



Sep 2005

Start: **Wellspan Health (Shrewsbury Pa.)**

Terrain: **Hilly** Climb Per Mile: **86 ft** Steepest Climb: **8%**

Key: **R = Right Turn L = Left Turn T = Thru on**

<u>Miles</u>	<u>Turn</u>		<u>Miles</u>	<u>Turn</u>	
0.0	L	Wolfe Rd.	17.5	R	Bonair Rd.
0.2	L	E. Forrest Rd. (Rte. 851E)		T	to stay on Bonair Rd. at stop sign
0.5	R	Elm Rd.	20.4	R	Holley Rd. (bear right)
1.2	R	East Tolina Rd.	20.8	L	Country Club Rd. (no sign) (immediately)
1.8	L	Crosswind Dr. (immediately)		L	Fishels Church Rd.
	R	Covington Dr.	22.0	R	Bortner Rd.
2.1	R	Old Farm Ln.	22.2	R	Sticks Rd. (Rte.216, Caution traffic)
2.3	T	Constitution Rd. (at light)	22.5	L	Narrow Guage Rd.
3.8	R	Franklin St.	23.6	R	Rockville Rd.
4.1	L	Second St.	24.4	R	Seven Valleys Rd.
4.2	L	Main St. (immediately)	24.6	R	Main St. (Rte. 616 S./216 W.)
	R	Front St.	25.2	L	Baltimore St. (Rte.616 S.)
4.5	L	E. High St.	25.8	T	Baltimore St. (at Y)
5.0	L	Singer Rd.	25.9	L	bear left cross RR tracks
5.5	R	E. Main Stt.	26.7	R	Rennoll Rd.
5.7	R	S. Shaffer Dr.	27.4	R	Glen Valley Rd. (bear right)
6.6	R	Sorrell Ridge Lane (immediately)	27.6	R	Glen Valley Rd. (Caution steep downhill)
	R	Orwig Rd.	28.1	L	Rte. 616 (no sign, narrow tunnel)
7.2	L	Singer Rd.	28.6	L	Rte. 851 E.
7.3	L	Front St.	30.0	T	Rte. 851 E. (at stop light)
8.1	L	Oakland Rd.	30.9	L	Wolfe Rd.
8.5	R	Ridge Rd. (bear right)	31.1	R	Wellspan
9.5	R	Freeland Rd.			
12.0	R	Middletown Rd.			
15.8	T	Rt. 851 W. (PA/MD State Line)			