

Course Restrictions: Runners run on the right side of the road running with traffic at all times and do not cross the centerline of the road. Runners run in a counterclockwise direction around the cul-de-sac on Farmstead Rd. Runners make the left turn by crossing over at the break in the double yellow lines. Runners cut across Pocono Rd starting at utility pole DN2195 250SOD to the parking lot entrance running the the finish.