



Walker Instructions – First 11 miles of Course

Walker Notes

Police and Volunteers

Please note that there are no police or volunteers on the course until closer to 8am. This means that all walkers will have to use extra caution when crossing streets and keeping an eye out for traffic. Until police and volunteers are on the course, please consider using the same degree of caution that you would if you were walking/running on a non-race day.

Course Route

Please take a few moments to read through the route and the turns outlined in this document. **The majority of this document consists of screenshots and contains visual and written instructions for every turn for the first 11 miles.** It is not as much information as it may appear to be, especially if you are generally familiar with these roads. We want all participants to have a great race day experience, so preparing yourself accordingly by familiarizing yourself with the route ahead of time will make your day go much smoother. Being familiar with the route will help you avoid getting lost! Also, please use discretion when following the person in front of you just in case they may accidentally take a wrong turn.

Course Markings

The course will be marked with arrows, so please keep an eye out for these markers at turns.

Water stations

The first water stop may not be fully set up and ready to go by the time you arrive (at approximately mile 3.1). Please consider carrying a hydration pack or a water bottle with you.

Sidewalks

From the start of the race until about mile 3, you will be using mostly sidewalks and the walking lane of the Harvey Taylor Bridge. Please refer to the diagrams in the document for specific information.

Tracking the route ahead of time

If you live local to this area, it is not a bad idea to try going through this route ahead of time! You will have to stick to sidewalks, the Greenbelt Path, and the sides of the road (especially on South Cameron St and Sycamore St) but you can still go through the route. This is certainly not obligatory or expected, but the option is always there.

You can track the first few miles of the course in a car (pages 3-9), then follow the rest of by foot (if you want to track the course ahead of time, which is a very good idea).

Starting of the race

All walkers will gather on the Market St Bridge around 6:20am. The Official Walker Starter will come by, gather everyone together, and make a few announcements before starting everyone off. The start of the race will be on the Market St Bridge near the entrance/exit of City Island. **The official start time for walkers is 6:30am sharp.**

Printing this guide. If you do not have a high definition printer, you may want to consider taking this to a printing store to get a high definition copy made.

Thanks, good luck, and have a GREAT race day!

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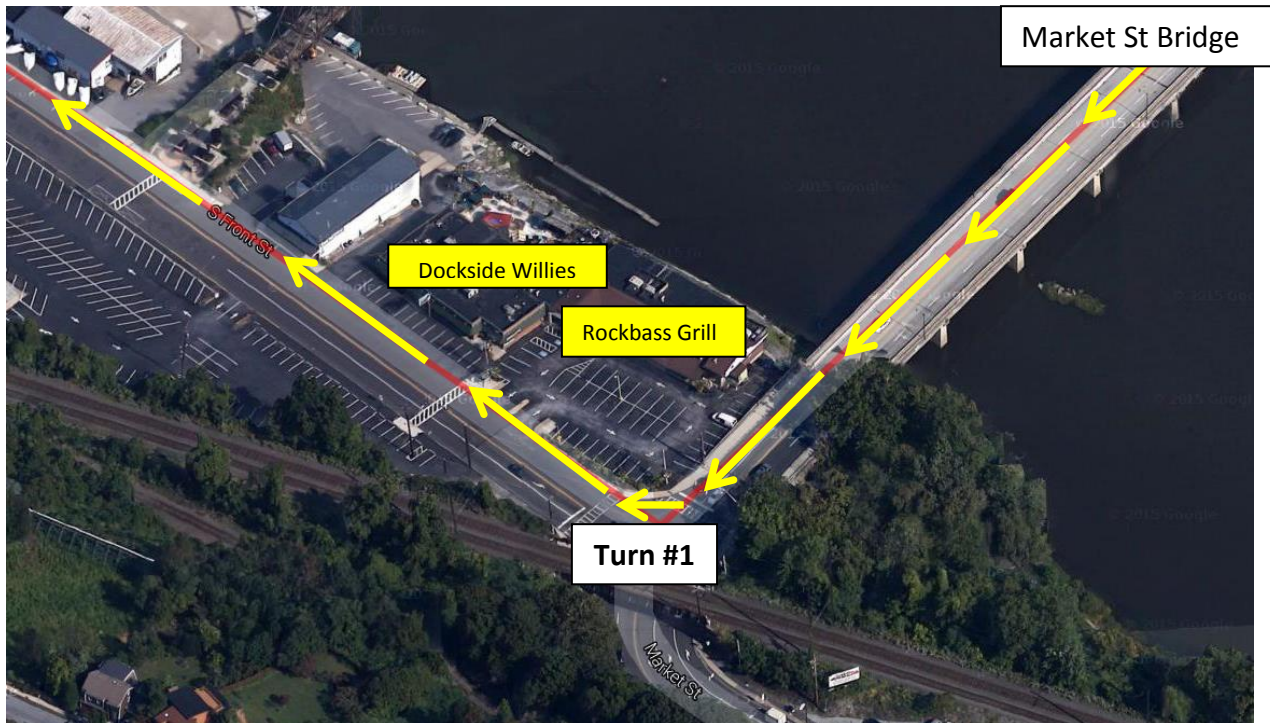
Course Overview Map



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START on Market St Bridge, head towards South Front St in Wormleysburg adjacent to the bus stop.

Turn #1: *Turn right* onto South Front St at the end of the bridge. After making this turn, stay on the shoulder of the road until the sidewalk begins on the other side of the street, near Duke’s restaurant. Please use caution when crossing the road.

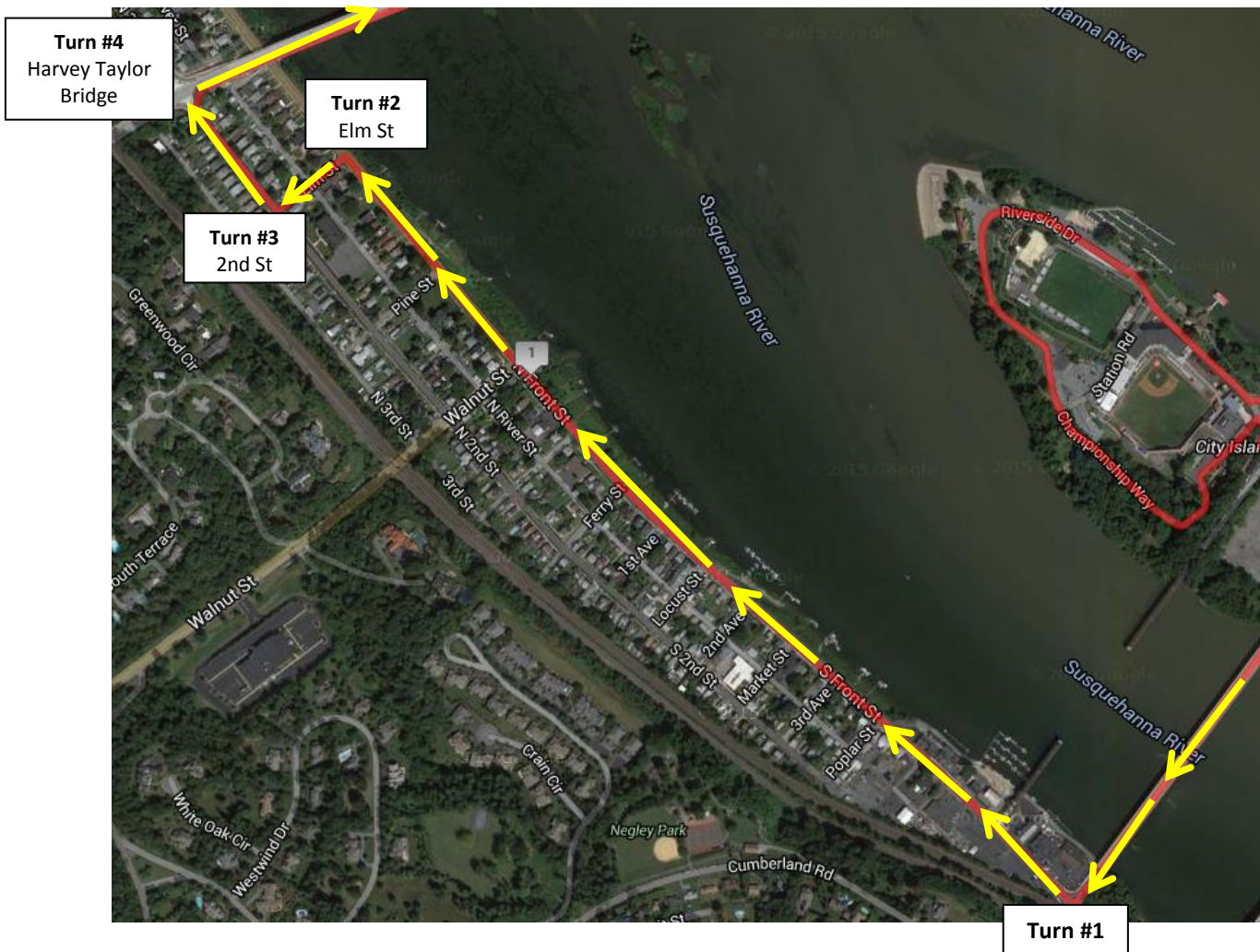


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Turn #2: Follow the sidewalk along South Front St until you **turn left** on Elm St

Turn #3: Stay on Elm St until you **turn right** onto 2nd St

Turn #4: Stay on 2nd St until you **turn right** onto the walking lane of the Harvey Taylor Bridge – head towards the city



