

0.0	R	Cowpath Road Leaving ICF
0.1	R	Reliance Road
0.7	L	Godshall Road
1.0	R	Lower Road
1.5	TL-S	x Allentown Road
1.7	R	Lower Road
2.8	R	School House Road
3.1	S	School House Road (@ Kulp)
3.8	TL-S	x Route 113
4.1	R	Indian Creek Road
4.3	L	Clemens Road
4.9	R	Hunsicker Road
5.4	SS-S	Kellers Creamery Road

5.6	L	HunsickerCrestwood Drive
6.4	R	Creamery Road
6.8	L	Allentown Road
7.0	R	Green Hill Road
8.0	R	Cowpath Road
8.1	Rest Stop- Chestnut Grove Park	
	Rest Stop- CLOSSES at 10:30	
8.1	R	Out of Rest Stop (Cowpath Road)
9.9	R	into driveway end at ICF

Key:

L=Left	BR=Bear Right
R=Right	BL=Bear Left
S=Straight	QR=Quick Right
SS=Stop Sign	QL=Quick Left
TL=Traffic Light	

Route Markings:

Route is marked with white arrows (< >)

Rest Stop:

8.5 miles -Chestnut Grove Park

SAG ASSISTANCE

Dick Fox 610-754-9174

Jim & Josh Frederick 215-480-8034

Please Check in at Finish

**ALL SERVICES END AT MAIN
CAMPUS AT 1:30PM!!!**

0.0	R	Cowpath Road Leaving ICF	10.6	L	Out of Rest Stop (Cowpath Road)
0.1	R	Reliance Road	11.8	R	Barndt Road
0.7	L	Godshall Road	11.9	SS-S	County Line Road
1.0	R	Lower Road	12.0	BR	Barndt Road
1.5	TL-S	x Allentown Road	12.7	R	Simmons Road
1.7	SS	Forman Road	13.4	R	Branch Road
2.7	L	School House Road	13.5	BR	Cathill Road
2.9	R	Skippack Creek Rd	13.6	L	Quarry Road
3.5	R	Fretz Road	13.8	SS-S	Clymer Road
3.9	R	Yoder Road	14.2	R	Meetinghouse Road
5.1	R	Kulp Rd	14.8	SS-S	State Road
5.7	L	School House Road	15.0	SS-S	Old State Road
6.4	TL-S	x Rt 113	15.8	R	Reliance Road
6.7	R	Indian Creek Road	16.0	TL-S	Main Street
6.9	L	Clemens Road	16.7	R	Railroad Avenue
7.5	R	Hunsicker Road	17.2	SS-S	Broad Street
8.0	SS-S	Kellers Creamery Road	17.9	SS-S	Church Road
8.2	L	Hunsicker/Crestwood Drive	18.3	L	Forrest Road
8.9	R	Creamery Road	18.6	L	Cowpath Road
9.7	L	Allentown Road	19.2	TL-S	Church Road
9.9	R	Green Hill Road	19.6	TL-S	x Telford Pike
10.6	R	Cowpath Road	19.9	TL-S	x Rt 113
	R	Rest Stop-Chestnut Grove Pk	20.0	R	ICF
		Ends 10:30			

Key:

L=Left
 R=Right
 S=Straight
 SS=Stop Sign
 TL=Traffic Light
 BR=Bear Right
 BL=Bear Left
 QR=Quick Right
 QL=Quick Left

Route Markings:

Route is marked with white arrows (< >)

Rest Stop:

10.6 miles -Chestnut Grove Park

SAG ASSISTANCE

CALL:

Dick Fox 610-754-9174

Jim & Josh Frederick 215-480-8034

Please Check in at Finish

**ALL SERVICES END AT MAIN
CAMPUS AT 1:30PM!!!**

0.0	R	Cowpath Road Leaving ICF
0.1	R	Reliance Road
0.7	L	Godshall Road
1.0	R	Lower Road
1.5	TL-S	x Allentown Road
1.7	SS	Forman Road
2.7	L	School House Road
2.8	R	Skippack Creek Rd
3.4	R	Fretz Road
3.8	R	Yoder Road
4.9	R	Kulp Rd
5.7	L	School House Road
6.4	TL-S	x Rt 113
6.7	R	Indian Creek Road
6.9	L	Clemens Road
7.1	R	Hunsicker Road
8.0	SS-S	Kellers Creamery Road
8.2	L	Hunsicker/Crestwood Drive
9.0	R	Creamery Road
9.4	L	Allentown Road
9.6	R	Green Hill Road

