

LEG 5 "NANCY'S RUN"

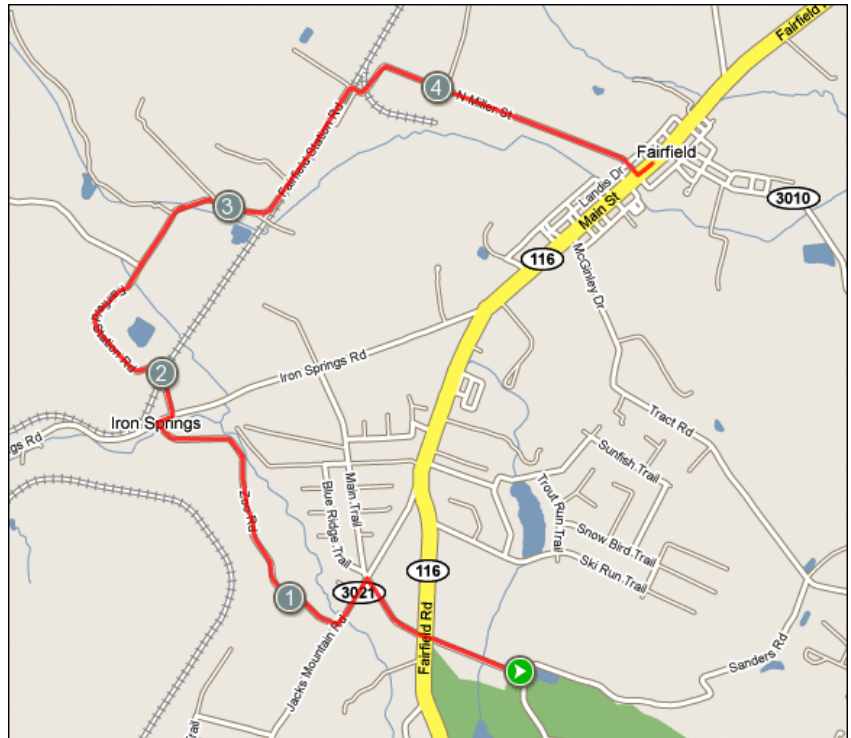
4.7 MILES | MEDIUM



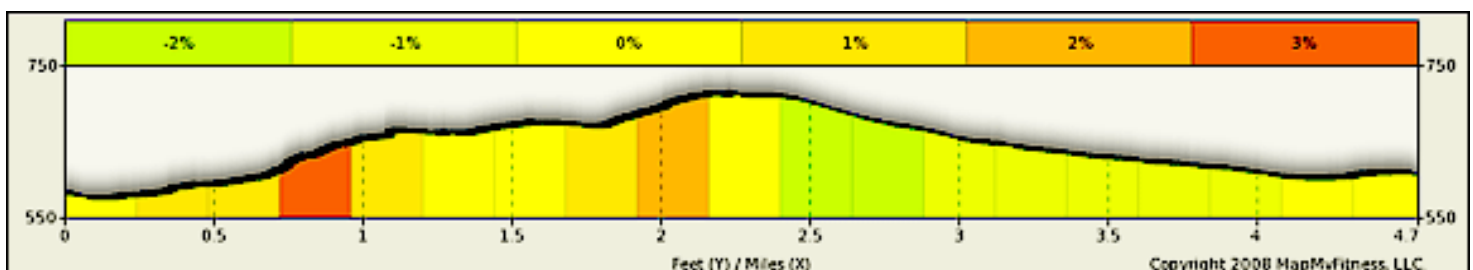
RUNNERS

Mileage is per segment, not cumulative

1. Right out of parking area on Sanders (go through first Stop sign—beware of traffic!) for .6 to
2. Left on Jack's Mountain over covered bridge for .2 (**DON'T RUN UP THE HILL!!!!**) to immediate
3. Right on Zoo for 1.0 to end to
4. Right on Iron Springs for .1 to immediate
5. Left on Fairfield Station for 2.6 to
6. Left on Main Street. Cross over street for .2 to transition at Ventura's Restaurant.



ELEVATION: min: 568ft | max: 725ft | ascent: 157ft | descent: -131ft



LEG 5 “NANCY’S RUN”

4.7 MILES | MEDIUM



VANS

Mileage is per segment, not cumulative

1. Right out of parking area on Sanders (go through first Stop sign—beware of traffic!) to .6 to
2. Left on Jack’s Mountain over covered bridge for .2 (**DON’T LET YOUR RUNNER GO UP THIS HILL!!!**) to immediate
3. Right on Zoo for 1.0 to end to
4. Right on Iron Springs for .1 to immediate
5. Left on Fairfield Station to for 2.7 to
6. Left on Main Street. Cross over street to transition at Ventura’s Restaurant. There is ample parking behind Ventura’s. There will be someone directing traffic back there.

POINTS OF INTEREST:

Ventura’s will be happy to take your carry out order for lunch/dinner. Call ahead to assure that it’s ready. (717-642-8202). Look for menus in your team packets. The food is good, it’s reasonable and they are a good partner! Rest rooms open to runners. Bottled water and other drinks, chips, etc. all available too.

This leg is named after local runner Nancy Petrosky. Nancy actually helped with the first five legs and has been indispensable overall! As you go through the covered bridge, look straight ahead. *You aren’t going up that hill*, known as Jack’s Mountain, but that’s where Nancy lives. She has some decent hill workouts!

Okay, despite explicit directions and the italicized words above, we had several runners “inadvertently” run up Jack’s Mountain. You can’t say we haven’t tried to stop you now!