



REEBOK RAGNAR PENNSYLVANIA 2017

OFFICIAL RACE BOOK

5.18.2017 UPDATES

Leg 1: Updated turn-by-turn directions on trail system

Leg 35: Updated leg map and turn-by-turn directions. Leg distance decreased from 8.9 miles to 7.1 due to delayed construction allowing runners to continue on Dotters Corner Rd and avoid the loop on Memorial Drive and Smith Rd.

MEET THE RACE DIRECTOR

*Guess who's back, back again
Ragnar Pennsylvania is back,
Tell a friend!*

To bring back the magic of Ragnar Pennsylvania is race director Olivia Darrow.

Starting in Lancaster, PA this 200mile course will take runners into the green grass of Amish country before heading high up into the mountains. There are plenty of rolling hills, lots of wide open space, and beautiful views.

Lace up those shoes, stretch out your legs, and don't forget to hydrate. It's gonna be a hilly 200miles. Good luck!



Race Director, Olivia Darrow

Tell us a little about yourself!

I currently live in Utah, but I'm originally from the great state of Montana! I love to ski, run, hike, and explore everything the outdoors has to offer. I love dogs. Even though I'm allergic and they make me sneeze like crazy. And gnomes. I love gnomes.

Favorite part of the course?

I love the beginning of the course as it winds through Amish Country. I remember driving the course for the first time and loving the cultural differences.

Are you a runner yourself?

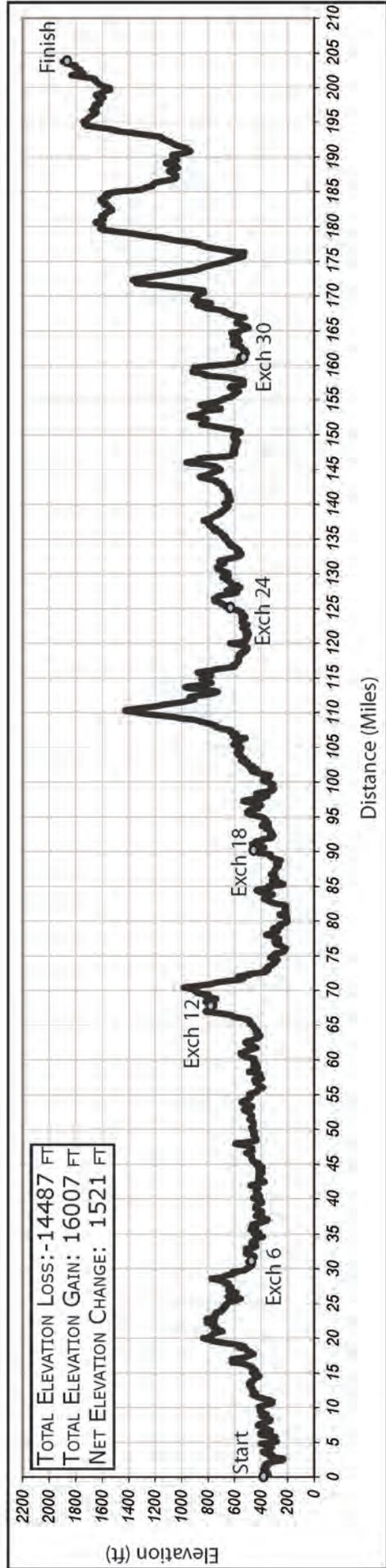
I am! I started out running in middle school on a run for fun club, then ran semi-competitively in high school, and now I'm back running for the fun of it! I definitely still have a competitive side, but running for fun is way more FUN! I mean, who doesn't want to run in a tutu?

What Ragnar Relays have you ran?

I started off by running with a bunch of awesome strangers at Napa 2015. It was great! And last year, in 2016, I ran Snowmass (trail relay) with a few college friends. Two totally different, but equally amazing experiences. Hoping to squeeze in another one this year! Which one should I run?

What is your favorite thing about Ragnar?

Well...First, I'm lucky enough to call Ragnar my 9-5 Monday thru Friday job. And that's pretty neat! Second, I love that we take running, a usually competitive sport, and turn it into this incredible experience. For some participants, they do it for the top finisher place. For others, they do it for the tutus, van decorations, and crazy talks at 2AM with their teammates in the stinky van. For others, it's both. Ragnar is what you make of it. Just don't forget to have fun. And please, please...where a tutu!



TOTAL ELEVATION LOSS: -14487 FT
 TOTAL ELEVATION GAIN: 16007 FT
 NET ELEVATION CHANGE: 1521 FT

MAP SYMBOL LEGEND



Exchange



Tenth-Mile Marker



Mile Marker



Runner Route



Van Route



Water Station



Trail Entrance and Exit



Trail Entrance

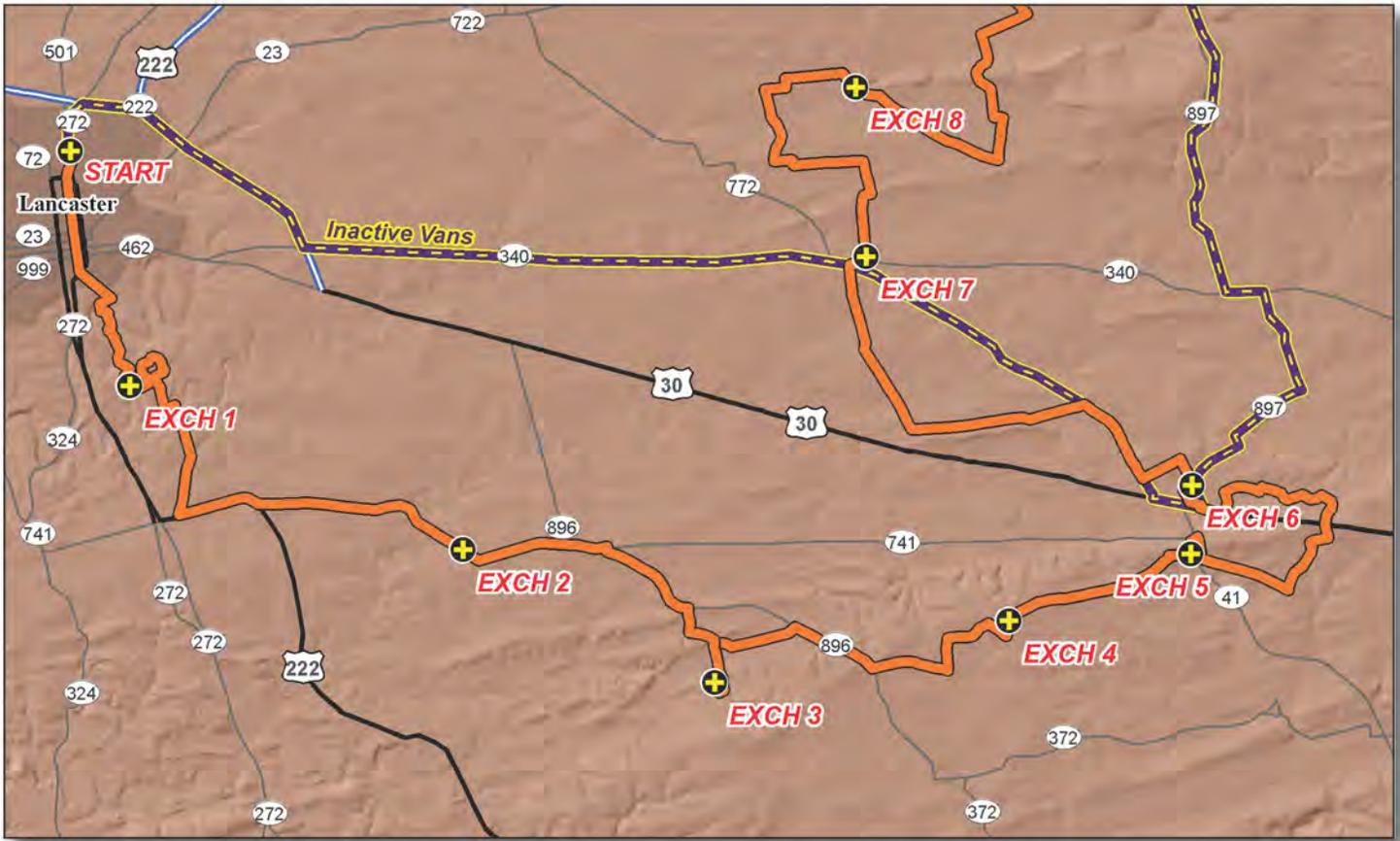


Trail Exit



No Van Support Segment

VAN 1 -- LEGS 1-6 -- 31.4 MILES



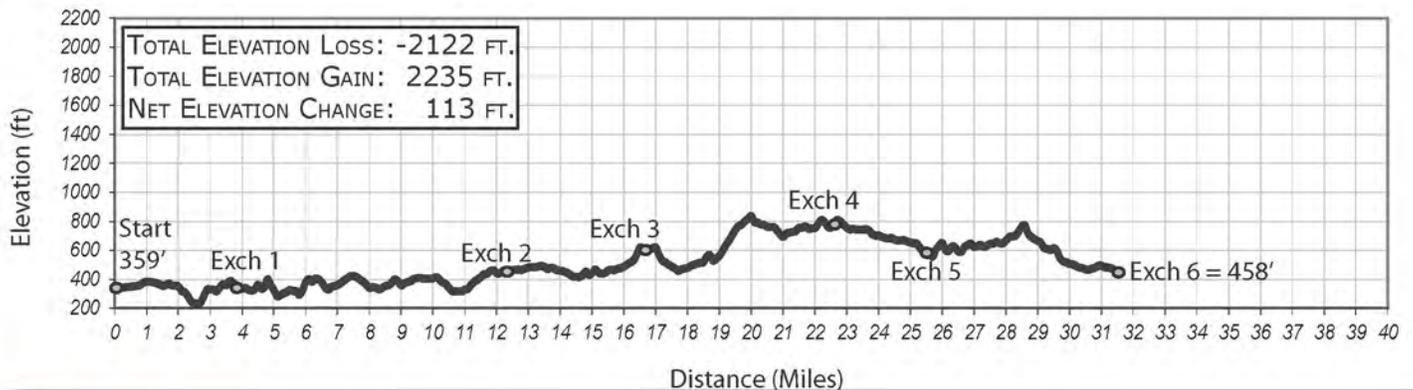
Inactive Van Directions (Start Line to Exchange 6)

- 0.0 Depart Start Line heading North on Lititz Pike
- 0.7 Keep right at the fork to go on PA-272/Oregon Pike.
- .69 Merge onto US-30 E/Lincoln Hwy E toward Reading/Philadelphia.
- 1.74 Turn left onto White Horse Rd
- 4.29 Take the PA-340/Old Phila Pike exit
- 4.45 Keep left to take the ramp toward