10.6	R	Cowpath Road
10.7	R	Rest Stop-Chestnut Grove Pk- Ends 10:30
10.7	L	Out of Rest Stop onto Cowpath
11.4	R	Barndt Road
11.4	SS-S	x County Line Road
11.6	L	Gold Mine Road
12.6	L	Ridge Road
12.8	R	Thousand Acre Road
14.5	R	Allentown Road
14.9	L	Finland Road
15.9	R	Old Woods Road
16.7	R	Wright Road
17.4	L	Esten Road
17.8	L	Trumbauersville Road
18.5	R	Canary Road
20.2	L	Fennel Road
21.0	SS-S	x Fels Road
22.2	L	Miller
23.4	L	Finland Road
23.8		Rest Stop Finland Park- CLOSES at 10:30
24.2	L	Upper Ridge Road
24.4	BL	Haring Road
24.6	S	becomes Carvers Hill Road
25.3	R	Trumbauersville Road

27.2	L	Swamp Creek Road
27.4	BR	Swamp Creek Road
30.5	L	at Magazine SPLIT (Stay on Swamp Creek)
30.7	L	Gerryville Pike
30.9	L	Sumneytown Pike - Rt 63
32.3	L	Ridge Road
32.8	SS-S	becomes Moyer Road
33.4	L	Cressman Road
33.9	R	Morwood Road
34.8	BL	Fretz Road
35.8	R	Dietz Mill Road
36.3	R	Allentown Road
36.7	L	Rising Sun Road
37.6	L	Morwood Road
38.0	R	Cowpath Road
38.8	TL-S	x Telford Pike
39.1	TL-S	x Harleysville Pike
39.2	R	ICF

Key:

L=Left	BR=Bear Right
R=Right	BL=Bear Left
S=Straight	QR=Quick Right
SS=Stop Sign	QL=Quick Left
TL=Traffic Light	

Route Markings:**Route is marked with white arrows (< >)****Rest Stops:**

10.6 mile - Chestnut Grove Park
23.8 mile - Finland Road Park

SAG ASSISTANCE**CALL:**

Dick Fox 610-754-9174

Jim & Josh Frederick 215-480-8034

Please Check in at Finish

**ALL SERVICES END AT MAIN
CAMPUS AT 1:30PM!!!**

0.0	R	Cowpath Road Leaving ICF
0.1	R	Reliance Road
0.7	L	Godshall Road
1.0	R	Lower Road
1.5	TL-S	x Allentown Road
1.7	SS	Forman Road
2.7	L	School House Road
2.8	R	Skippack Creek Rd
3.4	R	Fretz Road
3.8	R	Yoder Road
4.9	R	Kulp Rd
5.7	L	School House Road
6.4	TL-S	x Rt 113
6.7	R	Indian Creek Road
6.9	L	Clemens Road
7.1	R	Hunsicker Road
8.0	SS-S	Kellers Creamery Road
8.2	L	Hunsicker/Crestwood Drive
9.0	R	Creamery Road
9.4	L	Allentown Road
9.6	R	Green Hill Road
10.6	R	Cowpath Road
10.7	R	Rest Stop-Chestnut Grove Pk- Ends 10:30
10.7	L	Out of Rest Stop onto Cowpath
11.4	R	Barndt Road
11.4	SS-S	x County Line Road
11.6	L	Gold Mine Road

30.8	SS-S	x Geryville
31.0	R	Summenytown Pike Rt 63
31.2	L	Perkiomenville Road
31.9	BL	becomes Upper Ridge Road
32.4	L	Gravel Pike - Rt 29
32.7	R	Deep Creek Road
36.9	SS-S	becomes Shultz Road
37.7	L	Little Road
38.4	L	Church Road
38.6	R	Little Road
39.4	R	Renninger Road
40.5	TL-S	x Big Road (Skippack Pike) Rt 73
40.5	becomes	New Hanover Square Road
43.1	TL-L	Swamp Pike
43.2	QL	Wagner Road
44.0	L	Faust Road
44.8	R	Mill Road
45.9	L	Steinmetz Road
45.9	QR	Laver Road
46.8	R	Neifer Road
47.0	L	Highland Road
48.0	L	Ryanford Road
48.6	R	Gerloff Road
49.4	R	Yerger Road
49.7	R	Delphi Road
49.9	BL	becomes Mine Hill Road
50.2	L	Meng Road

**ALL SERVICES END AT MAIN
CAMPUS AT 1:30PM!!!**

12.7	L	Ridge Road
12.9	R	Thousand Acre Road
14.6	R	Allentown Road
15.0	L	Finland Road
16.0	R	Old Woods Road
16.8	R	Wright Road
17.5	L	Esten Road
17.9	L	Trumbauersville Road
18.6	R	Canary Road
20.3	L	Fennel Road
21.1	SS-S	x Fels Road
22.3	L	Miller
23.5	L	Finland Road
23.9		Rest Stop - Marlborough Park- CLOSSES at 11:00
24.3	L	Upper Ridge Road
24.5	BL	Haring Road
24.7	S	becomes Carvers Hill Road
25.4	R	Trumbauersville Road
26.0	R	Upper Ridge Road
26.2	L	Swamp Creek Road
27.3	L	Swamp Creek Road
27.5	BR	Swamp Creek Road
30.6	S	Magazine Road

