

0.0	R	Cowpath Road Leaving ICF	10.7	L	Out of Rest Stop (Cowpath Road)
0.1	R	Reliance Road	11.2	R	Barndt Road
0.7	L	Godshall Road	11.4	SS-S	County Line Road
1.0	R	Lower Road	11.5	BR	Barndt Road
1.5	TL-S	x Allentown Road	12.1	R	Simmons Road
1.7	SS	Forman Road	12.9	R	Branch Road
2.7	R	School House Road	13.2	BR	Cathill Road
2.8	QL	Cassel Road	12.8	L	Quarry Road
3.6	L	Fretz Road	13.3	SS-S	Clymer Road
3.9	L	Skippack Creek Road	13.7	R	Meetinghouse Road
4.6	L	School House Road	13.9	SS-S	State Road
5.7	S	Schoolhouse (@ Kulp)	14.2	SS-S	Old State Road
6.4	TL-S	x Rt 113	15.2	R	Reliance Road
6.7	R	Indian Creek Road	15.7	TL-S	Main Street
6.9	L	Clemens Road	16.2	R	Railroad Avenue
7.1	R	Hunsicker Road	16.8	SS-S	Broad Street
8.0	SS-S	Kellers Creamery Road	17.1	SS-S	Church Road
8.2	L	Hunsicker/Crestwood Drive	17.8	L	Forrest Road
9.0	R	Creamery Road	18.1	L	Cowpath Road
9.4	L	Allentown Road	18.7	TL-S	Church Road
9.6	R	Green Hill Road	18.9	TL-S	x Telford Pike
10.6	R	Cowpath Road	19.4	TL-S	x Rt 113
10.7	R	<b>Rest Stop- Chestnut Grove Park</b>	19.5	R	ICF
		<b>Rest Stop CLOSES at 10:30</b>			

**Key:**

L=Left  
 R=Right  
 S=Straight  
 SS=Stop Sign  
 TL=Traffic Light  
 BR=Bear Right  
 BL=Bear Left  
 QR=Quick Right  
 QL=Quick Left

**Route Markings:**

Route is marked with white arrows (< >)

**Rest Stop:**

11.0 miles -Chestnut Grove Park

**SAG ASSISTANCE**

215-301-9450 or 570-972-3456

**Please Check in at Finish**

**ALL SERVICES END AT MAIN  
 CAMPUS AT 1:30PM!!!**