- 4.5
- 11.86
- 17.26
- 17.93
- 18.08

- Intercourse
- Turn left onto Old Philadelphia Pike/PA-340.
- Turn slight right onto E Newport Rd/PA-772.
- Turn left onto Lincoln Hwy/US-30 E
- Turn left onto White Horse Rd/PA-897.
- Arrive at Exchange 6

- Start Line Address:
Stauffer Park
1241 Lititz Pike
Lancaster PA 17601
- Exchange 6 Address:
Salisbury Township Community Park
777 White Horse 27 Rd
Gap, PA 175



LEG I -- 3.9 MILES -- MODERATE -- FULL VAN SUPPORT

LEG 1 -- 3.9 MILES -- MODERATE

Exchange 1 Address:

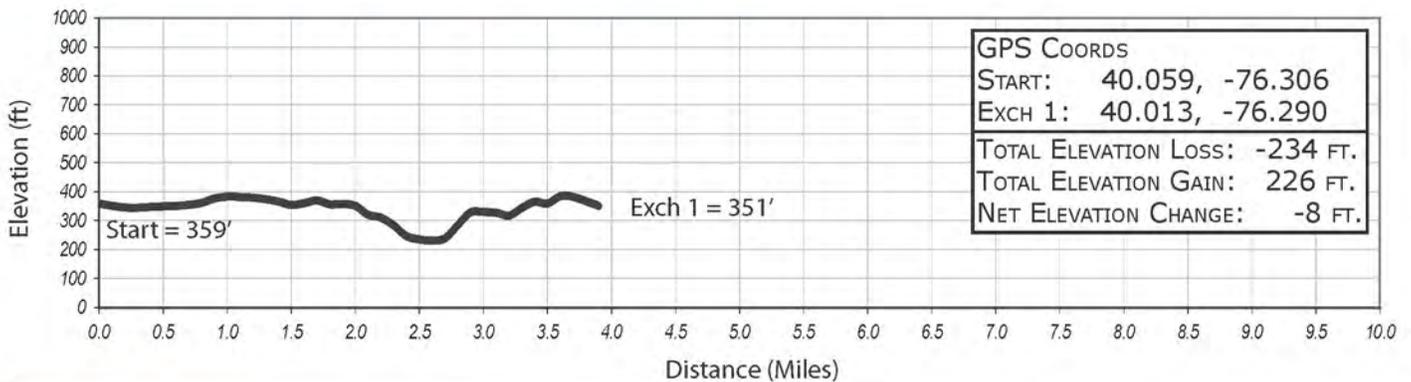
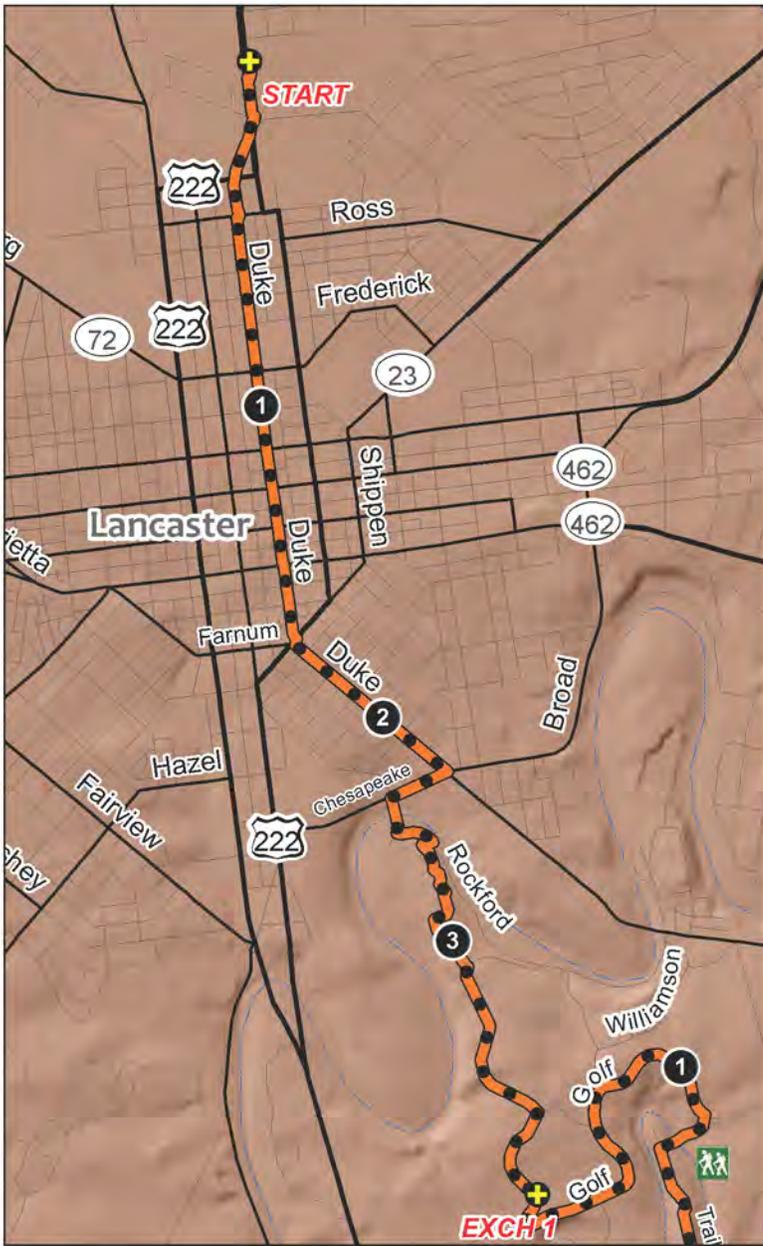
Lancaster County Central Park, Ballfield 2
 1050 Rockford Rd
 Lancaster, PA 17602
 GPS: 40° 0'46.83"N, 76°17'24.29"W

Leg Notes:

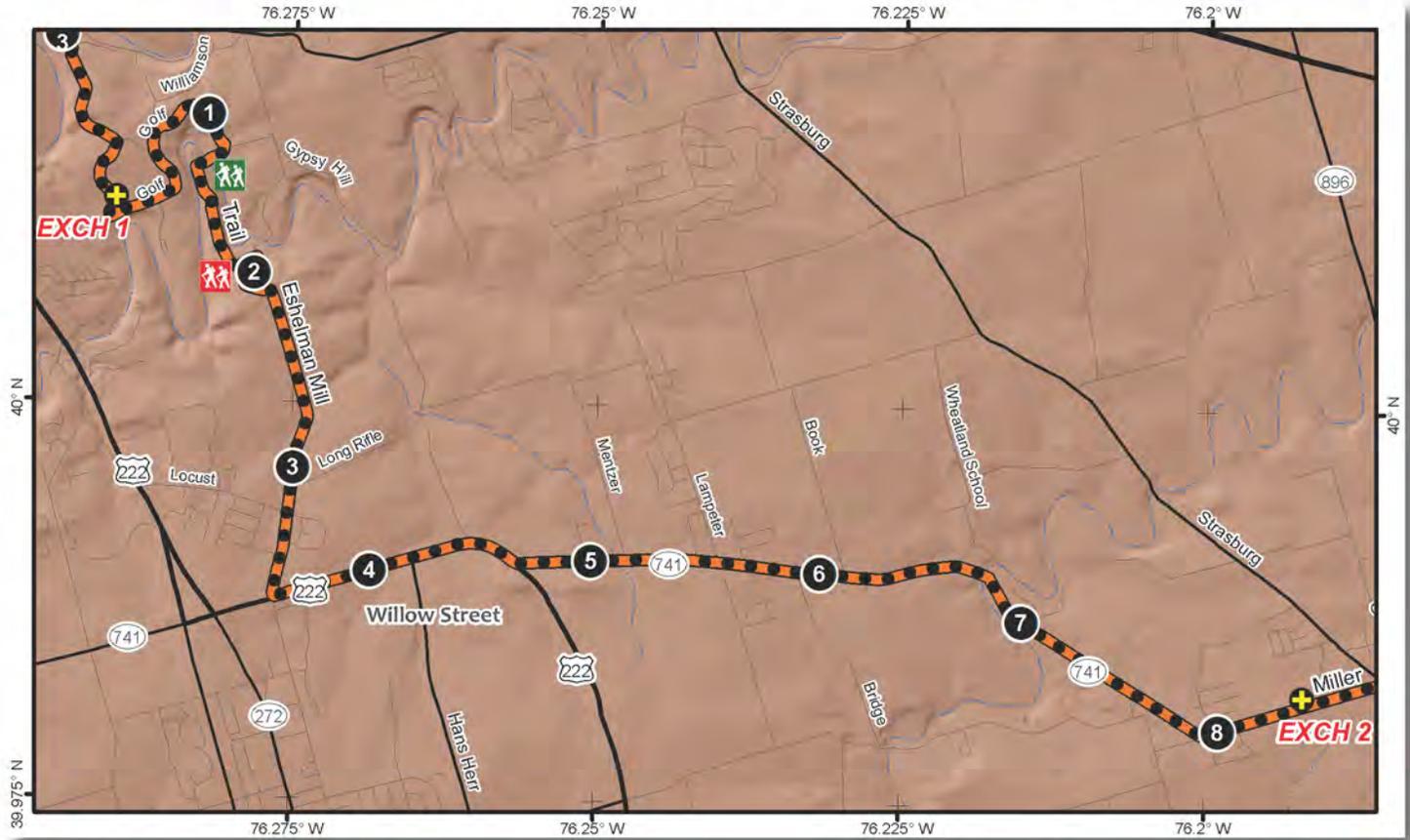
Only support your runner where it is safe & legal.

