



HANDBOOK FOR CREEK TO RIVER RELAY 2017

Thank you all for signing up for the third annual Creek to River Relay. This handbook is to ensure all of you a successful and stress free race and to make sure you get to the Conshohocken Brewing Company to enjoy some of their beer, and a snack or two. The handbook will give you directions to the start where all team members must be present with signed waivers. It will give you directions to each transition area and descriptions of each leg. Have at least one handbook in the car with you as well as water, and any energy type foods you might need.

SPECIAL ADIDAS AWARDS FOR BEST DECORATED VEHICLES, BEST TEAM NAME AND MOST SPIRIT!!!!

If you have never been on the Perkiomen Creek Trail and the Schuylkill River Trail then you are in for a treat. It is mostly flat for the entire 30 miles except for one big hill during Leg 2. The first half is mostly crushed gravel and the second half paved. The route is marked with Perkiomen Trail signs and Schuylkill River Trail signs provided by the park, but there will be small white signs with red arrows in any confusing spots. Each runner should familiarize themselves with their leg from the handbook. The trail does cross many side roads during the first four legs. Please use CAUTION when crossing these as there will be NO marshals except at the beginning of the race. Legs 3 and 4 will have to cross PA 29. Use CAUTION when crossing! The transition areas will have a volunteer checking off each team (male or female), a restroom and/or Porto potty, and limited bottled water.

GETTING TO THE START:

GPS- Deep Creek Road and Snyder Road Green Lane, PA 18054, Green Lane Park, follow signs in park to "Park Offices"

(Remember all runners need to report with waivers)

From the South-
476N (toll road)

- take the Lansdale exit #31
- turn RT on PA-63 (W. Summneytown Pike) and go 8.8 miles
- turn LT onto Perkiomenville Rd and go .7 miles
- continue onto Upper Ridge Rd for .5 miles
- turn LT onto PA-29 and go .3 miles
- turn RT onto Deep Creek Rd (there is a sign for Green Lane Park) and go .8 miles
- turn RT at Snyder Rd and drive straight into parking area and Start line!

Or PA_202,422, 29N

- follow signs for PA-422 West/Pottstown
- continue onto PA-422W for 8.0 miles
- take the PA-29 exit towards Phoenixville/Collegeville and go 2.4 miles through Collegeville

- at end (E. Main Street) turn right at traffic light and then a quick left staying on PA-29N/1st Ave and go 6.9 miles
- at traffic circle stay on PA-29N (1st exit) and go 3.0 miles
- turn LT onto Deep Creek Road (sign for Green Lane Park) and go .8 miles
- turn RT onto Snyder Rd and go straight into parking area and Start line!

From the North-
476S (toll road)

- take exit #44 Quakertown/Pottstown
- follow PA-663 towards Quakertown/Pottstown for 11.4 miles
- turn RT onto PA-663 towards Pottstown/Pennsburg and go 3.4 miles
- turn left onto Gerryville Pike and go 1.7 miles
- turn left to STAY on Gerryville Pike for 2.2 miles
- slight RT onto Hoppenville Rd and go for 1.4 miles
- continue onto Lumber St. for .2 miles
- turn RT onto PA-29N and go 427 feet
- quick left onto Hill Rd (at bend in road) and go .2 miles
- slight LT onto Green lane Road and go 1.1 miles
- turn left onto Deep Creek Road and go .6 miles
- take a left onto Snyder Rd and drive straight into parking area and Start line!

From the East-
Get onto either 476 N or 476 S and follow those directions

From the West-
US-222N

- to PA 12 East and go 7.7 miles
- turn RT onto PA-73E and go 15.7 miles
- turn LT onto PA-73E/Big Road and go 2.2 miles
- slight RT and stay on PA-73E and go 1.8 miles
- turn LT onto Snyder Rd/Township Line Rd. East and go 1.0 miles
- continue onto Little Rd for .1 mile
- continue straight onto Snyder Rd for 2.2 miles
- cross Deep Creek Rd and drive straight into park and Start line!

START TIME IS 9:00 AM! Allow plenty of time for travel

We are advising all teams to check in, drop off first leg racer and head to the first transition area. We will bring any warm up gear left behind to the finish line.

DIRECTIONS TO THE TRANSITIONS:

2ND Leg Transition- Spring Mount and Clemmers Rd
GPS- Spring Mtn. Rd and Main St Schwenksville,PA 19473

- go out Snyder Rd
- turn LT onto Deep Creek Rd and go .8 miles
- turn RT onto PA-29S and go 3.9 miles (stay on PA-29 around traffic circle)
- turn LT onto Spring Mtn. Rd and go .8 miles
- turn RT at 3 way stop sign onto Main St.
- go across bridge and park at the ski area on the right
- EXCHANGE ZONE is at the bridge and entrance to trail. Very IMPORTANT to get Leg one into vehicle quickly and head to next transition!

