



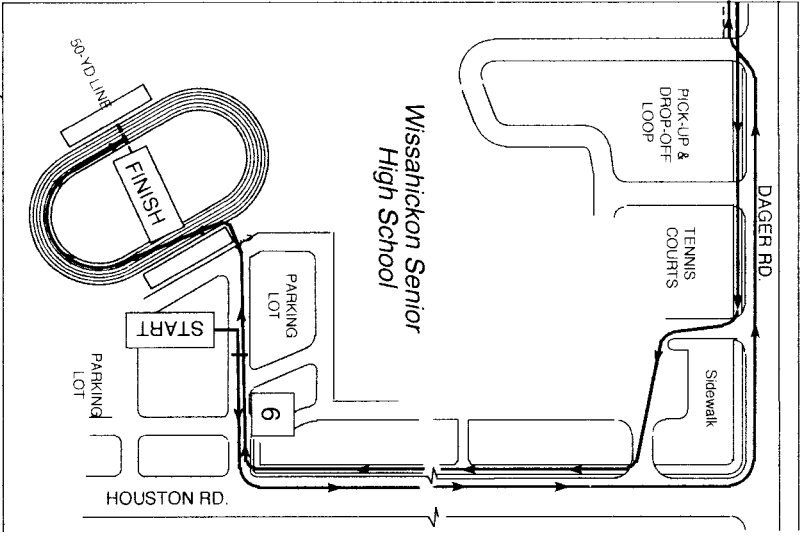
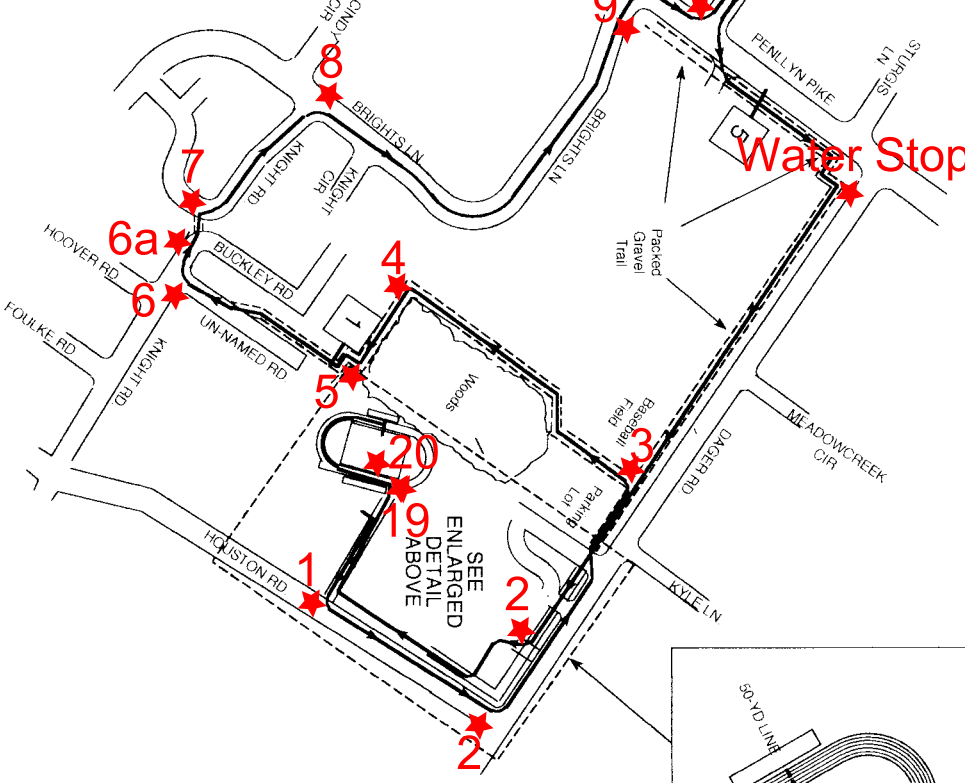
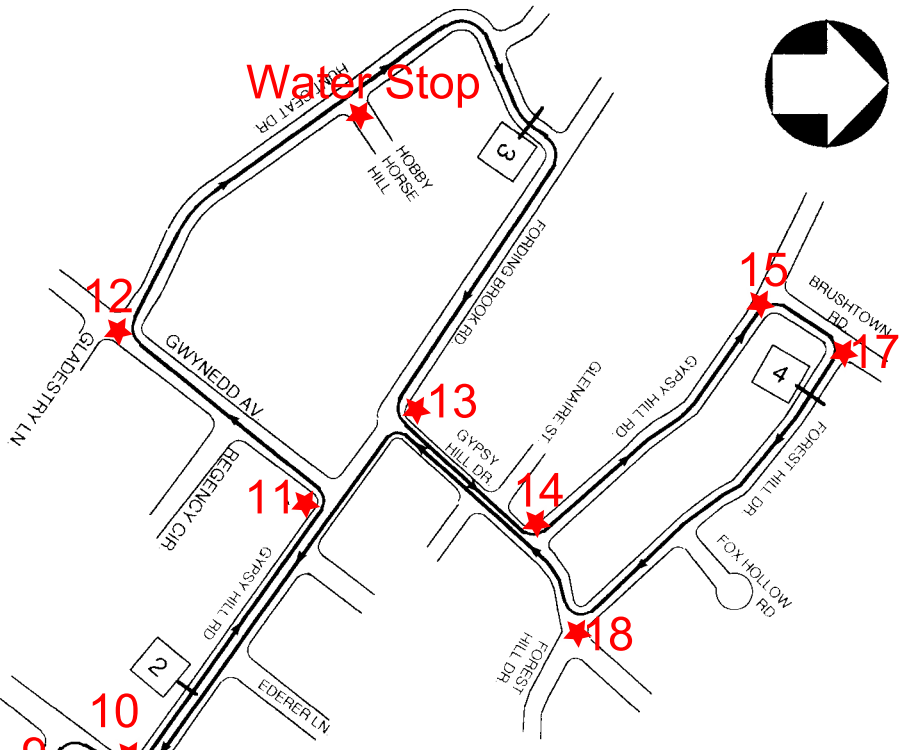
GET THE LEAD OUT 10K