Leg Legend:

- 0.0 Depart the start line heading south on Lititz Pike
- 0.5 Lititz Pike turns into N Duke St, continue straight
- 1.65 Veer left onto S Duke St
- 2.2 Turn right onto Chesapeake St
- 2.4 Turn left onto E Strawberry St
- 2.5 Turn left onto Rockford Rd
- 2.63 At the Garden of 5 Senses Parking Lot (on your right) bear right into the lawn area in front of the Garden and follow the CVA Trail (BLUE blazes) into the wood line. The blazes will become BLUE & YELLOW
- 2.92 At the fork in the trail it, stay right to follow the YELLOW blazes to stay on the Warbler Trail.
- 3.1 Follow the Warbler Trail to City View Drive. Make a right onto City View Drive.
- 3.9 Arrive at Exchange 1



LEG 2 -- 8.4 MILES -- VERY HARD -- FULL VAN SUPPORT



LEG 2 -- 8.4 MILES -- VERY HARD

Exchange 2 Address:
 Strasburg Jaycee Park
 218B Miller Street
 Strasburg, PA 17579
 GPS: 39°58'55.26"N 76°11'31.35"W

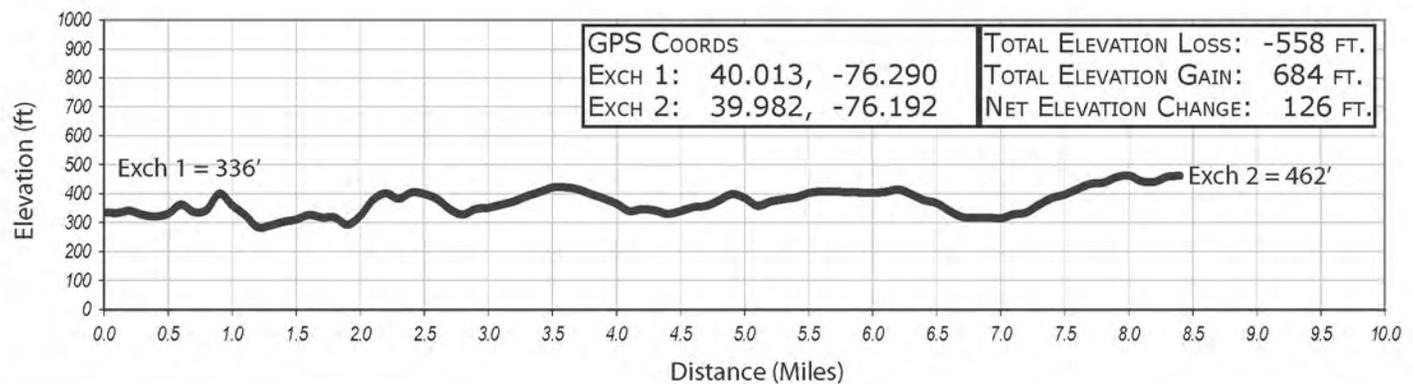
Leg Notes:
 Only support your runner where it is safe & legal.

Leg Legend:

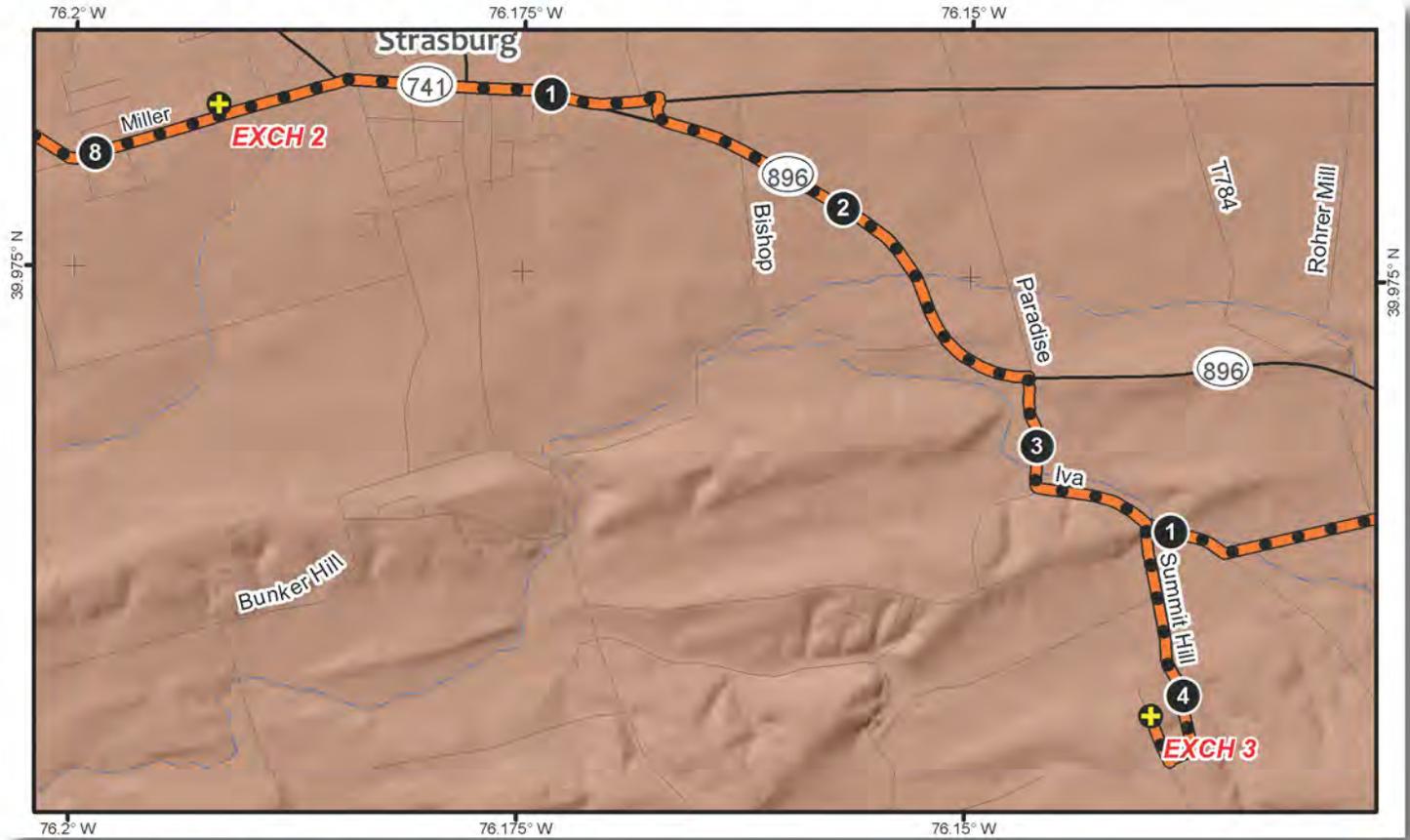
- 0.0 Depart Exchange 1 heading Southeast on Farmview Dr
- 0.33 Turn left onto Golf Rd
- 0.66 Turn left onto Kiwanis Drive
- 0.99 Continue Straight on Kiwanis Drive
- 1.32 Turn right onto Eshelman Mill Rd
- 1.65 Turn left onto Beaver Valley
- 1.98 Turn right onto Eshelman Mill Rd
- 2.31 Turn left onto Mill Creek Trail
- 2.64 Turn left onto Long Rifle
- 2.97 Turn left onto Willow Street
- 3.30 Turn left onto Beaver Valley
- 3.63 Turn left onto Beaver Valley
- 3.96 Turn right onto Eshelman Mill Rd
- 4.29 Turn left onto Farmview Dr
- 4.62 Turn left onto SR 741/Village Rd
- 4.95 Continue straight onto Miller Street
- 5.28 Arrive at Exchange 2

- 4.7 Turn left onto SR 741/Village Rd
- 7.9 Continue straight onto Miller Street
- 8.4 Arrive at Exchange 2

Van Directions:
 Follow Runner Directions



LEG 3 -- 4.4 MILES -- MODERATE -- FULL VAN SUPPORT



LEG 3 -- 4.4 MILES -- MODERATE

Exchange 3 Address:
 Church At Timberline
 30 Timber Ln
 Strasburg, PA 17579
 GPS: 39°57'22.40"N, 76° 8'22.63"W

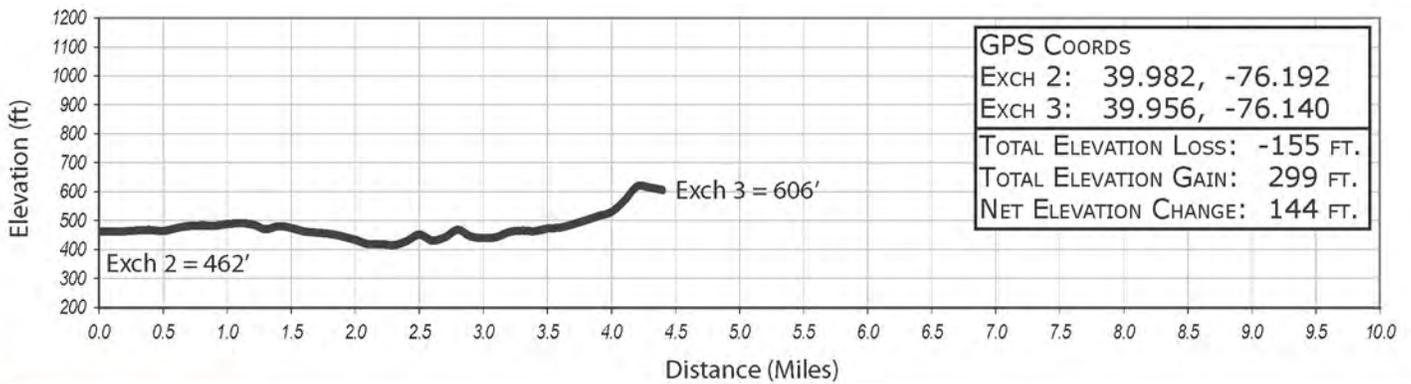
Leg Notes:
 Only support your runner where it is safe
 & legal.

Leg Legend:

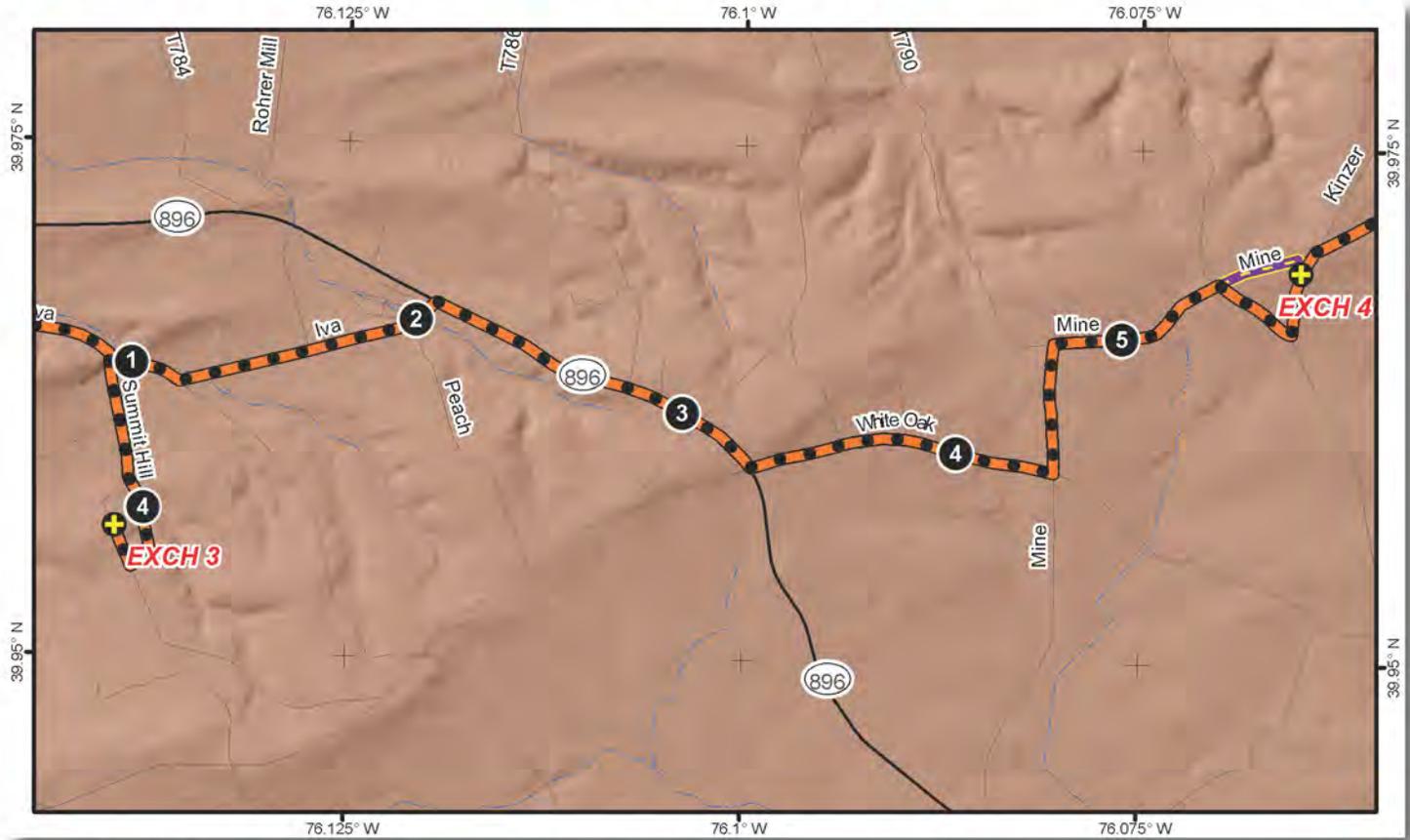
- 0.0 Depart Exchange 2, continue on Miller Rd
- 2000ft Veer right to stay on SR 741/E Main St
- 1.15 Veer left onto SR 741/Gap Rd
- 1.3 Turn right onto SR 896/Georgetown Rd
- 2.8 Turn right onto Paradise Ln
- 3.8 Turn left onto Iva Rd
- 4.1 Turn right onto Summit Hill Dr
- 4.2 Turn right onto T 447
- 4.4 Arrive at Exchange 3

