






### Legend

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 Start/Finish line is located near the top of The Wall on Lyceum Ave above Manayunk Ave.
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 Sprint Spot is located on Main St in Manayunk at Cotton St.
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 Feed Zone is located on Kelly Drive in the River Parking Lot near the permanent bleachers.
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 King/Queen of the Mountains is at the top of Lemon Hill in Fairmount Park and at the top of The Wall.
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 The race is running inbound and outbound on the same road opposite the normal flow of traffic along these parts of the route.

### The Route

The race route is 12 miles long.  
 The men are doing 10 laps for a total of 120 miles.  
 The women are doing 5 laps for a total of 60 miles.  
 The women start at 8:30AM and the men at noon.