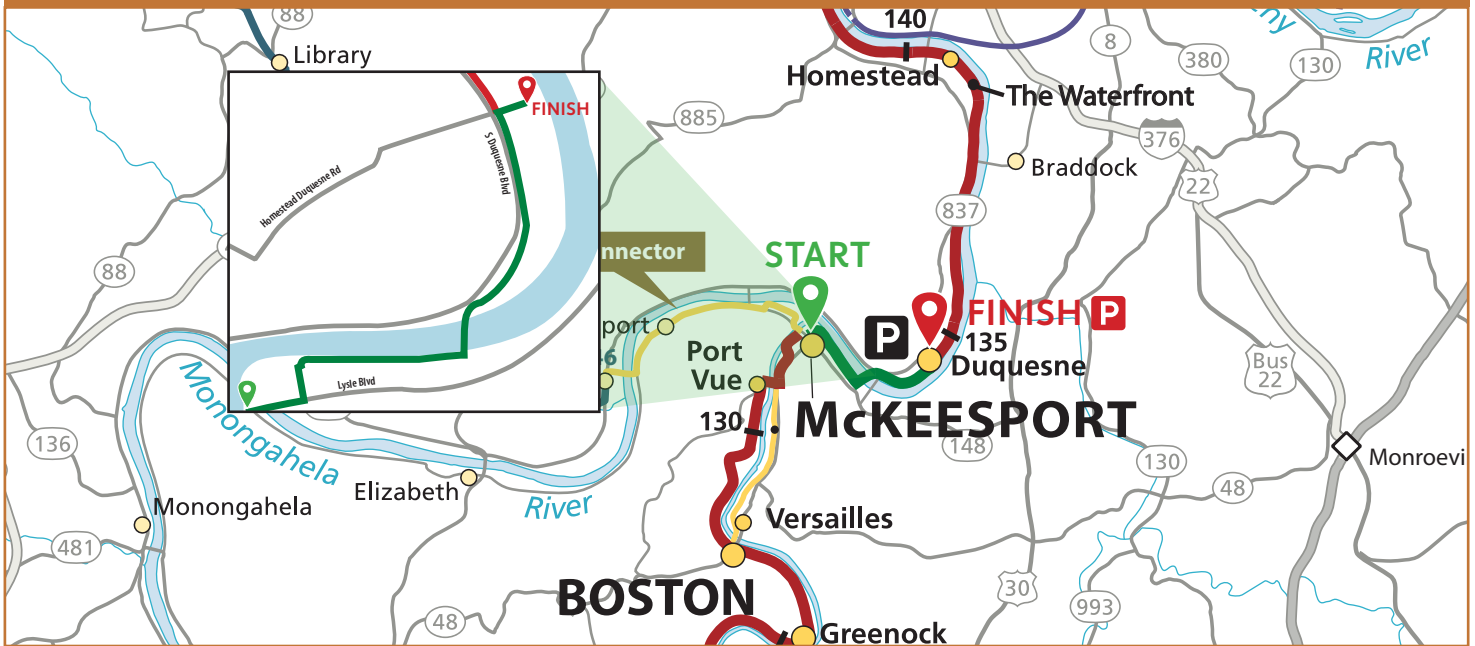
- Turn right out of the trailhead parking lot onto Donner St.
- Turn LEFT onto Smithfield St (follow to traffic light)
- Turn LEFT onto PA-48 N (follow 3.6 mi)
- Continue onto Walnut St

- Turn LEFT onto Lysle Blvd (follow 0.1 mi)
- Slight RIGHT toward Water St
- Turn RIGHT onto Water St
- Take Immediate RIGHT and park in the municipal parking lot next to GAP



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LEG 22



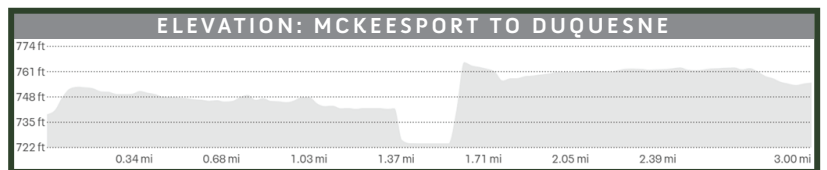
Map Courtesy of TrailGuide

McKEESPORT TO DUQUESNE

Distance: 3.0 mi

Elevation: 224.9m - 227.3 (+2.4 m)

Difficulty: Easy



Runner Information: This leg starts just beyond the McKee's Point Marina parking lot. About 600 yards down the trail, runners will make a sharp left turn across the train tracks where the leg then continues over the Monongahela River. After crossing the river, runners will follow the trail alongside South Duquesne Ave. From here, runners will turn right on Grant Ave. where they will exchange in the parking lot of RIDC Park.