Van Directions:

Follow Runner Directions



LEG 4 -- 5.9 MILES -- HARD -- FULL VAN SUPPORT



LEG 4 -- 5.9 MILES -- HARD

Exchange 4 Address:
 Calvary Monument Bible Church
 1660 Mine Rd
 Paradise, PA 17562
 GPS: 39°58'8.61"N, 76° 3'53.87"W

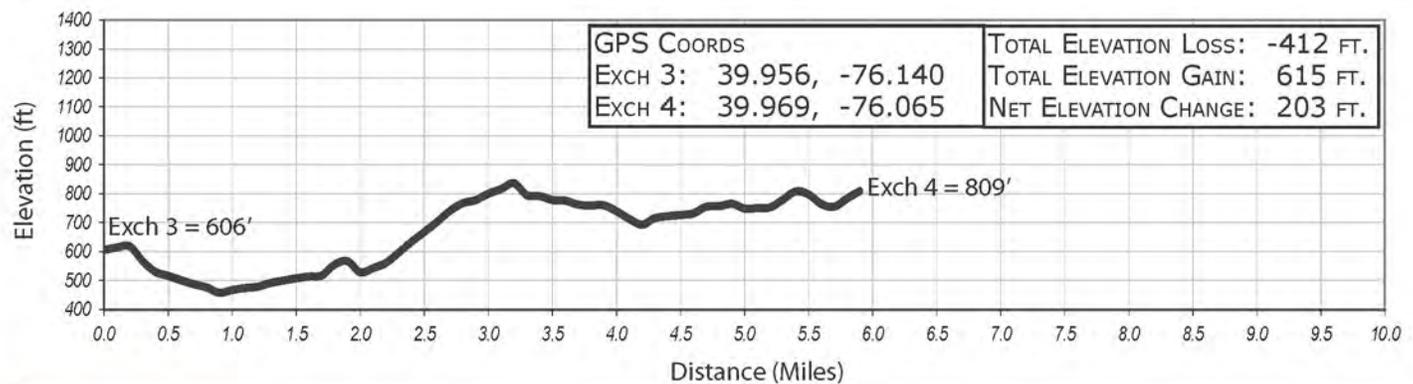
Leg Notes:
 Only support your runner where it is safe
 & legal.

Leg Legend:

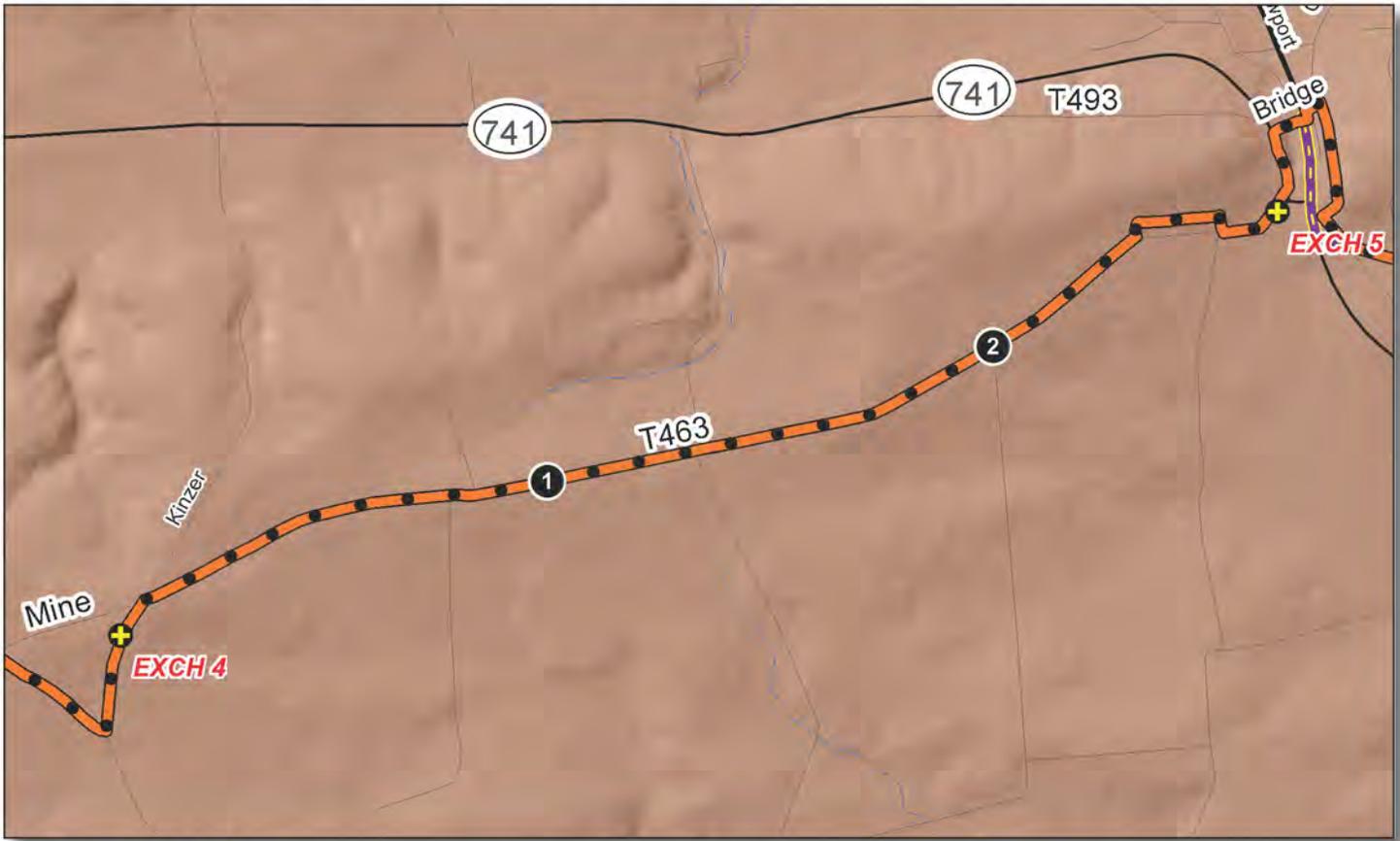
- 0.0 Depart exchange 3 heading south on T 447
- 830ft Turn left onto Summit Hill Dr
- .92 Turn right onto T 696/Iva Rd
- 1.18 Veer left to stay on Iva Rd
- 2.8 Turn right onto Georgetown Rd
- 3.28 Turn left onto White Oak Rd
- 4.3 Turn left onto T 430
- 4.75 Turn right onto Mine Rd
- 5.37 Turn right onto S Vintage Rd
- 5.66 Right left onto S Kinzer Rd
- 5.9 Arrive at Exchange 4

Van Directions:

- 0.0 Depart exchange 3 heading south on T 447
- 830ft Turn left onto Summit Hill Dr
- .92 Turn right onto T 696/Iva Rd
- 1.18 Veer left to stay on Iva Rd
- 2.8 Turn right onto Georgetown Rd
- 3.28 Turn left onto White Oak Rd
- 4.3 Turn left onto T 430
- 4.75 Turn right onto Mine Rd
- 5.0 Arrive at Exchange 4



LEG 5 -- 2.8 MILES -- EASY -- NO VAN SUPPORT



LEG 5 -- 2.8 MILES -- EASY

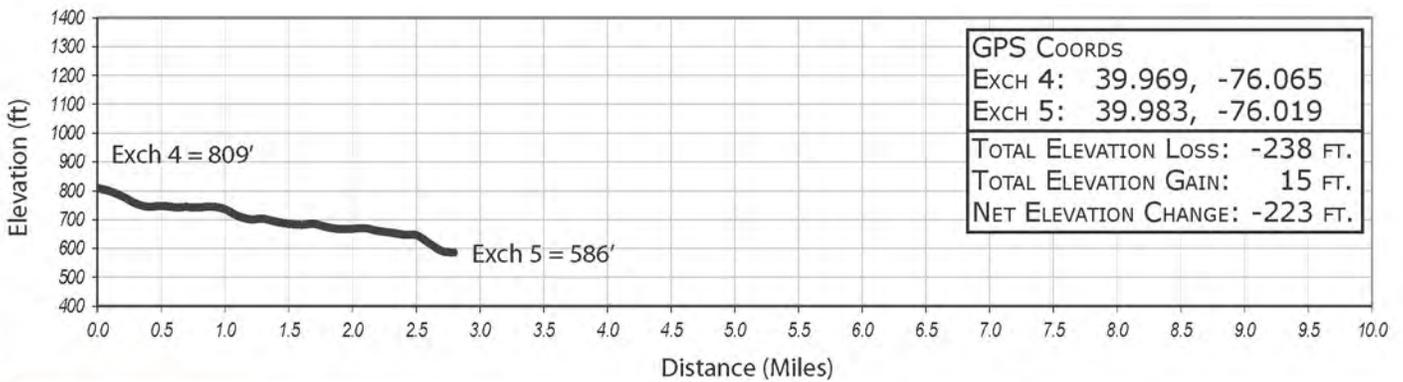
Exchange 5 Address:
 Embassy Auctions International
 5324 Mine Rd
 Kinzers, PA 17535
 GPS: 39°58'57.17"N, 76° 1'7.66"W