3RD Leg Transition-CPVP Trailhead (Central Perkiomen Valley Park)

GPS- 1 Plank Rd Collegeville, PA 19426

- Go over the bridge to 3 way stop
- turn LT onto Spring Mtn. Rd. and go .8 miles back to PA-29
- turn LT onto PA-29S and go 2.2 miles
- turn LT onto Plank Rd. The road is closed due to construction, but the entrance to the park is open!
- turn RT into parking lot and drive to back near restrooms
- EXCHANGE ZONE is across from restrooms on trail

4TH Leg Transition- Collegeville- PA29 and Park Ave CVS and Dunkin Donuts

GPS- CVS Pharmacy Park Ave, Collegeville,PA

- LT onto Plank Rd
- turn LT onto PA 29 (Traffic light is out due to construction= caution)-and go 3.9 miles
- turn RT onto E. Main St and go 318 feet
- Turn left Rte 29/2nd Ave
- EXCHANGE ZONE is at Park Ave and PA 29(Leg 3 must cross PA 29 at start. CAUTION!)
- Park in either CVS or in the Marketplace Shops of Collegeville (right before exchange zone)

5TH Leg Transition- Greater Philadelphia Expo Center in Oaks (in the very back! Intersection of Perkiomen Mill Loop and Station Ave. Exchange is at bottom of hill on trail.

GPS-Station Ave, Oaks, PA

- turn RT onto PA-29S and follow signs to PA-422 about 2.2miles
- get onto PA-422 East towards King Of Prussia
- take the Oaks exit
- Turn LT at bottom of ramp (away from 422)
- turn LT at either next two LT's onto either Perkiomen Mill Loop or Station Ave
- Follow either road to the very back where they intersect
- park near the porto potty and trail entrance, and walk down path
- EXCHANGE ZONE is where Perkiomen Trail and Schuylkill River Trail meet
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6TH Leg Transition (final)- Norristown Septa Transportation Center and Dekalb Pike (on trail)

GPS- Norristown Transportation Center

- turn RT onto Egypt Rd (underneath 422)and go 3.8 miles
- turn RT onto Main Street and go 2.0 miles
- cross rte. 202/ Markley St.
- take right on Dekalb pike and go under tracks
- park at Septa Lot on right or go over bridge and make a left into the Conshy Brewing Parking lot.....
THE PARTY!!!

GPS- Conshohocken Brewing Co. Bridgeport

- DRINKING ZONE (brewery) is on the left across bridge. Finish line is in the parking lot behind it!
CONGRATULATIONS!!!!

LEG DESCRIPTIONS (please note all distances are approximations)

LEG 1- 5.2 miles from Green Lane Park to Spring Mount

- The First mile is the only confusing part. Trail will be marked with red arrows and marshalled at the intersection of PA-29
- The only hills (small) are in this first mile and lots of twists and turns
- The last 4.0 miles are FLAT on crushed gravel
- There are a couple of small road crossings so use CAUTION

LEG 2- 3.05 miles from Spring Mount to Central Perkiomen Valley Park

- Trail is paved for first mile and there is a SIGNIFICANT HILL at 1/2 mile...12% grade for .3 miles
- Trail becomes gravel and rolls gently until halfway point (wooden bridge)

- Flat with two little bumps until exchange at the end of the park

LEG 3- 4.88 miles from Central Perkiomen Valley Park to Colledgeville CVS

- Path changes from gravel to pavement throughout
- One little hill at halfway point over a bridge
- Lots of twists and turns!
- CAUTION when crossing PA-29 with about 1.4 miles to go
- CAUTION when crossing E. Main St at the Colledgeville Diner (trail is to the right of diner's driveway)
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LEG 4- 5.2 miles from Colledgeville to Oaks

- Mostly flat and gravel until the last mile which is paved
- IMPORTANT- cross PA-29 with CAUTION! Trail is to the left after crossing.
- Just before 1 mile trail crosses a road. Turn left and then quick right back onto trail
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- At around 2 miles there are two road crossings with blind corners Use CAUTION!
- Just after 3 miles the gravel trail ends at a road
- Turn left down the hill towards the river
- Turn right onto trail and just under 2 miles until the exchange zone

LEG 5- 6.8 miles from Oaks to Norristown

- Mostly flat and paved the whole way
- up the hill and over the bridge!
- In a couple of miles you will come to Betzwood ...keep going!
- Flat and boring all the way to Norristown Transportation Center (the trail bears right after crossing the bridge 1/4 mile before finish)

LEG 6- 4.87 miles from Norristown to Conshohocken out and back. There will be a marshal at turn around

- Flat and paved the whole way
- Just over a half mile in (at the smelly sewer treatment center) the trail goes down a hill and back around to the right...slight up hill
- Turn around is near Norris Sales Company Building)
- Go back towards the Norristown train station and the exchange zone which is the FINISH!
- POST RACE PARTY is just over the bridge at Conshohocken Brewing Company!
- One free beer with race number (must show) and one free beer with drink ticket.
- Light snacks will be served! Restaurant's kitchen will be open for you to buy lunch.
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SEE YOU NEXT YEAR! POST STUFF ON FACEBOOK, TWITTER, AND INSTAGRAM! SPREAD THE WORD