DIRECTIONS TO DUQUESNE (40.37406, -79.8414):

Drive time: 10 min (3.3 mi)

- Head South toward 5th Ave
- Continue onto 5th Ave (follow 0.1 mi)
- Turn LEFT onto Market st
- Turn RIGHT on Lysle Blvd (follow 1.1 mi)
- Continue onto 5th Ave
- Slight RIGHT toward PA-837/Duquesne (follow 0.1 mi)
- Slight LEFT onto the ramp to PA-837/Duquesne
- Merge onto S Duquesne Blvd/McKeesport-Duquesne Bridge (follow 1.4 mi)
- Turn RIGHT onto E. Grant Ave (follow 1.4 mi)
- At the traffic circle, take the first RIGHT
- Park at US Steel Mon Valley Works Training Hub on RIGHT HAND SIDE



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LEG 23



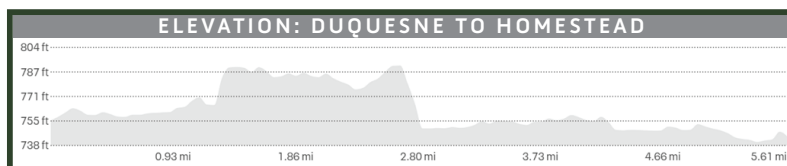
Map Courtesy of TrailGuide

DUQUESNE TO HOMESTEAD

Distance: 5.61 mi

Elevation: 230.9m - 223.1m (-7.8m)

Difficulty: Medium



Runner Information: This leg takes runners through Duquesne along the Monongahela River and utilizes a few overpasses in order to keep the trail above the train tracks. While the majority of this leg runs definitively along the GAP Trail, the final stretch follows the sidewalk beside the roads through The Waterfront. The leg ends in the Golden Triangle Bike Rental parking lot to the right of the course just between Mitchell's Fish Market and the Hampton Inn.

DIRECTIONS TO HOMESTEAD (40.4086, -79.91806):

Drive time: 16 min (6.4 mi)

- At the traffic circle, take the 2nd exit onto Grant Ave (follow 0.1 mi)
- RIGHT on PA-837 N/Duquense Blvd (follow 2.7 mi)
- Merge RIGHT on PA-837 N/River Rd via the ramp to Homestead/Pittsburgh (follow 0.5 mi)
- RIGHT on E. Waterfront Dr. (follow 1.4 mi)
- After passing under the pedestrian bridge, turn right into the parking lot (to the right of Hampton Inn)
- Take an immediate right and follow to the pedestrian bridge (exchange zone location)



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LEG 24



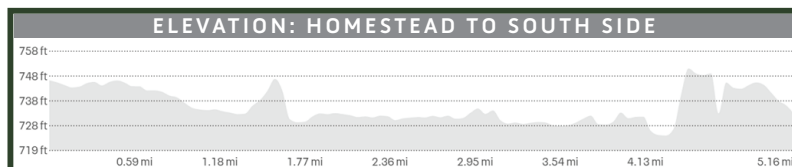
Map Courtesy of TrailGuide

HOMESTEAD TO SOUTH SIDE (FINISH)

Distance: 5.16 mi

Elevation: 223.1m - 223.7m

Difficulty: Medium



Runner Information: The final leg of the GAP Relay aligns with the Monongahela River while passing through the Southside of Pittsburgh. Your runner will pass the Pittsburgh Steelers/Pitt Panthers practice facility, Hot Metal Bridge, and South Shore Riverfront Park as they complete their final mile of the course. About half of a mile down the trail, your team will be there, ready to welcome them to Pittsburgh. Congratulations, **YOU'VE JUST CONQUERED THE GAP!**

DIRECTIONS TO FINISH (40.42524, -79.96016) (team finish line [Southside Riverfront Park]):

Drive time: 21 min (7.2 mi)

- LEFT on W. Waterfront Dr. (follow 0.2 mi)
- RIGHT on Amioty St. (follow 0.3 mi)
- RIGHT on Homestead-Greys Bridge (follow 1.9 mi)
- Take a slight right toward 376 W Pittsburgh (follow left onto merge ramp)
- Enter 376 W | STAY IN THIS LANE (follow 1.2 mi)
- Take EXIT 73A (PA-885 S/Glenwood)

- RIGHT on Bates St (follow 0.1 mi)
- RIGHT on Second Ave. (follow 1.7 mi)
- LEFT on 10th St. Bridge (follow 0.2 mi)
- LEFT on Muriel St. (follow 0.3 mi)
- LEFT on S. 17th St. (follow to first stop sign)
- RIGHT on Wharton St (follow 400 ft)
- LEFT on S. 18th St. (follow road across the train tracks 0.5 mi to the finish line under the Birmingham Bridge)