Leg Legend:

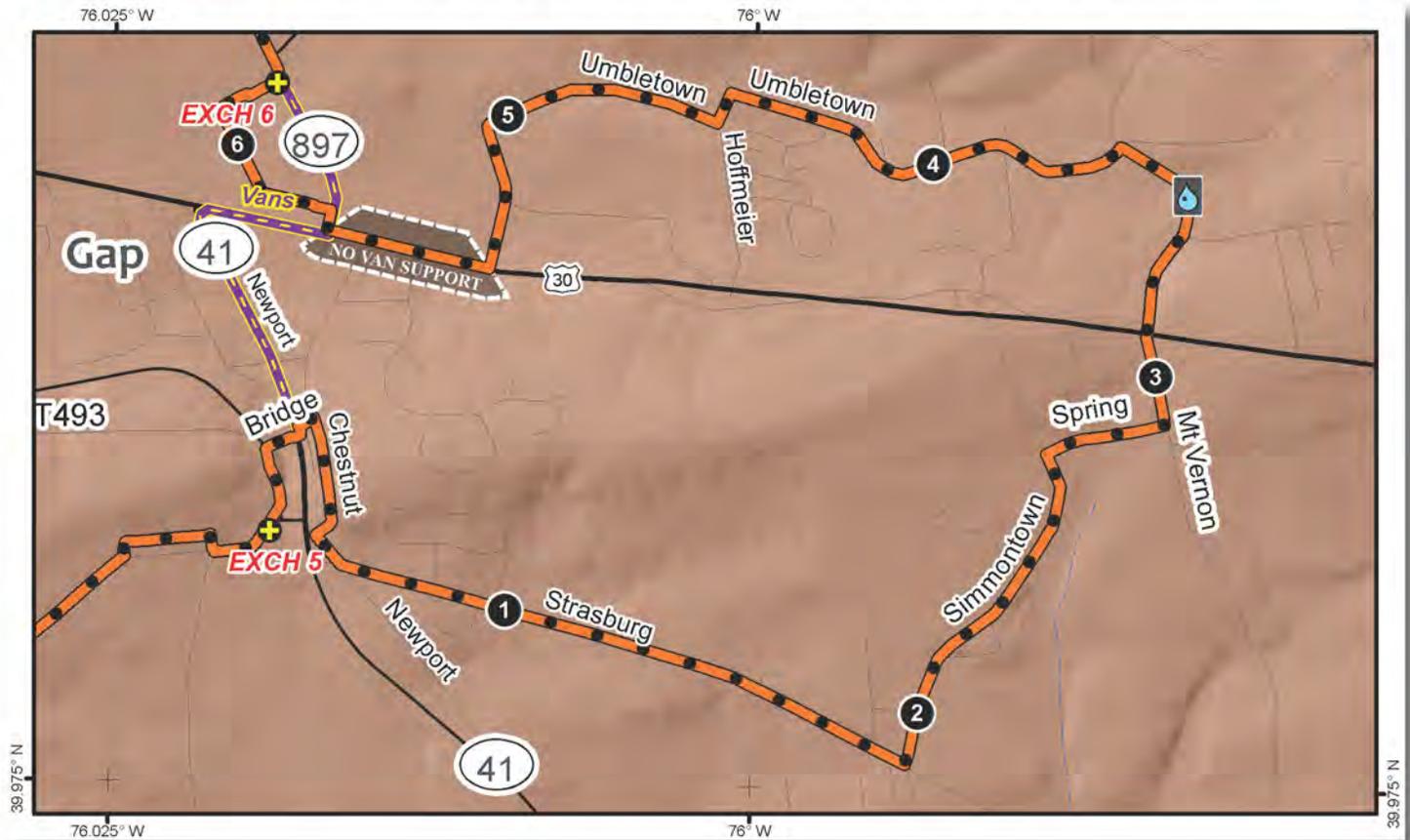
- 0.0 Depart Exchange 4 heading North on S Kinzer Rd
- 500ft Turn right onto Mind Rd, continue running on Mine Rd
- 2.37 Turn left onto Hillcrest Dr
- 2.4 Turn right onto Countryside Dr
- 2.6 Turn right onto Gap Rd
- 2.64 Turn left onto Mine Rd, running with traffic
- 2.8 Arrive at Exchange 5

Van Directions:

Follow Runner Directions.



LEG 6 -- 6.0 MILES -- HARD -- PARTIAL NO VAN SUPPORT



LEG 6 -- 6.0 MILES -- HARD

Exchange 6 Address:
 Salisbury Township Community Park (Gap Park)
 750 White Horse Rd
 Gap, PA 17527
 GPS: 39°59'45.53"N, 76° 1'7.28"W

Leg Notes:
 A water station will be provided. Ragnar will provide 1 water station on this leg. In effort to be more sustainable these water stations will not have cups. Please carry a water bottle.

The Water Station will be located 3.4 miles from Exchange 5.

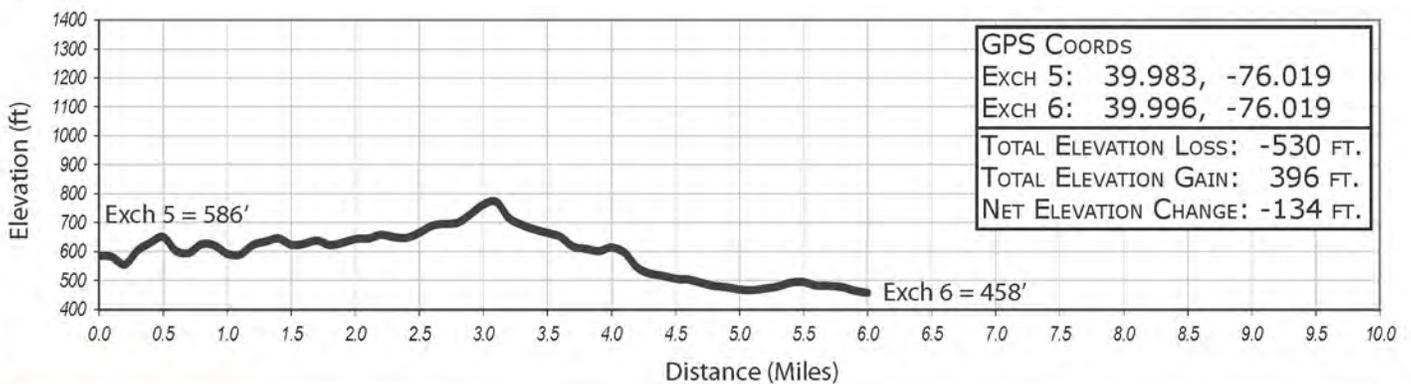
Leg Legend:

- 0.0 Depart Exchange 5 heading North on Mine Rd
- 600ft Turn right onto Bridge St
- 1625ft Turn right onto Chestnut St
- 0.6 Turn left onto Newport Rd
- 0.65 Turn left onto Strasburg Rd
- 1.89 Turn left onto Simmontown Rd
- 2.62 Turn right onto Spring Rd
- 2.9 Turn left onto Mt Vernon Rd
- 3.56 Turn left onto Umble Town Rd
- 4.47 Turn left onto Hoffmeier Rd
- 4.54 Turn right onto Umbletown Rd
- 5.35 Turn left onto Lincoln Hwy
- 5.69 Turn right onto White Horse Rd
- 5.74 Turn left to enter thru the gate

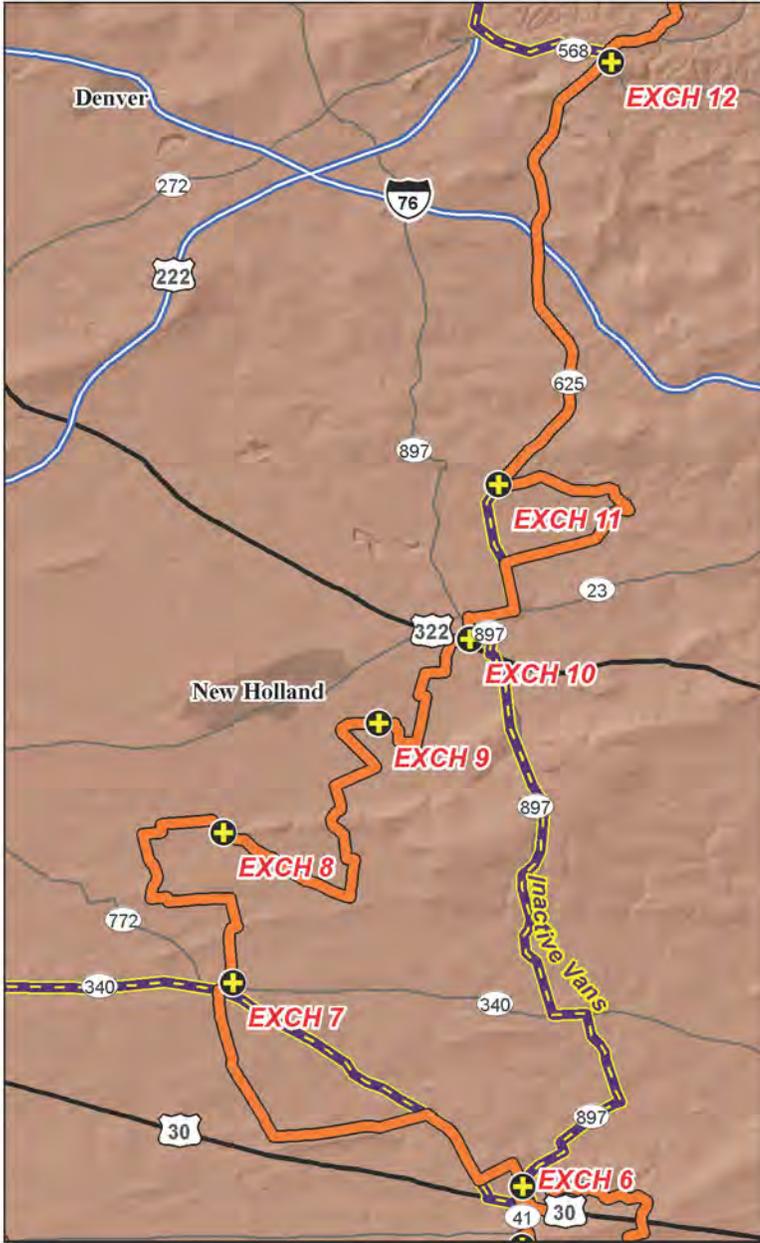
- 6.0 and run on path
- Arrive at Exchange 6

Van Directions:

- 0.0 Depart Exchange 5 heading north on Mine Rd toward Strasburg Rd/PA-741.
- .19 Take the 1st right onto PA-741/Bridge St.
- .28 Take the 1st left onto Route 41/PA-41.
- .75 Take the 3rd right onto Lincoln Hwy/US-30 E.
- 1.04 Turn left onto White Horse Rd/PA-897.
- 1.39 Arrive at Exchange 6