Close-ups of this section on next page

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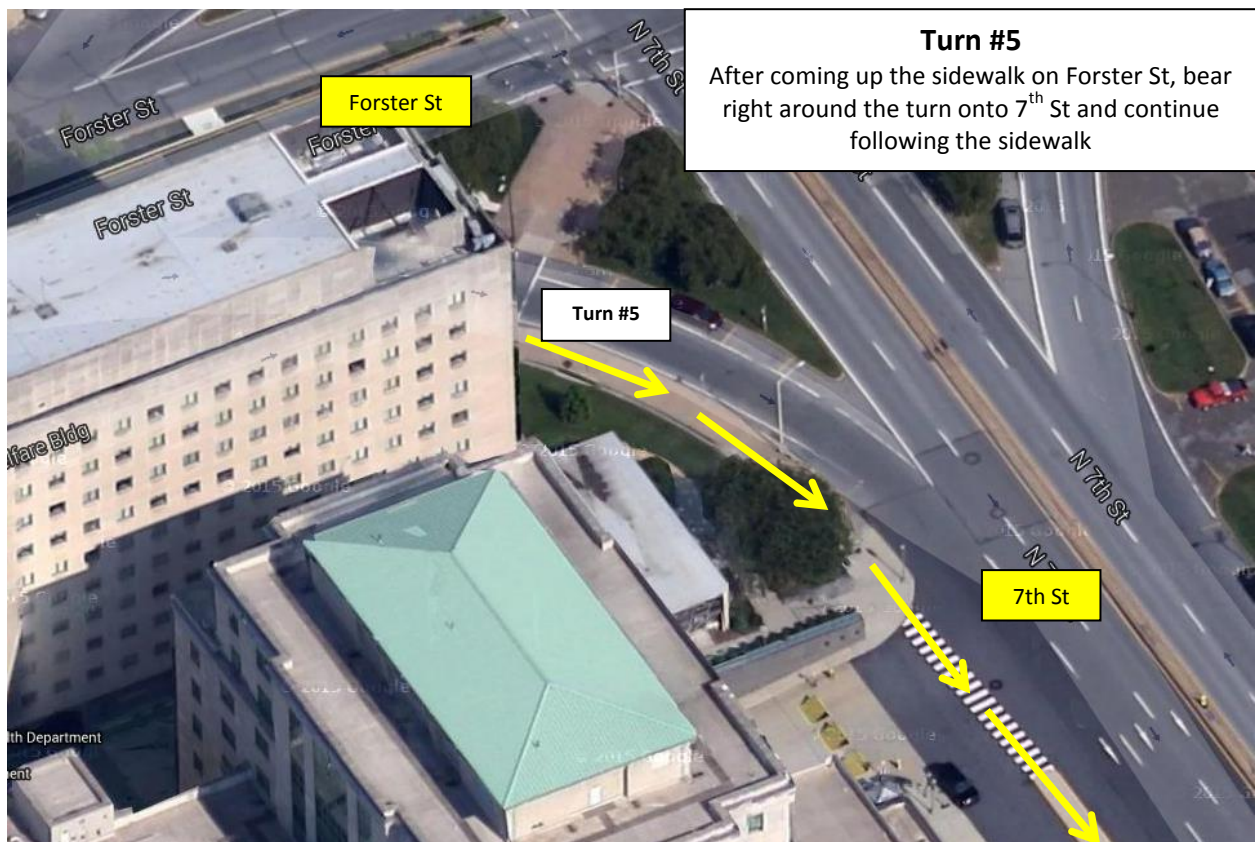
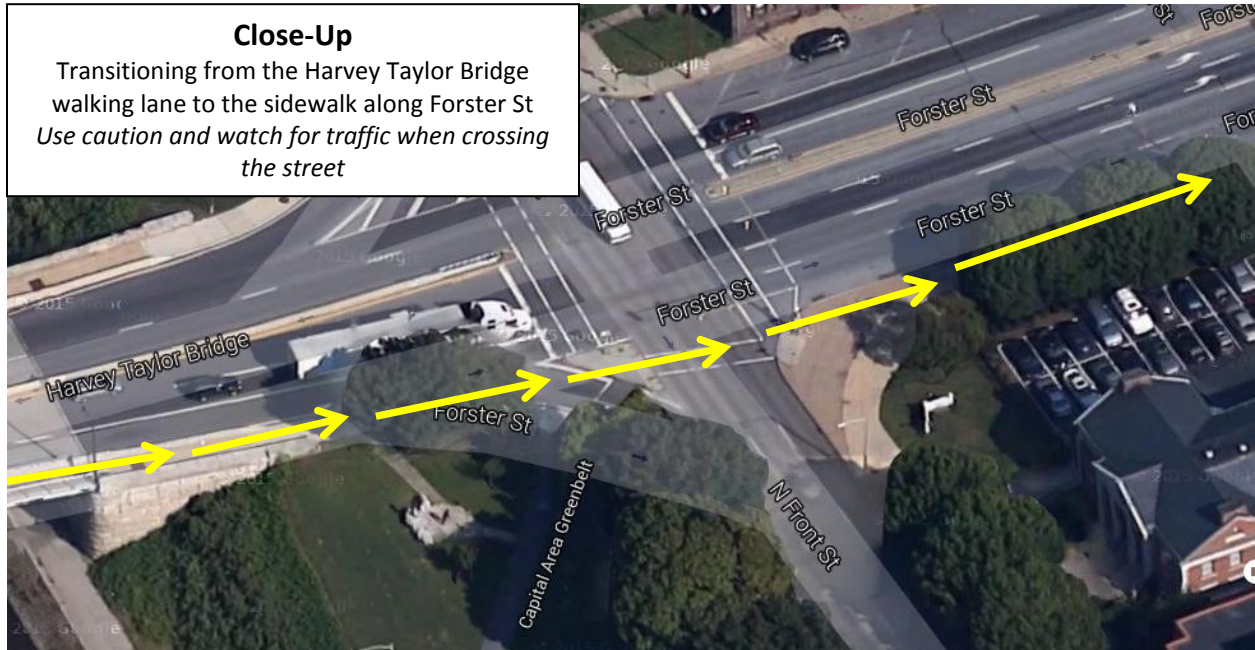
Turn #5: Stay on the Harvey Taylor Bridge walking lane as you head towards the city, cross over Front St onto Forster St and continue heading straight on the sidewalk

- *There should be a lane of cones set up by the time you arrive at this point. If there is a lane of cones, follow them all the way back to Front St. If there are not cones set up yet, then follow the diagram below around the Capitol*