51.0	L	Cemetery Road
51.0	QR	Gravel Pike (Skippack Pike) Rt 73
51.1	TL-L	Spring Mount Road
51.9	R	Spring Mount Road
52.3		Rest Stop Spring Mountain Parking Lot- CLOSSES at 12:00
	L	OUT OF Rest Stop to Clemer's Mill Road
52.6	R	Clemer's Mill Road
53.5	BR	Salford Station Road
54.2	L	Wolford Road
55.1	L	Old Skippack Road
55.6	R	Potato Road
56.2	R	Old Sumneytown Pike
56.7	BL	Bergey Road
56.8	L	Long Mill Road
56.9	SS-S	x Sumneytown Pike Rt 63
57.3	L	Moyer Road
57.4	R	Cressman Road
58.2	R	Morwood Road
58.6	BL	Fretz Road
59.7	R	Dietz Mill Road
60.2	R	Allentown Road
60.5	L	Rising Sun Road
61.5	L	Morwood Road
61.7	R	Cowpath Road
62.6	TL-S	x Telford Pike
62.9	TL-S	x Harleysville Pike
63.0	R	ICF

SAG ASSISTANCE

Dick Fox 610-754-9174 Jim & Josh Frederick
215-480-8034 Route is marked with white arrows (< >)

INDIAN CREEK ROLL STROLL & RUN
1k Route

<u>Distance</u>	<u>Direction</u>	
0.0	Left	On to Smokepipe
0.7	Right	On to Route 113 (turn at corner)
	Straight	On Route 113 to Cowpath Road
	Right	Onto Cowpath Road
1.0	Straight	Back to Indian Creek Foundation building

INDIAN CREEK ROLL STROLL & RUN

5k WALK Route

<u>Distance</u>	<u>Direction</u>	
0.0	Left	Onto Smokepipe
0.7	Right	Onto Route 113
1.3	Straight	Through Light at Cowpath, continue on Route 113
1.6	Left	At Light into school parking lot, walk path on right
1.9	Right	At bottom of path, follow driveway
2.0	Straight	Through stop sign, continue to follow driveway
2.1	Right	Onto Fourth St.
2.5	Straight	Cross Reliance, Fourth St. becomes Railroad Ave.
2.7	Right	Onto Harrison
2.8	Left	Into alley (marked with Roll and Stroll sign)
2.9	Straight	To rest stop in church parking lot
2.9	Left	Out of church parking lot on Clarion
3.1	Right	Onto Railroad Ave.
3.2	Right	Onto Summit St.
3.3	Straight	Across Main St., continue on Summit St.
3.5	Straight	Across Wile Ave., continue on Summit St.
3.7	Right	Onto Colonial Ave.
3.9	Right	Onto Reliance Rd.
4.0	Straight	Cross Wile Ave.
4.2	Left	Onto Main St. (Route 113)
4.4	Straight	Through light at school
4.8	Left	Onto Cowpath Rd.
5.0	Right	Finish Line