VAN 2 -- LEGS 7-12 -- 36.2 MILES

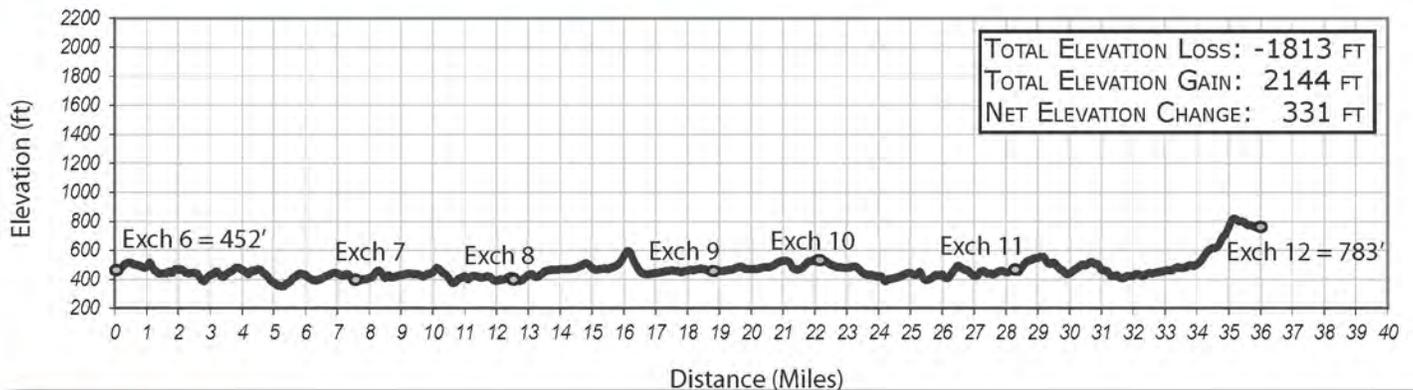


Inactive Van Directions (Exchange 6 to Exchange 12)

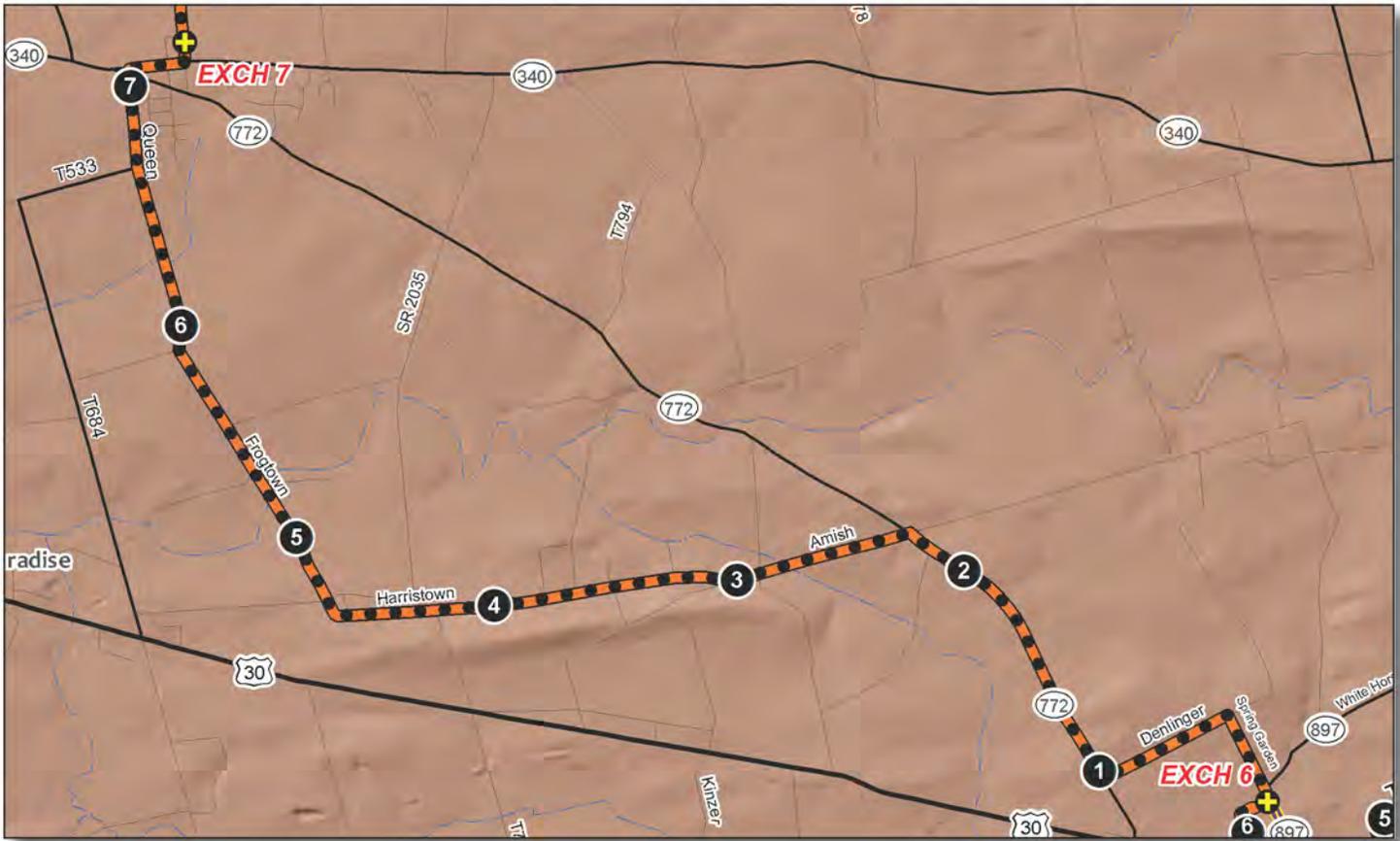
- 0.0 Depart Exchange 6 heading northwest onto White Horse Rd
- 0.2 Turn right to stay on White Horse Rd
- 3.8 Turn left (west) onto SR 340/SR 897
- 4.3 Turn right (north) onto SR 897/Springville Rd
- 10.4 Bear left onto US 322, then take an immediate right onto SR 897/Springville Rd
- 11.0 Turn right onto SR 23/Main St
- 11.4 Turn left onto SR 625/New Holland Rd
- 21.1 Turn right onto SR 568/Alleghenyville Rd
- 21.2 Arrive at Exchange 12

Exchange 12 Address:

Allegheny Evangelical Lutheran Church
 1327 Alleghenyville Rd, Mohnton, PA 19540
 GPS: 40°14'38.04"N, 75°59'48.53"W



LEG 7 -- 7.5 MILES -- VERY HARD -- FULL VAN SUPPORT



LEG 7 -- 7.5 MILES -- VERY HARD

Exchange 7 Address:
 Intercourse Fire Company
 10 N Hollander Rd
 Intercourse, PA 17534
 GPS: 40° 2'23.86"N, 76° 6'9.40"W

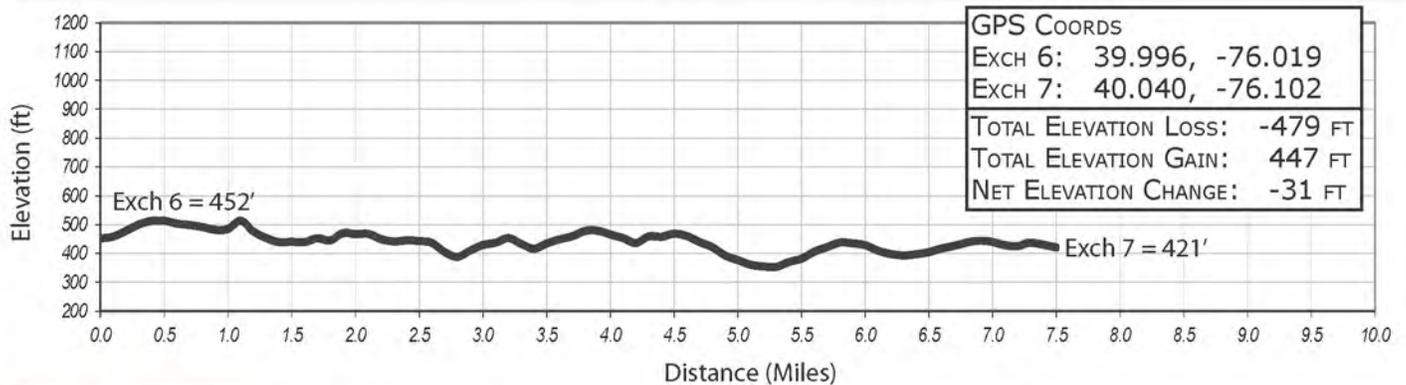
Leg Notes:
 Only support your runner where it is safe
 & legal.

Leg Legend:

- 0.0 Depart Exchange 6 heading north on White Horse Rd, that changes into Spring Garden Rd immediately after exchange
- .50 Turn left onto Denlinger Rd
- 1.1 Turn right onto Newport Rd
- 2.4 Turn right onto Amish Rd
- 3.15 Veer right to stay on Amish Rd/Harristown Rd
- 7.19 Turn right onto Old Philadelphia Pike
- 7.4 Turn right onto N Holland Rd

7.5 Arrive at Exchange 7

Van Directions:
 Follow Runner Directions.