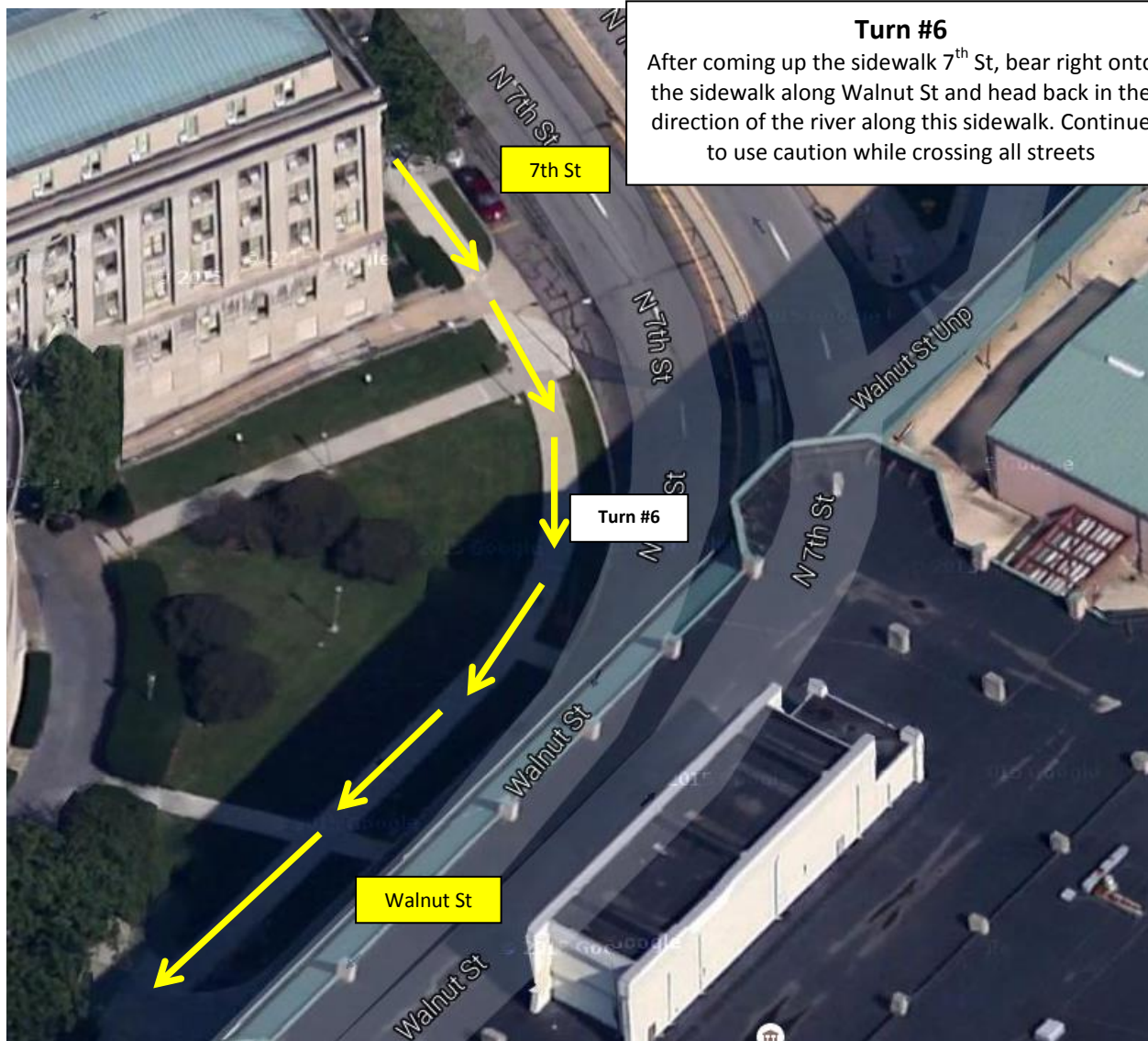


Close-up of this section on following pages

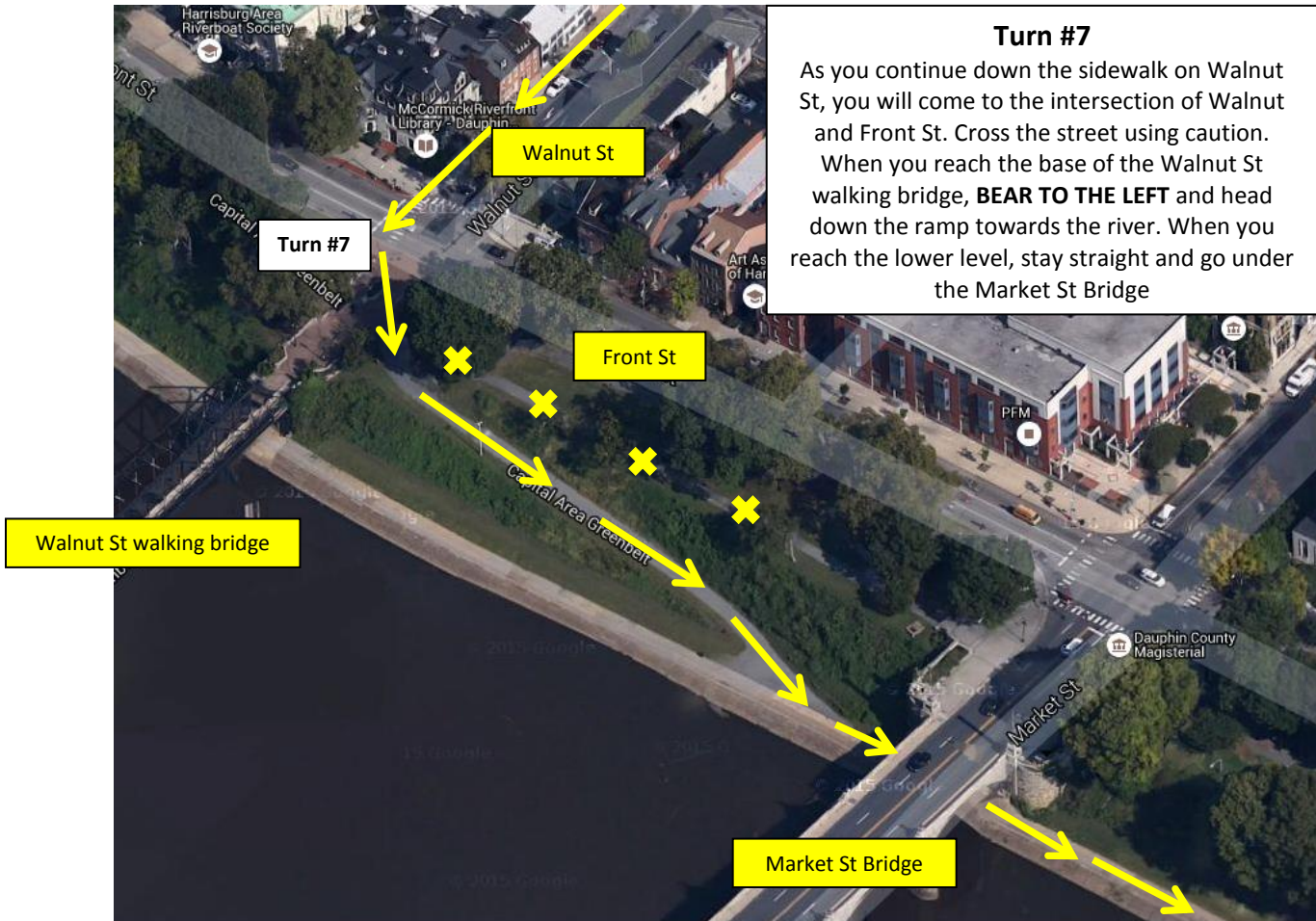
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When you get to turn #7, make sure you follow the path that goes down the hill towards the lower level. There is another path right beside it that goes straight to the Market St Bridge. Do not take the path towards the Market St Bridge – this will take you off course and you will have to back track to get back to the right path. See yellow Xs above for reference.

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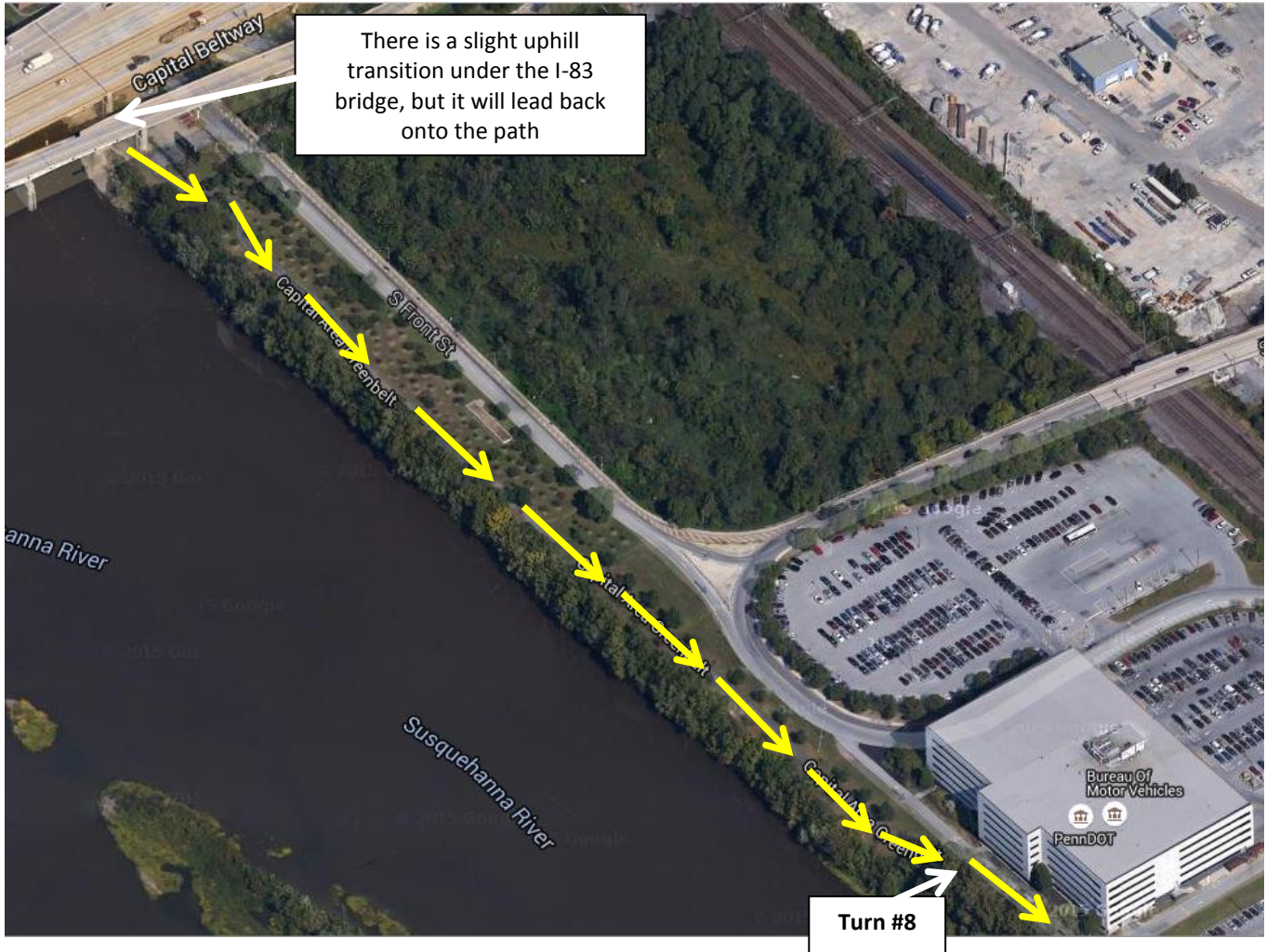
Continue following the lower level path until you come up at the base of the Penndot building (see screenshots below)