Lower Gwynedd Twp., PA

USATF / RRTC
 Certification Code
PA 09013 WB
 Effective 03/23/2009 to 12/31/2019

NOTES:

COURSE HAS BEEN MEASURED IN ACCORDANCE WITH USATF/RRTC REQUIREMENTS, USING THE SHORTEST POSSIBLE ROUTE (SPR) METHOD, AND TO WITHIN 12" OF ALL CURBS AND DEFINED ROAD AND TRAIL EDGES. RUNNERS WILL HAVE USE OF FULL WIDTHS OF ROADS AND TRAILS EXCEPT AS NOTED HEREAFTER:
 1. RETURNING RUNNERS WILL BE RESTRICTED TO THE SIDEWALK ALONG DAGGER ROAD AND HOUSTON ROAD AS SHOWN IN THE ENLARGED DETAIL ABOVE.
 ELEVATIONS SHOWN ARE BASED ON VALUES OBTAINED FROM GOOGLE EARTH.COM



ELEVATIONS:

START:	300'
FINISH:	300'
HIGHEST:	322'
LOWEST:	246'

START ON THE ENTRANCE ROAD LEADING FROM HOUSTON RD TO THE STADIUM GATE, AND MORE ACCURATELY 34.5' SE OF THE 4TH LIGHTING POLE IN FROM HOUSTON RD. MARKED BY AN 'S' IN A SQUARE, 10K UNDERNEATH, 12" OUT FROM THE NE CURB. ALL IN YELLOW PAINT. THE START IS ALSO ADJACENT TO A 4 FT OPENING IN THE WOOD GUARDRAIL ON THE NE SIDE OF THE ROAD.

MILE 1: LOCATED ON THE NW SIDE OF A CRUSHED GRAVEL TRAIL ABOUT 120' NE BEYOND THE NE ENCOURB OF A PARKING LOT (TO THE SE), AND MORE ACCURATELY 15.5' SW OF AN OPEN CAST IRON GRTING OF AN AREA DRAIN ABOUT 13' TO THE SE OF THE TRAIL. MILE 1 IS MARKED BY A YELLOW-PAINTED WOOD STAKE AT THE EDGE OF THE WOODS, ABOUT 10' IN FROM THE NW EDGE OF THE TRAIL.

MILE 2: LOCATED ON THE SW SIDE OF GYPSY HILL RD, 142' SE OF THE CENTER OF EDERER LANE AND 66' SE OF UTILITY POLE #554 (LOCATED ON THE NE SIDE OF GYPSY HILL RD. MILE 2 IS MARKED BY A 'Z' IN A SQUARE, 10K UNDERNEATH, 12" OUT FROM THE SW SIDE OF THE RD.

MILE 3: LOCATED ON HUNT SEAT DR., JUST BEFORE IT CURVES INTO FORDING BROOK RD., ABOUT 280' NE OF THE MAIL BOX AT #1213 HUNT SEAT DR., AND MORE ACCURATELY 33' NE OF A MANHOLE COVER IN THE CENTER OF THE ROAD, MARKED BY A '3' IN A SQUARE, 10K UNDERNEATH, IN THE CENTER OF THE ROAD, WITH A STRIPE ON THE SE CURB, ALL IN YELLOW PAINT.

MILE 4: LOCATED ON FOREST HILL DR., APPROX 35' NW OF THE CENTER OF THE DRIVEWAY AT #1238 FOREST HILL DR., AND 2' SE OF A GREEN VERNON UTILITY BOX COVER ON THE SW SIDE OF THE ROAD MARKED BY A '4' IN A SQUARE, 10K UNDERNEATH, 12" OUT FROM THE SW CURB, IN YELLOW PAINT.

MILE 5: LOCATED ON THE GRAVEL TRAIL ON THE SE SIDE OF PENLYN PIKE, 115' SW OF THE CENTER OF A BENCH ON THE NW SIDE OF THE TRAIL, MARKED BY 3 YELLOW STRIPES ON THE SPLIT RAIL FENCE AND MARKED BY A '6' IN A SQUARE, 10K UNDERNEATH, 12" OUT FROM THE NE CURB, IN YELLOW PAINT.

FINISH ON THE W SIDE OF THE TRACK, EVEN WITH THE 50-YD LINE. NO MARKINGS OTHER THAN A SMALL YELLOW PAINT DOT WAS USED.

BILL BELLEVILLE
 ARDMORE, PA
 MARCH 2009
 CS-0921