LEG 8 -- 5.1 MILES -- MODERATE -- FULL VAN SUPPORT

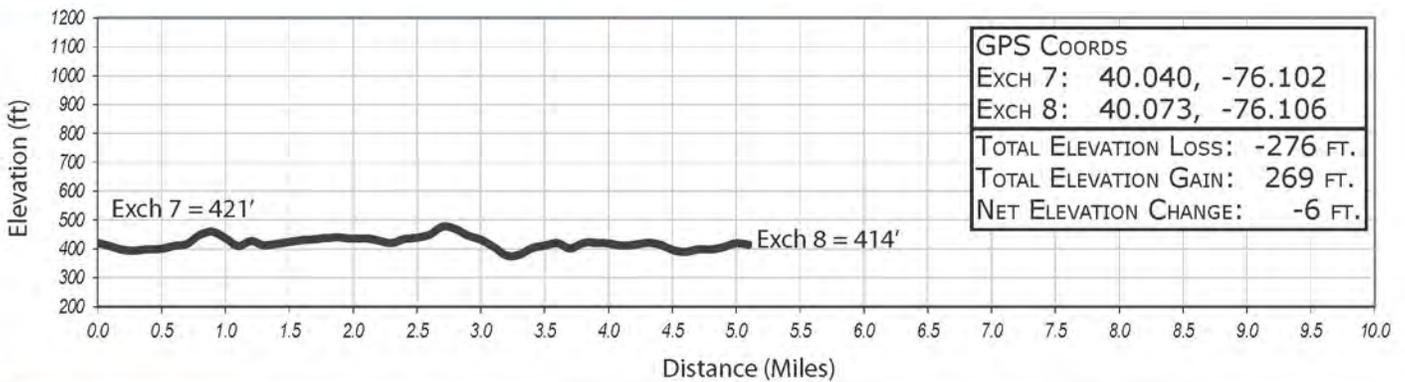
LEG 8 -- 5.1 MILES -- MODERATE

Exchange 8 Address:
 Zeltenreich Reformed Church
 752 Hollander Rd
 New Holland, PA 17557
 GPS: 40° 4'23.40"N, 76° 6'20.56"W

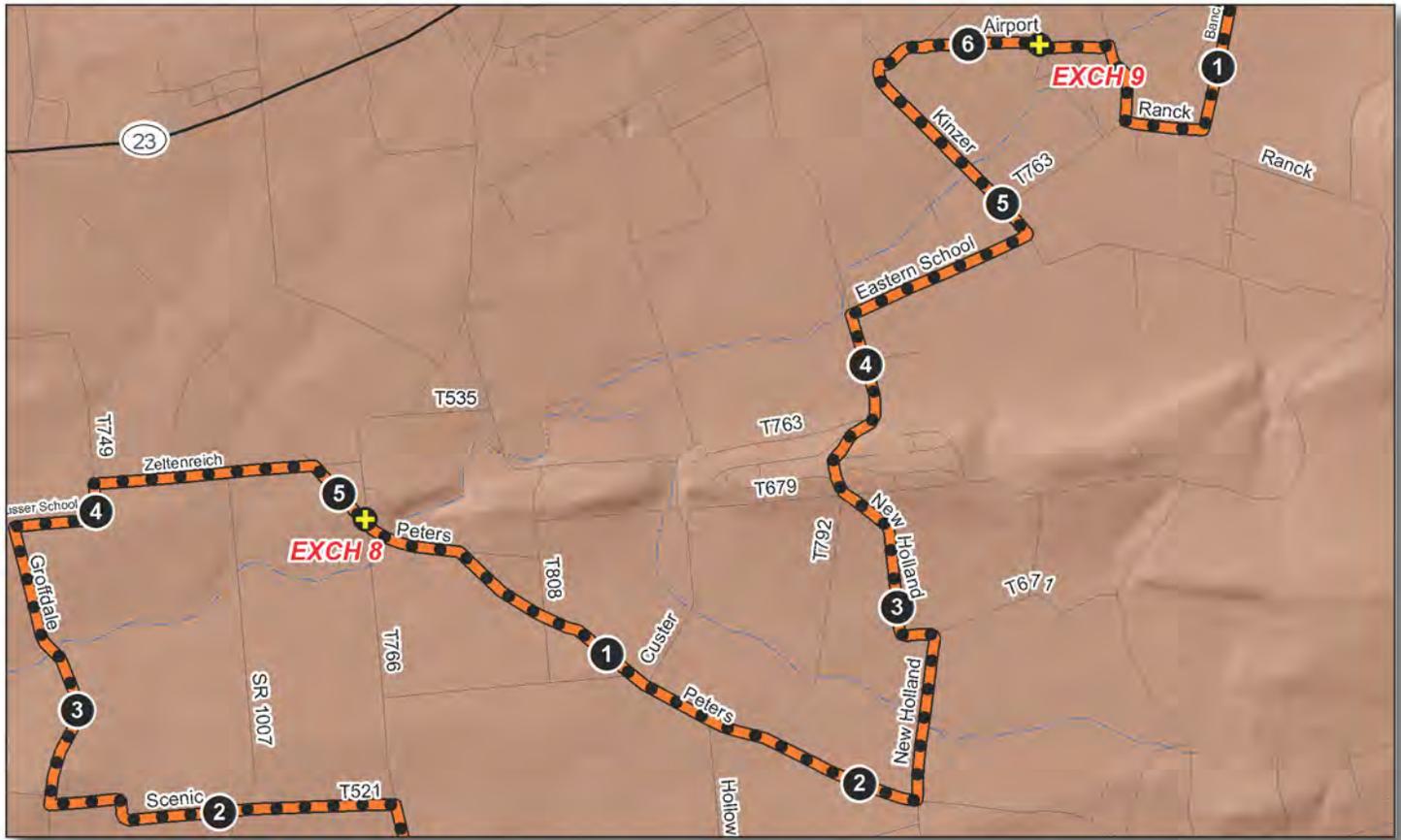
Leg Notes:
 Only support your runner where it is safe & legal.

- Leg Legend:
- 0.0 Depart Exchange 7 heading north on N Hollander Rd
 - 0.93 Veer left to stay on N Hollander Rd
 - 1.38 Turn left onto Scenic Rd
 - 2.65 Turn right onto S Groffdale Rd
 - 3.67 Turn right onto Musser School Rd
 - 4.07 Turn right onto Zeitenreich Rd
 - 4.86 Turn right onto Peters Rd
 - 5.1 Arrive at Exchange 8

Van Directions:
 Follow Runner Directions.



LEG 9 -- 6.3 MILES -- HARD -- FULL VAN SUPPORT



Exchange 9 Address:
 Petra Church
 565 Airport Rd
 New Holland, PA 17557
 GPS: 40° 5'51.58"N, 76° 3'41.86"W

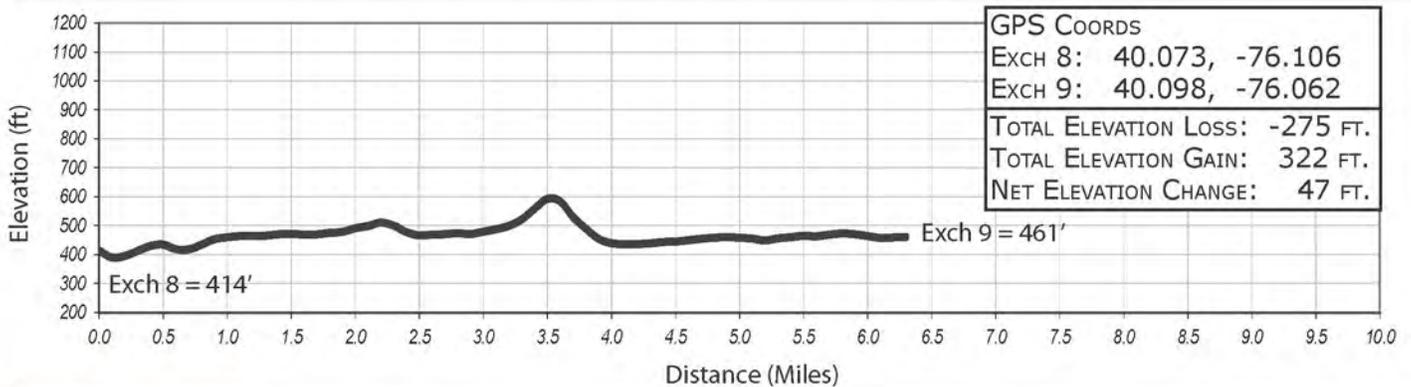
Leg Notes:
 Only support your runner where it is safe & legal.

Leg Legend:

- 0.0 Depart Exchange 8 heading Southeast on Peters Rd, veer right to stay on Peters Rd
- 2.2 Turn left onto New Holland Rd
- 2.8 Veer left to stay on New Holland Rd
- 4.15 Turn right onto Eastern School Rd
- 4.85 Turn right onto S Kinzer Ave
- 5.65 Turn Right onto Airport Rd

6.3 Arrive at Exchange 9

Van Directions:
 Follow Runner Directions.



LEG 10 -- 3.2 MILES -- EASY -- FULL VAN SUPPORT



LEG 10 – 3.2 MILES – EASY

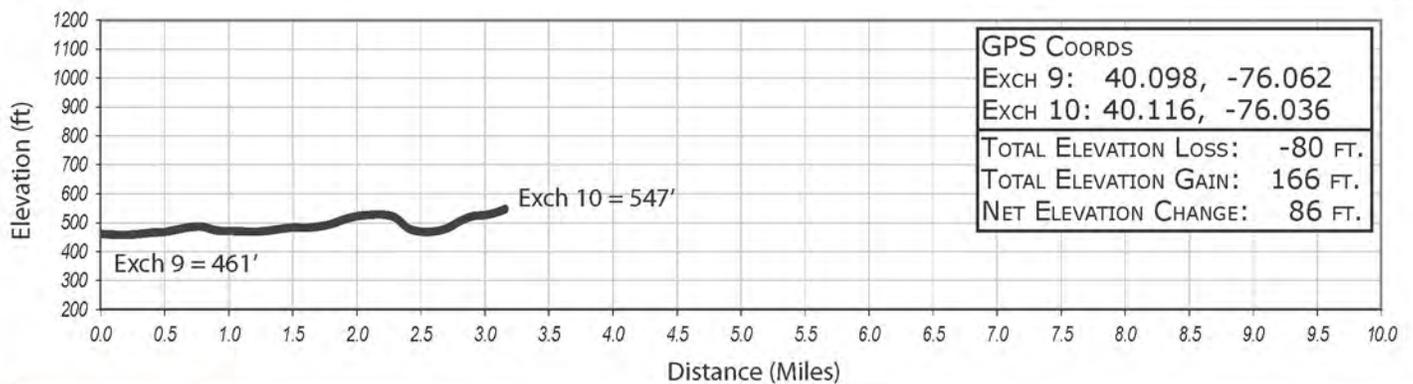
Exchange 10 Address:
 East Earl Township
 4610 Division Hwy
 East Earl, PA 17519
 GPS: 40° 6'59.56"N, 76° 2'8.61"W

Leg Notes:
 Only support your runner where it is safe
 & legal.

Leg Legend:

0.0	Depart Exchange 9 heading East on Airport Rd
1.292ft	Turn right onto Ranck Rd
0.8	Turn left onto Ranck Church Rd
1.97	Turn left onto E Earl Rd
2.28	Turn left onto Musser Rd
2.79	Turn right onto Division Hwy
3.06	Turn left onto Ewell Rd
3.2	Arrive at Exchange 10

Van Directions:
 Follow Runner Directions.