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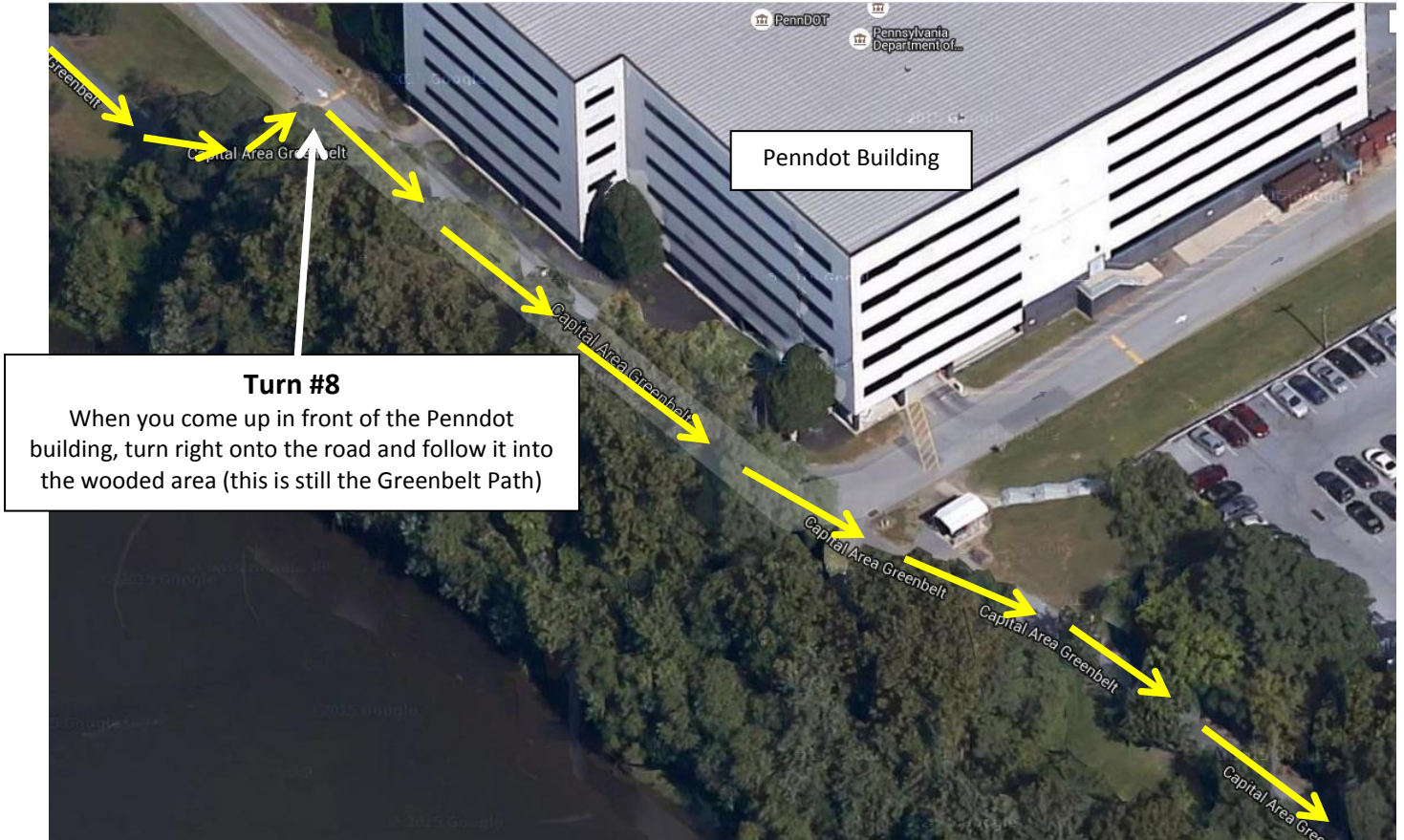


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Turn #8: When the Greenbelt Path comes up onto the right in front of the PennDOT building, **turn right** (see screenshot on next page)

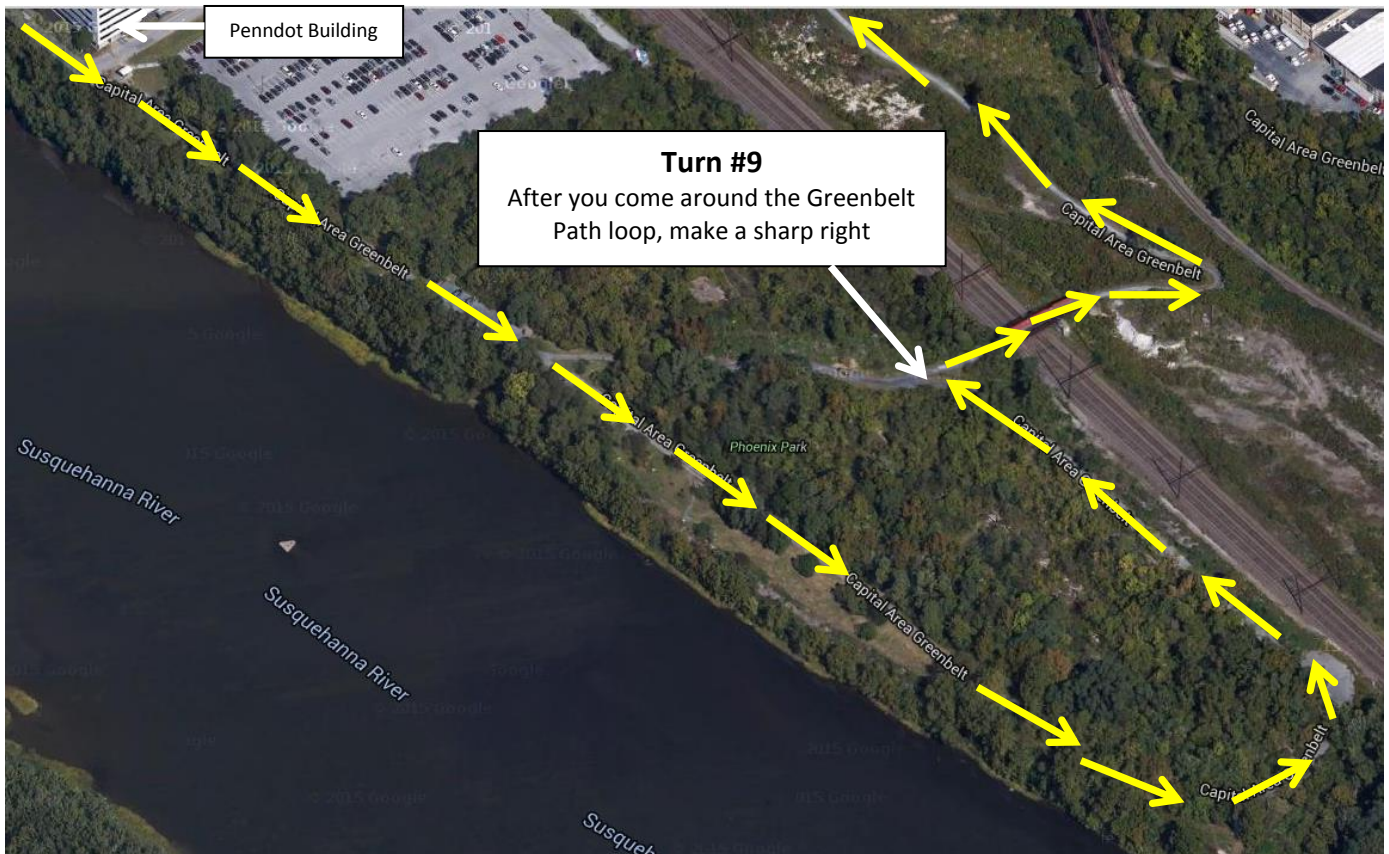
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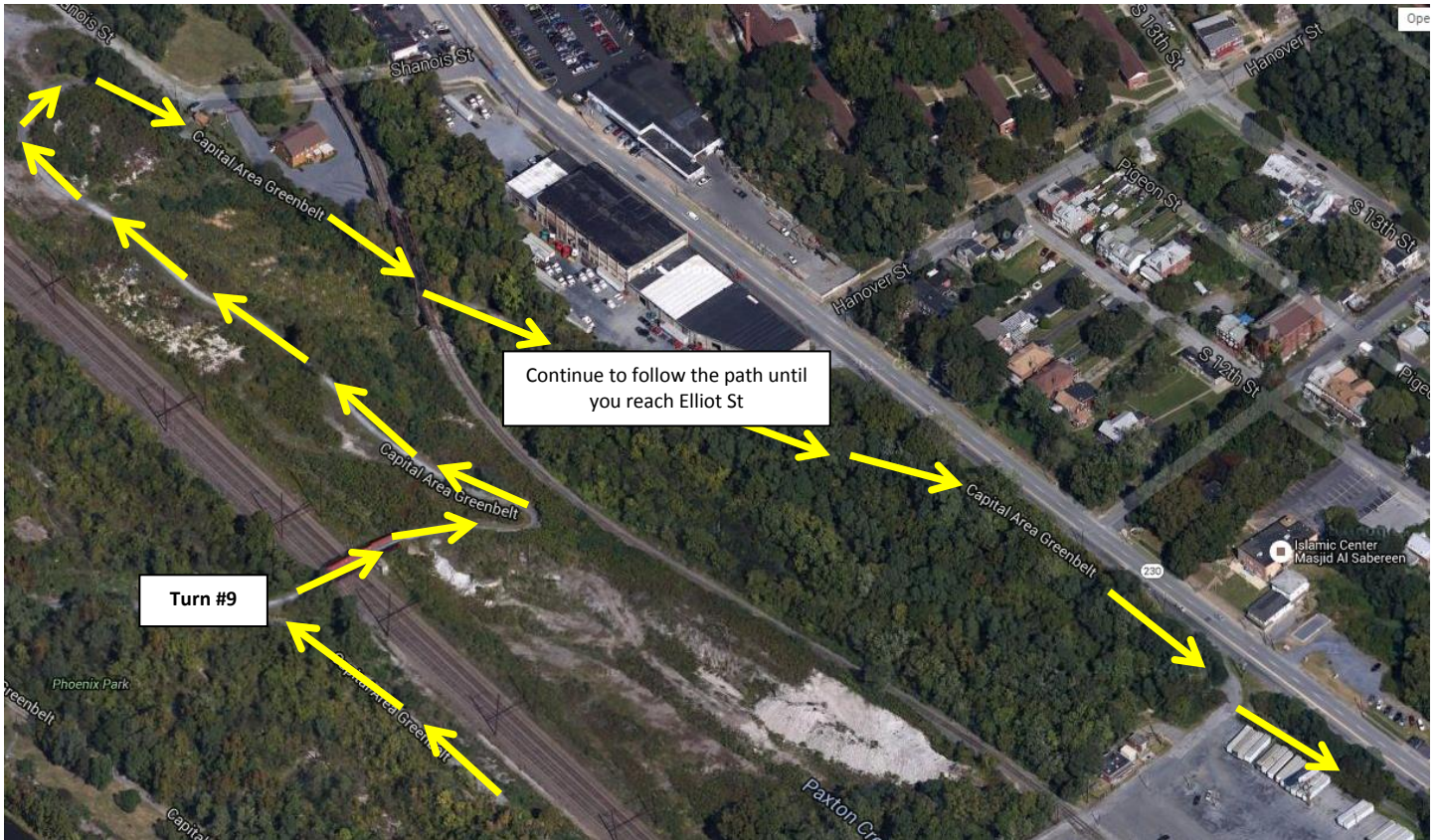
Close-up of Turn #8