RSR 5K RUN NEW

3.11 mi

Distance

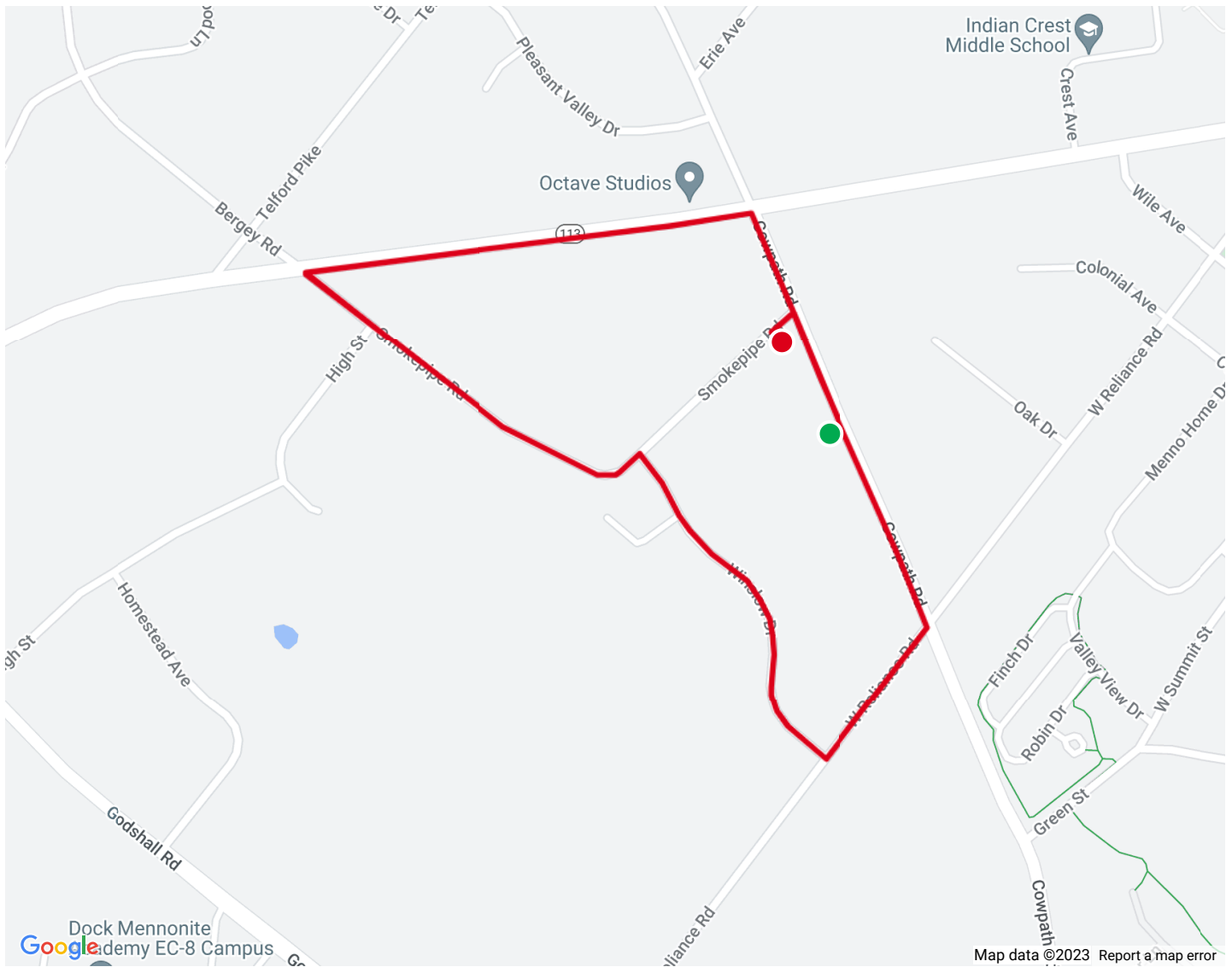
224 ft

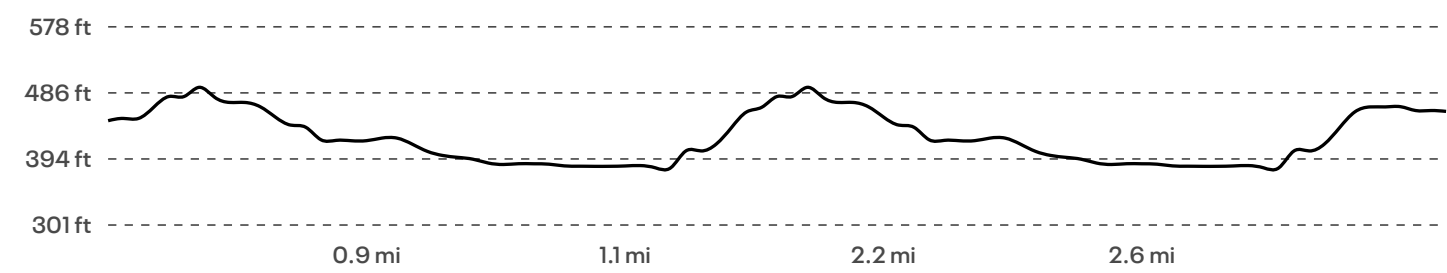
Elevation Gain

Run

Activity Type

Notes





DISTANCE (MI)	DIRECTION
0.00	Head northeast
0.01	Head northwest on Cowpath Rd toward Smokepipe Rd
0.20	Head west on PA- 113 N toward Smokepipe Rd
0.56	Head southeast on Smokepipe Rd toward High St
0.89	Head southeast on Winslow Dr toward W Reliance Rd
1.19	Head northeast on W Reliance Rd toward Cowpath Rd
1.32	Head north on Cowpath Rd toward W Reliance Rd
1.69	Head west on PA- 113 N toward Smokepipe Rd
2.05	Head southeast on Smokepipe Rd toward High St
2.38	Head southeast on Winslow Dr toward W Reliance Rd
2.68	Head northeast on W Reliance Rd toward Cowpath Rd
2.81	Head north on Cowpath Rd toward W Reliance Rd
3.09	Head northwest on Cowpath Rd toward Smokepipe Rd
3.09	Turn left onto Smokepipe Rd
3.11	Head southeast
3.13	Destination