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Turn #9: Continue to follow the marked course along the Greenbelt Path. As you follow the path, you will come across a **sharp right hand turn**, make that turn and continue to follow the path until you reach Elliot St (see screenshots on subsequent pages)



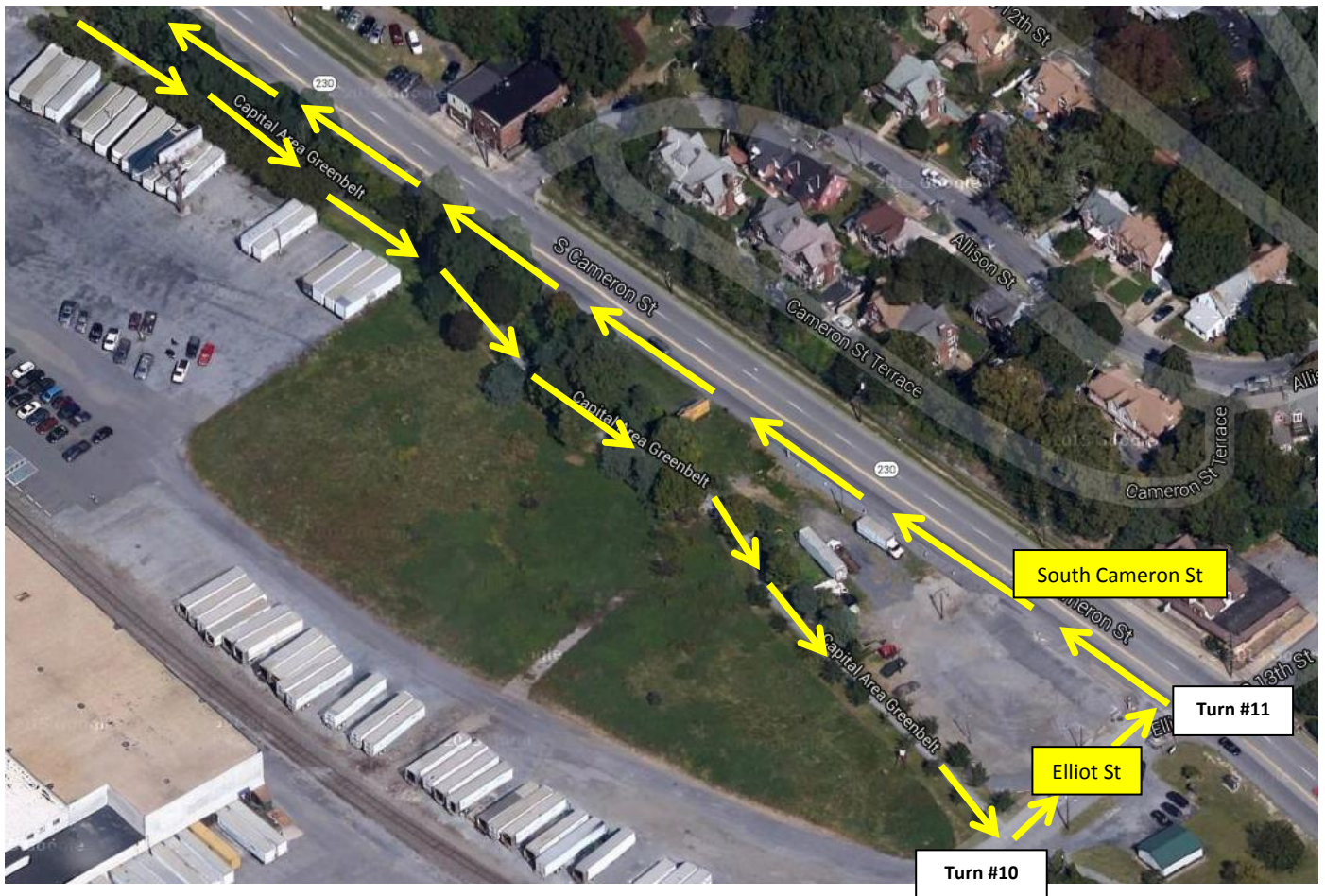
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Turn #10: Continue to follow the Greenbelth Path until you reach Elliot St and **turn left**

Turn #11: After a short length on Elliot St (you will go right in front of a small building), **turn left** onto South Cameron St and stay either on the shoulder of the road or in the lane of cones – the cones should be setup by the time you arrive unless there is some sort of delay. Use caution while on South Cameron St.



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Turn #12: Stay on South Cameron St until you reach Sycamore St, where you will **turn left**



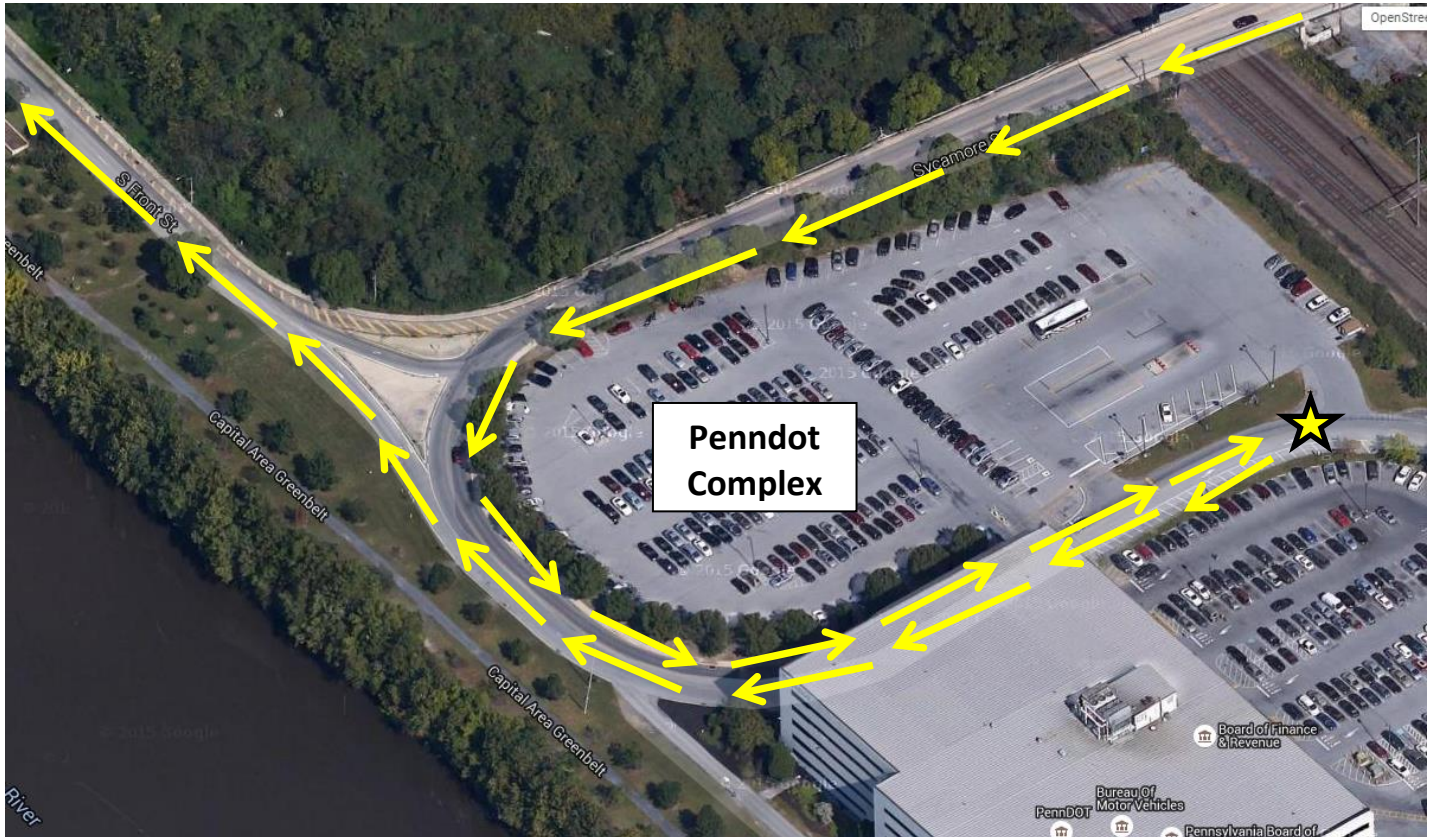
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Close-up of Turn #12

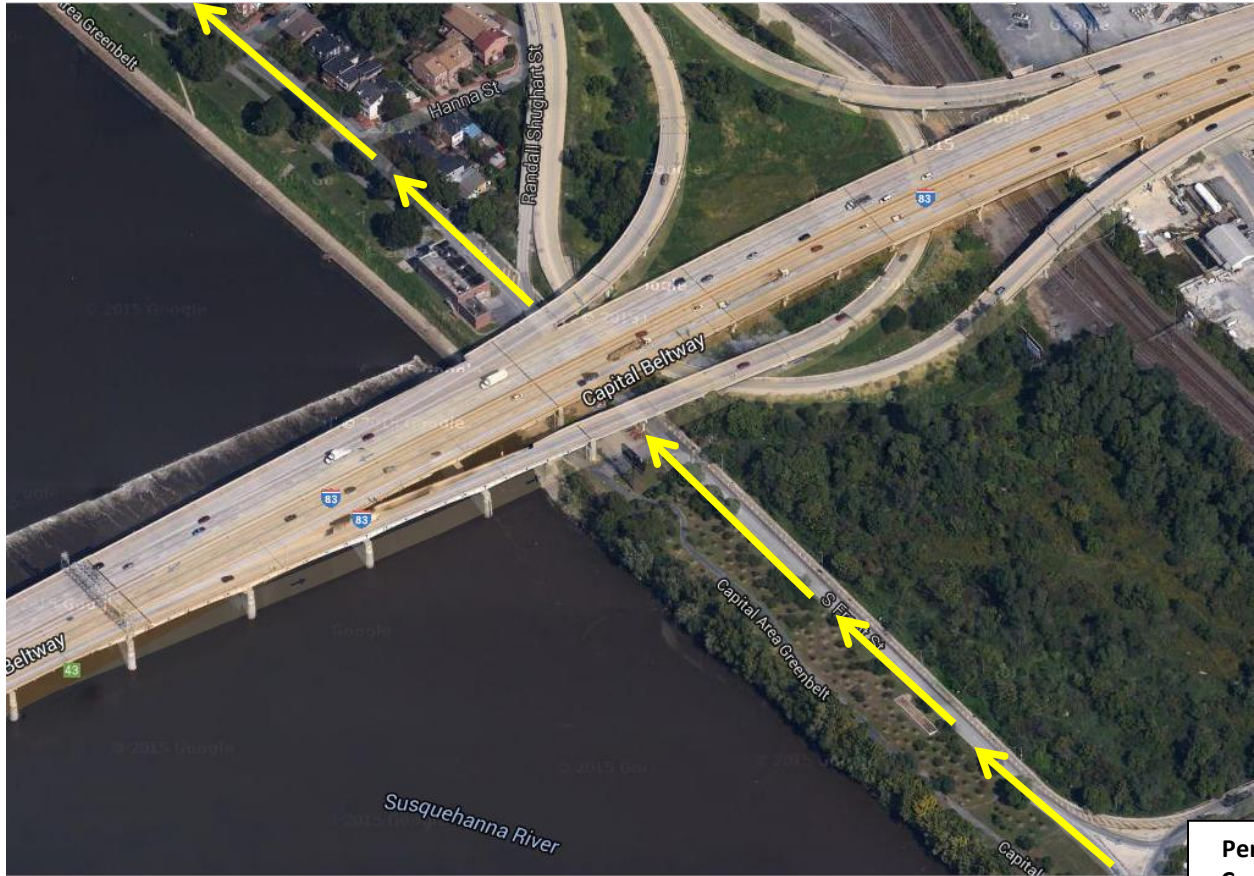
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Turnaround point: Stay on Sycamore St until you see the Penndot building on your left. **Bear to your left** and follow the road around the bend and to the turnaround point. **Make the turnaround** and head back out the same road towards South Front St. Please pay special attention to the route info below. There will be a turnaround sign set up, so continue on the course below until you see the sign.



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After you make the turnaround and exit the Penndot complex, continue on South Front St under the I-83 bridge. You should be able to stay on the road or on the shoulder if a car is coming.



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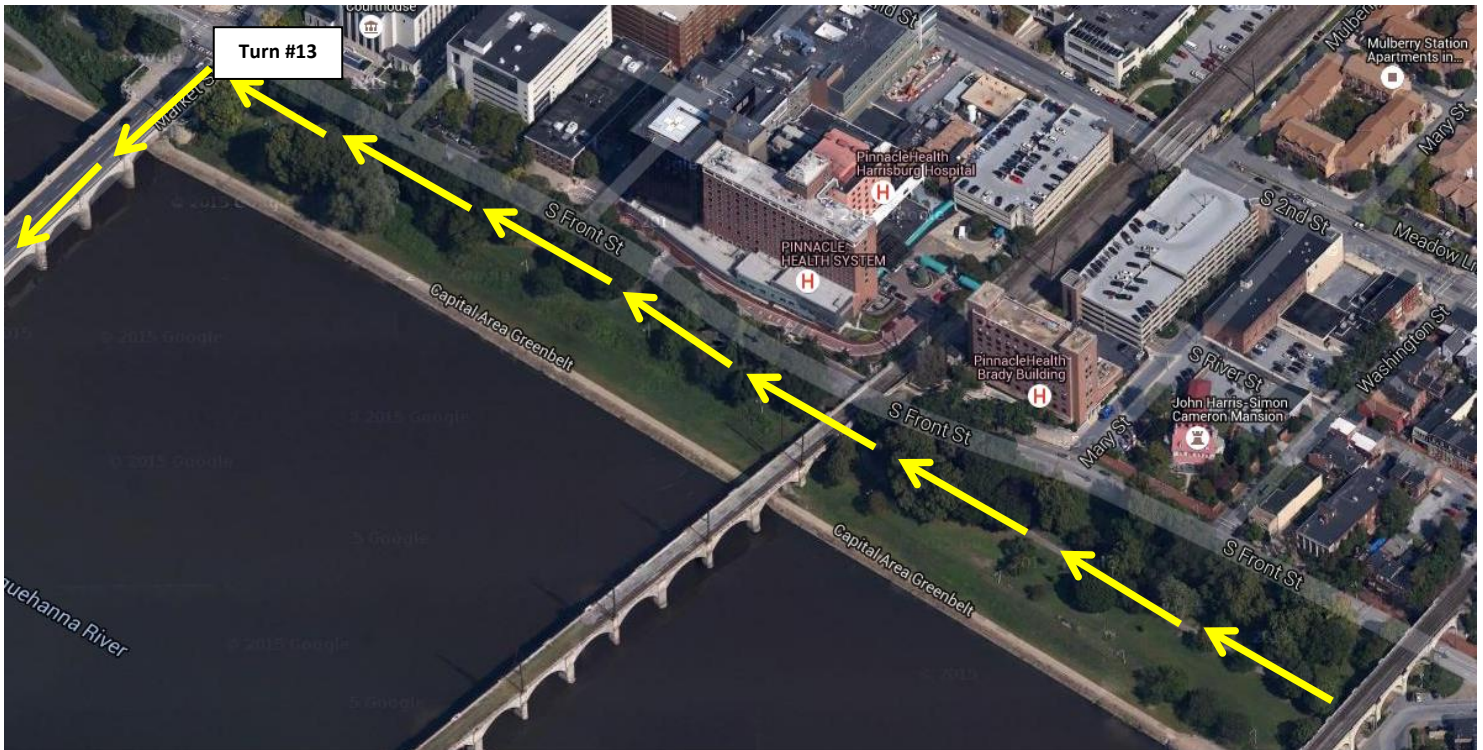
After passing under the I-83 bridge, continue on South Front St until you get to the railroad bridge. Pass under the railroad bridge and transition onto the Greenbelt Path



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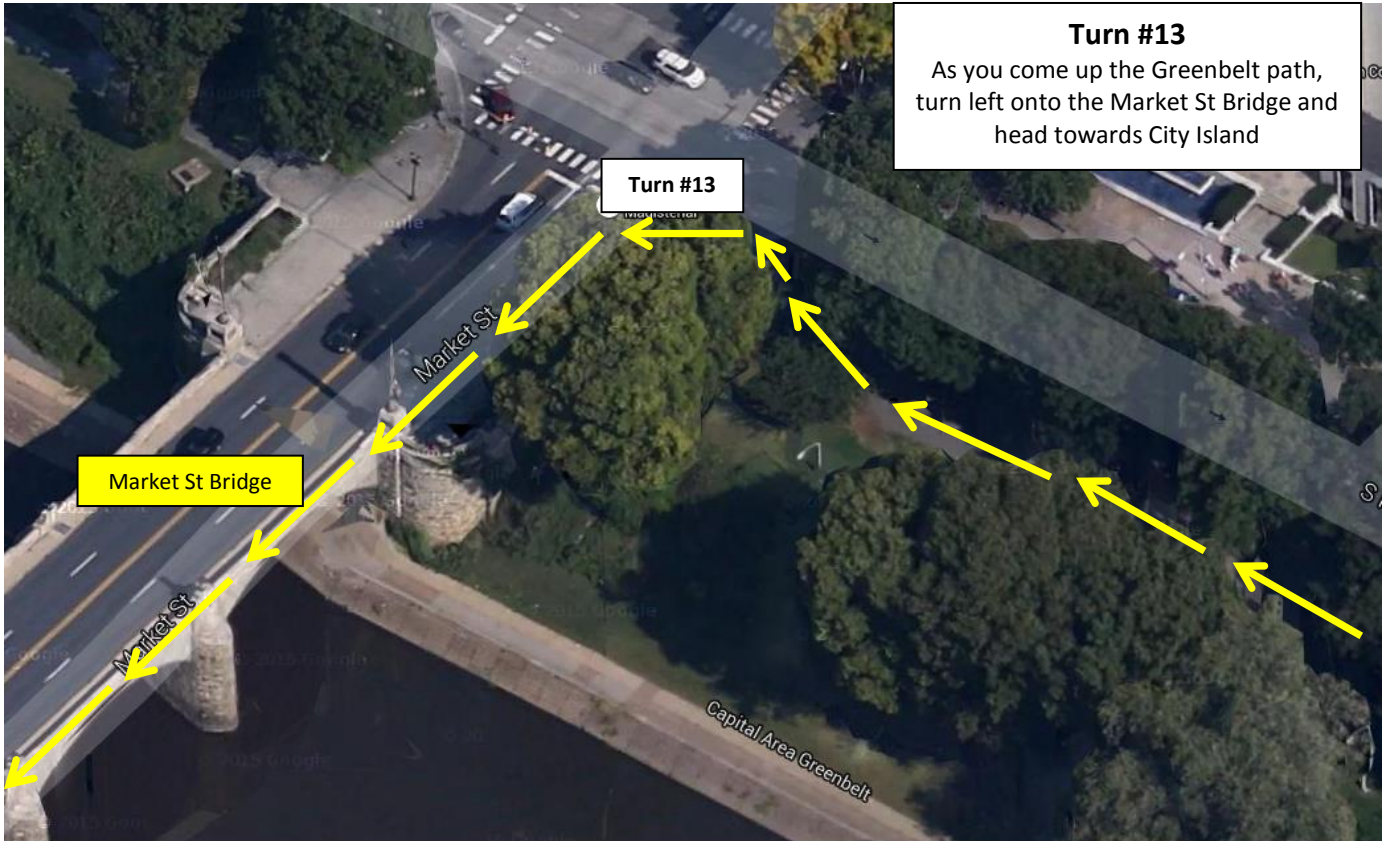
Turn #13: Continue on the upper level Greenbelth Path (runs alongside Front St) until you reach the Market St Bridge and **turn left**. Please stay on the sidewalk alongside the road, even if the cones are already set up.

- *At turn #13, you will pass through an opening through stone walls. After you go through this opening, you will turn left and follow the sidewalk on the Market St Bridge until you get to City Island*



See close-up of turn #13 on next page

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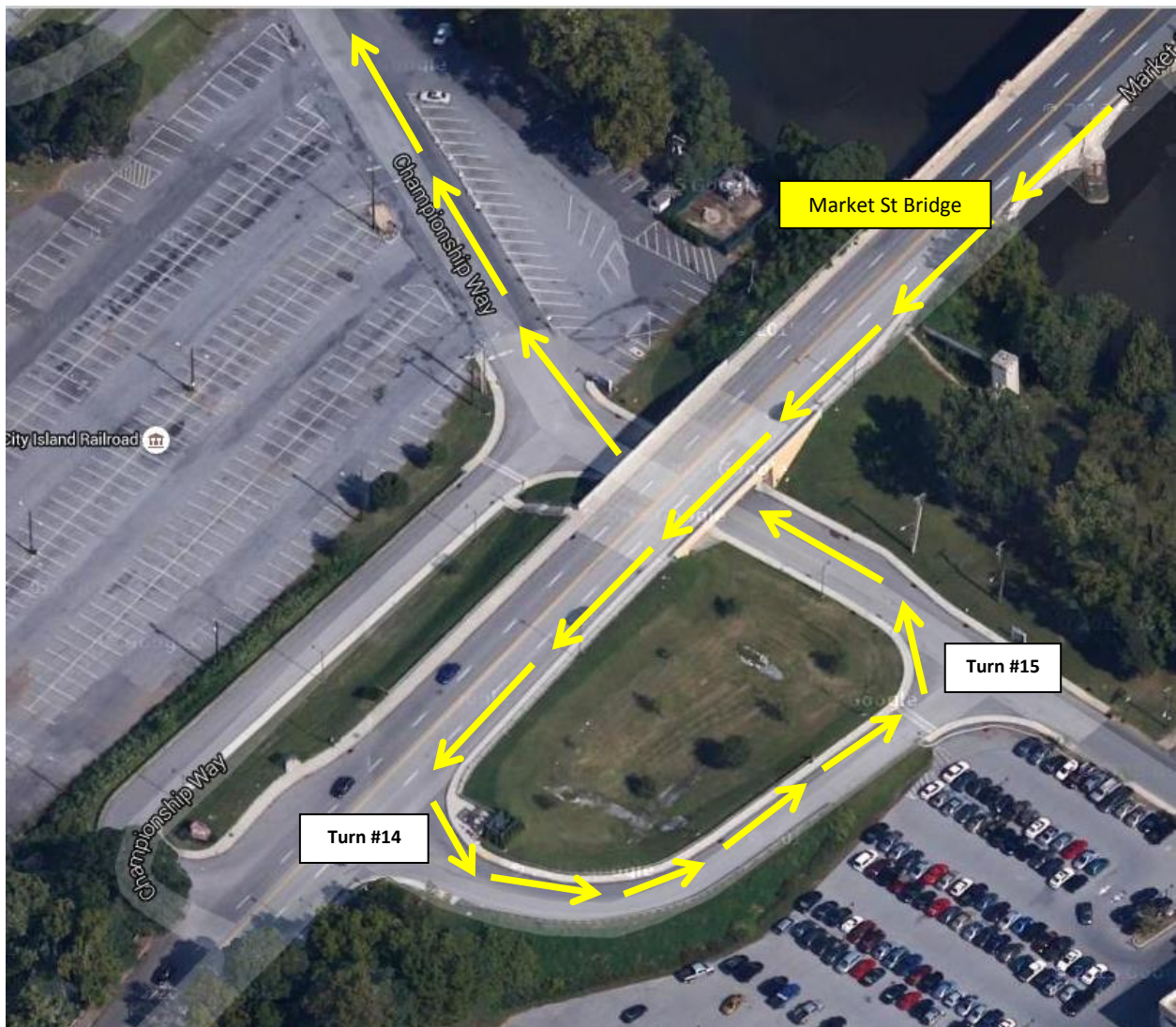


Close-up of turn #13

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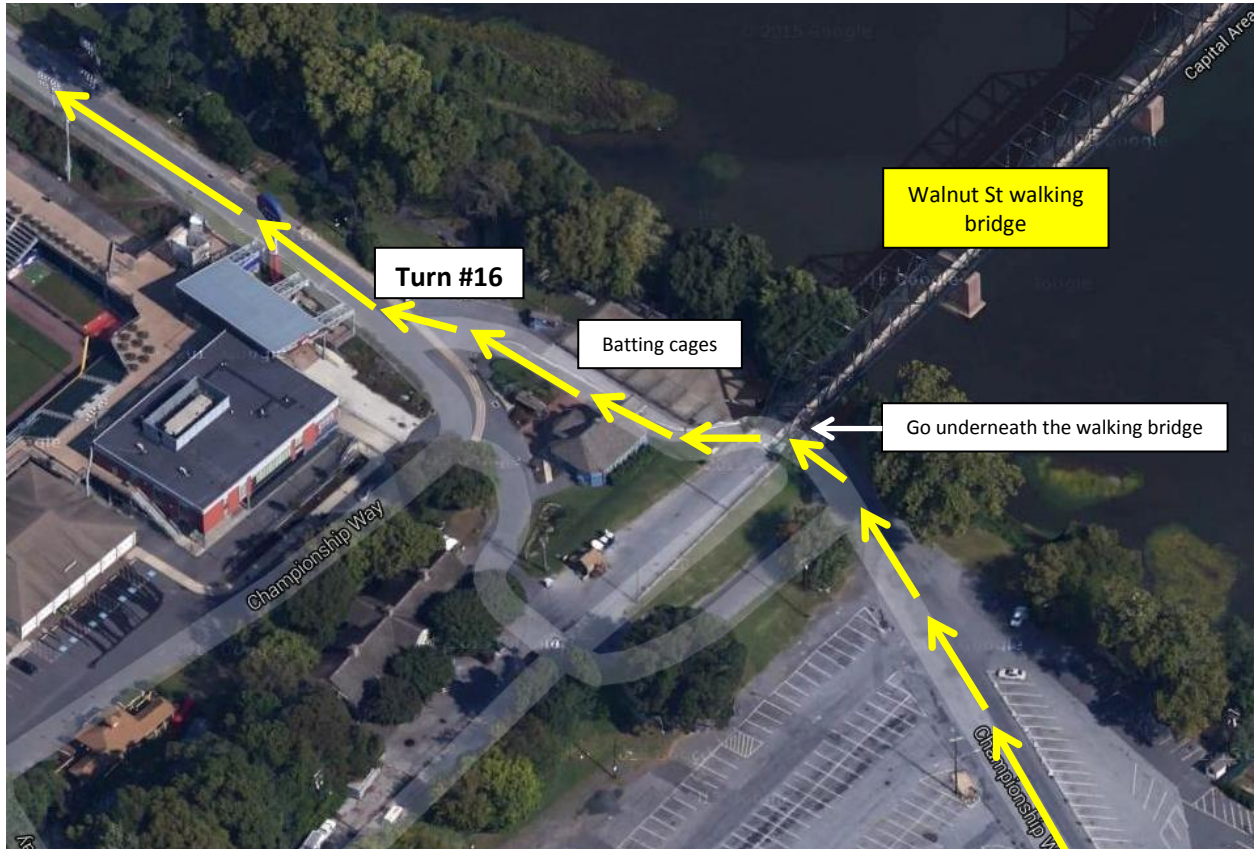
Turn #14: As you continue along the Market St Bridge, you will approach City Island. **Make the first left** onto City Island and head down the road towards the lower level.

Turn #15: At the bottom, **turn left** and go underneath the Market St Bridge and continue following the road towards the direction of the Walnut St walking bridge



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Turn #16: Go underneath the Walnut St walking bridge and past the batting cages. When you come out in front of the Senators stadium, **turn right** and follow the road all the way around City Island all the way back to the Carousel Pavilion



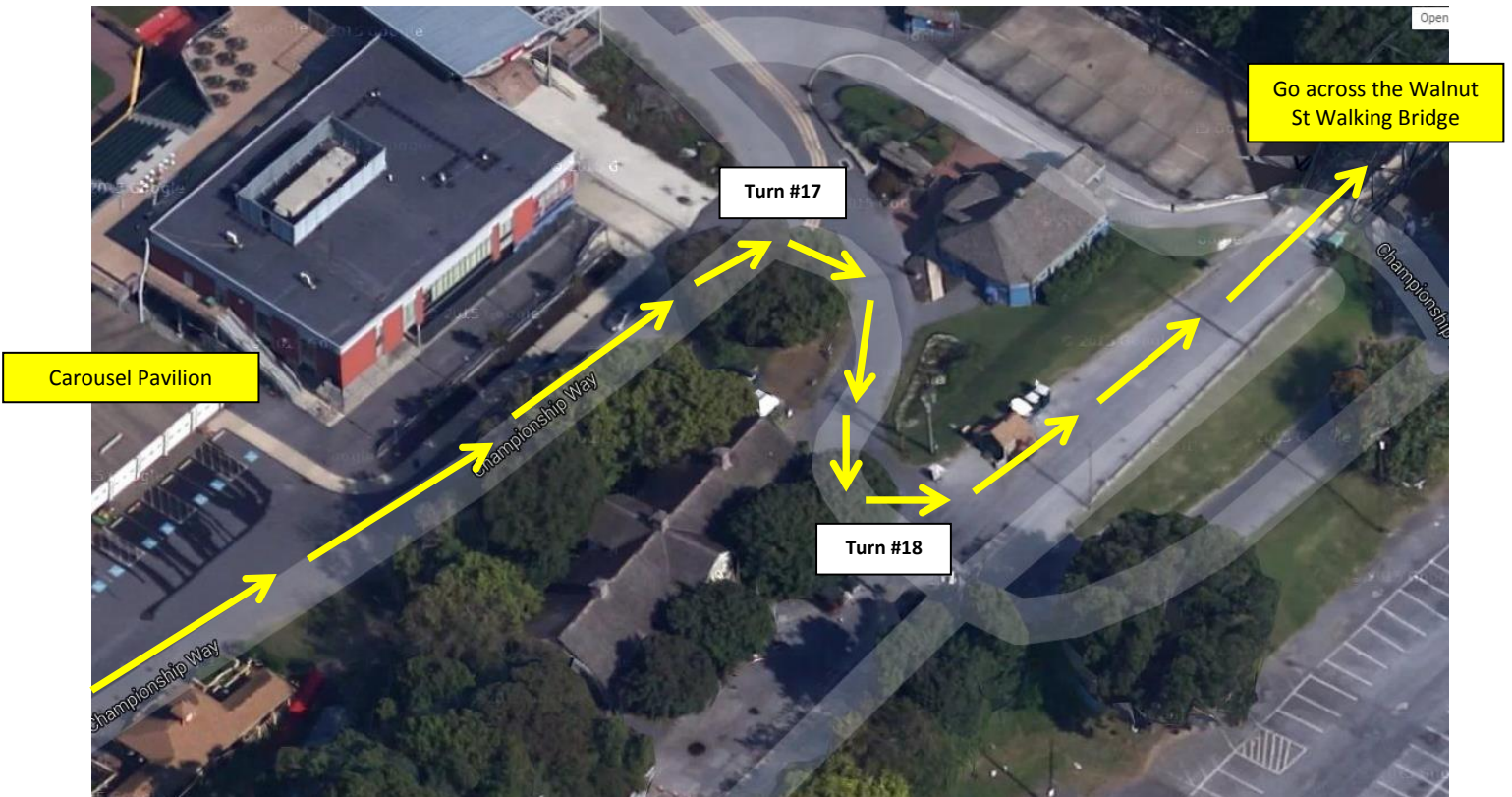
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Turn #17: After you do the loop around City Island, you will pass in front of the Carousel Pavilion (same place as packet pick-up). Make your **next right** and head up a small hill towards the horse barn.

Turn #18: At the top of the small hill, **make an immediate left** and go across the **Walnut St Walking Bridge**



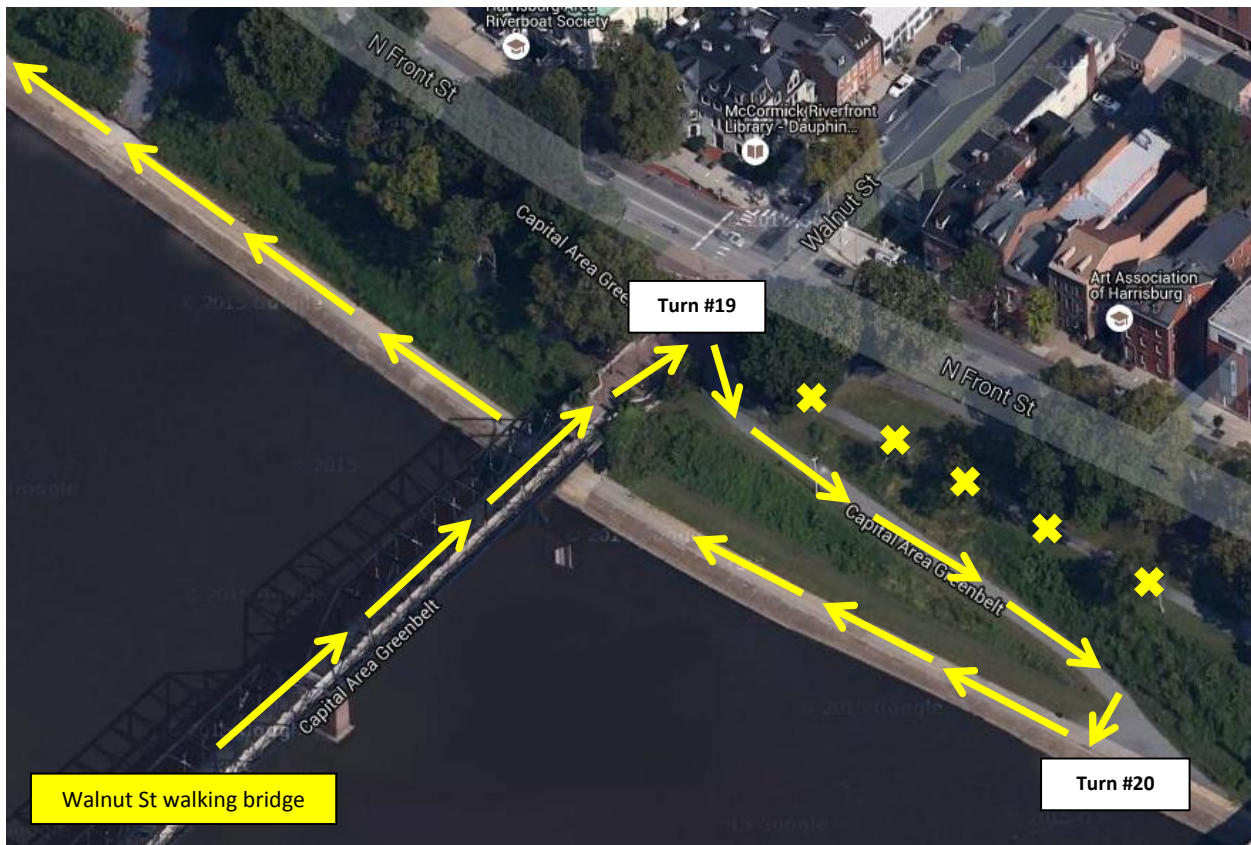
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Turn #19: At the end of the Walnut St walking bridge, make an **immediate right** and head down the ramp. This is the same ramp you went down earlier in the race.

- *At turn #19, make sure you follow the path that goes down the hill towards the lower level. There is another path right beside it that goes straight to the Market St Bridge. Do not take the path towards the Market St Bridge – this will take you off course and you will have to back track to get back to the right path. See yellow Xs below for reference.*

Turn #20: At the bottom of the ramp, **make a sharp right** and head north on the lower level path under the Walnut St walking bridge

- *This ramp will look familiar because you went down the same ramp after the Capitol Loop earlier in the race, which was just after turn #7. When you get to the bottom of the ramp, you will head north, which is the opposite direction from earlier in the race when you went down the same ramp.*



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After you enter the lower level walking path after coming down the ramp (turn #20), continue on the lower level path and go under the Harvey Taylor Bridge



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Turn #21: Continue on the lower level path until you see a ramp just past the Harvey Taylor Bridge. **Bear right** and go up the ramp and continue heading north on the Greenbelt path. This is approximately mile 11.

- Make sure you go up the ramp to the upper level walking path. Do not follow the lower level (see yellow Xs below) once you get to this point.
- Once you are at the top of the ramp, follow the Greenbelt path that goes right beside Front St until you get to the other side of Sunken Gardens



From here, you will continue heading north on the Greenbelt Path until you reach Vaughn St, by that time, volunteers and police should be on the course to navigate you the rest of the way