LEG II -- 6.3 MILES -- HARD -- NO VAN SUPPORT

LEG 11 -- 6.3 MILES -- HARD

Exchange 11 Address:
 Bethany Grace Fellowship
 400 Reading Rd
 East Earl, PA 17519

Leg Notes:
 Ragnar will provide 1 water station on this leg. In effort to be more sustainable these water stations will not have cups. Please carry a water bottle

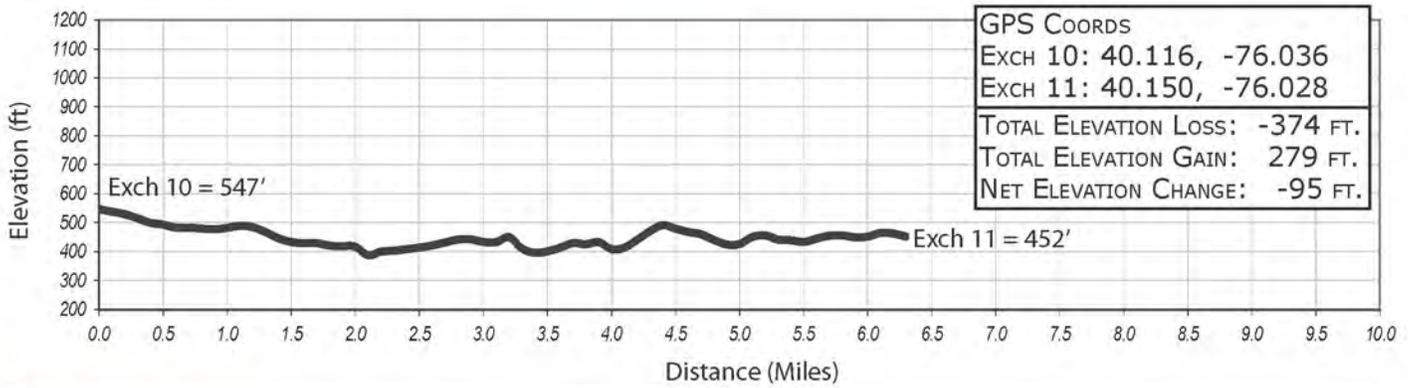
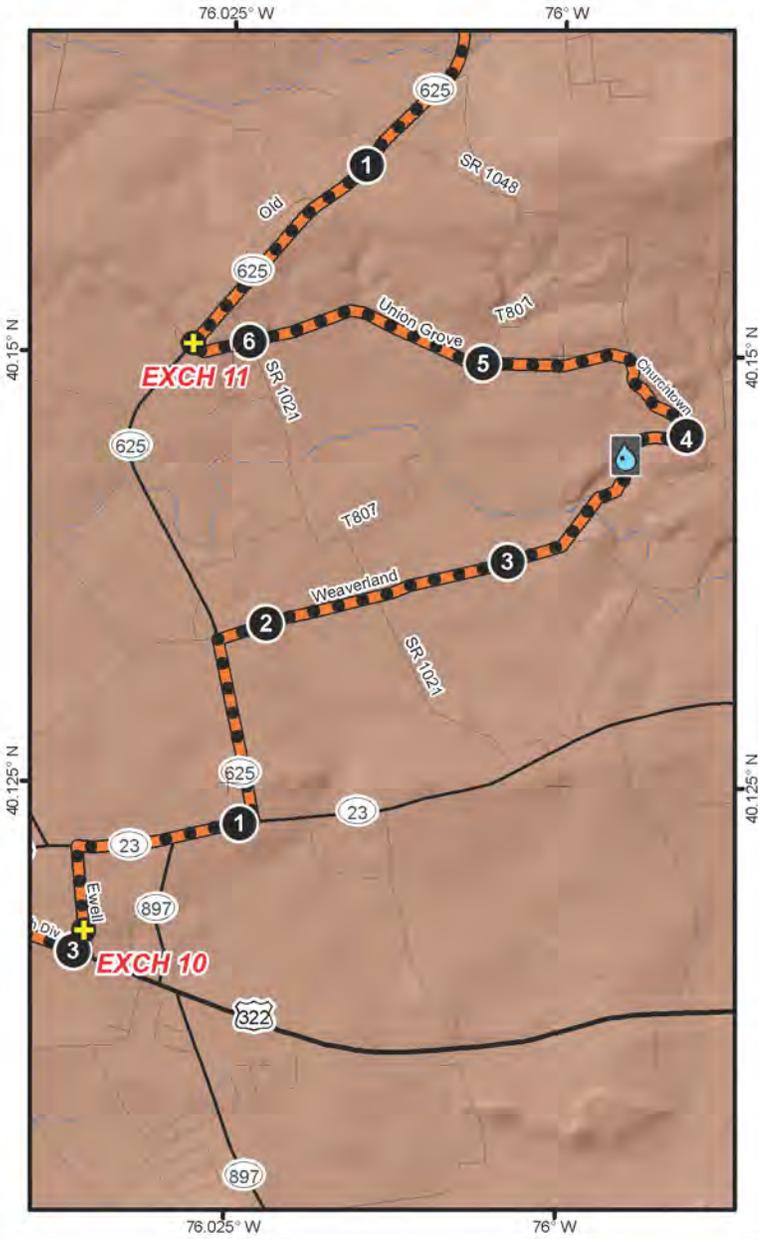
The water station will be location 3.7 miles from Exchange 10.

Leg Legend:

- 0.0 Depart Exchange 10 heading North on Ewell Rd
- 1758 Turn right onto Main St
- 1.05 Turn left onto Reading Rd
- 1.78 Turn right onto Weaverland Rd
- 3.19 Veer left to stay on Weaverland Rd
- 3.95 Turn left onto N Churchtown Rd
- 4.35 Veer left to stay on N Churchtown Rd
- 4.7 N Churchtown Rd turns into Union Grove Rd
- 6.3 Arrive at Exchange 11

Van Directions:

- 0.0 Depart exchange 10 heading east on Division Hwy/US-322 E toward Toddy Dr
- .29 Turn left onto Springville Rd/PA-897
- .99 Turn right onto Main St/PA-23.
- 1.22 Take the 1st left onto Reading Rd/PA-625.
- 3.28 Arrive at Exchange 11



LEG 12 -- 7.8 MILES -- VERY HARD -- FULL VAN SUPPORT



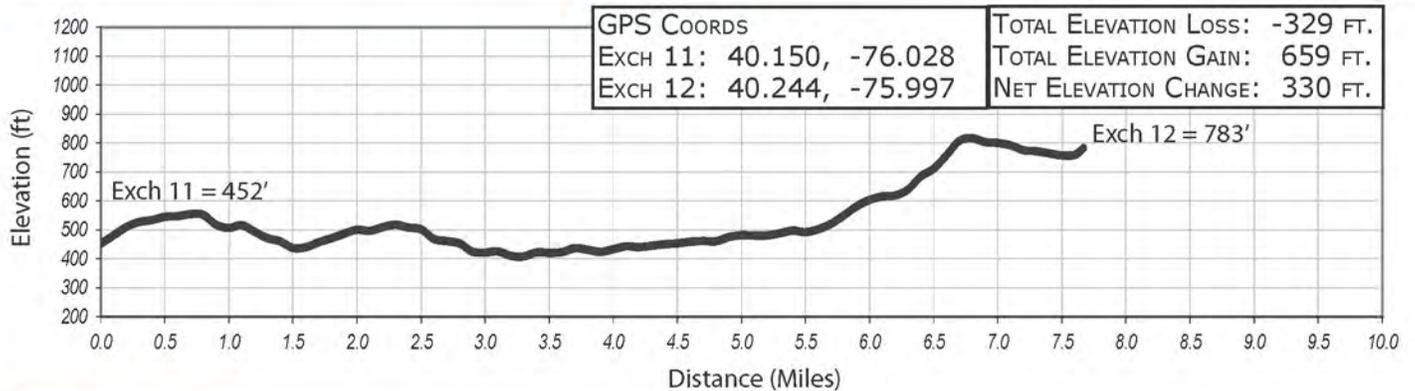
Exchange 12 Address:
 Allegheny Evangelical Lutheran Church
 1327 Alleghenyville Rd
 Mohnton, PA 19540
 GPS: 40°14'38.04"N, 75°59'48.53"W

Leg Notes:
 Only support your runner where it is safe & legal.

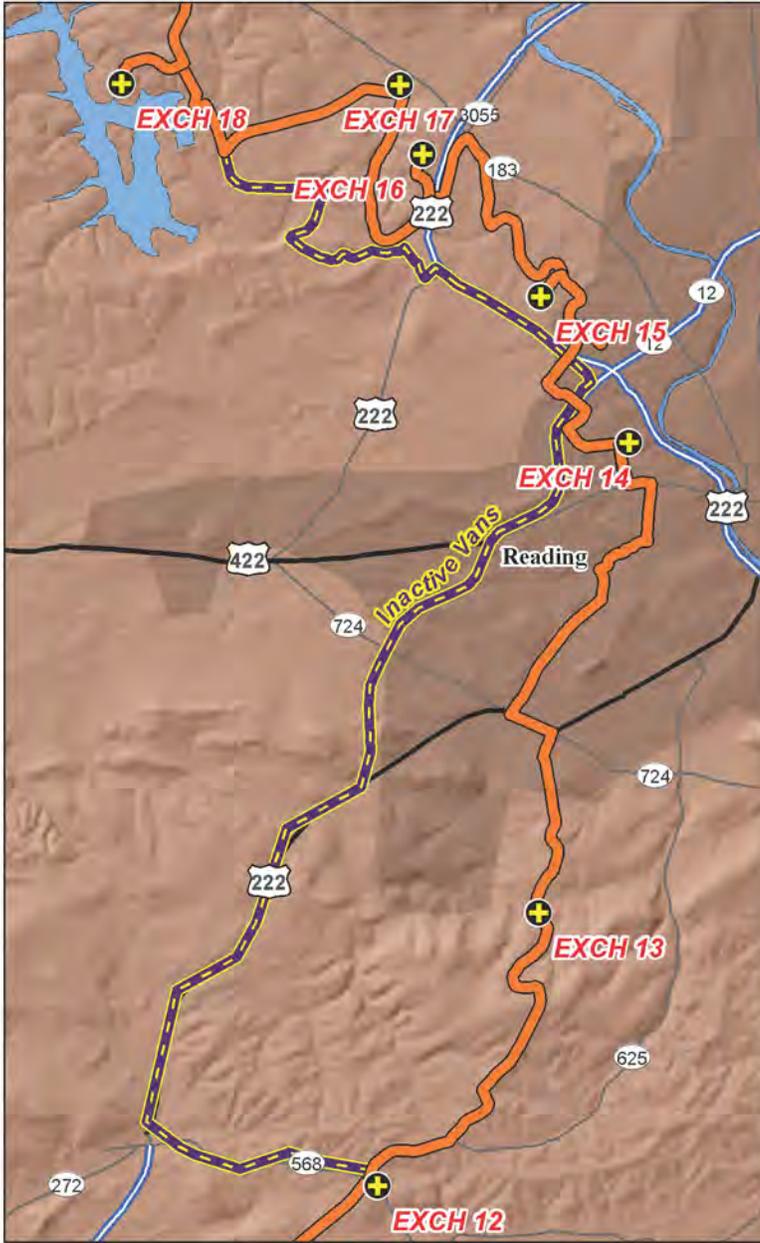
Additional parking is available, after school hours, across the street at Brecknock Elementary School.

- Leg Legend:
- 0.0 Depart Exchange 11 heading Northwest on Union Grove, turning immediately right onto Reading Rd
 - 6.15 Reading Rd turns into New Holland Rd, continue straight
 - 7.6 Turn right onto Alleghenyville Rd
 - 7.8 Arrive at Exchange 12

Van Directions:
 Follow Runner Directions.



VAN I -- LEGS 13-18 -- 22.1 MILES

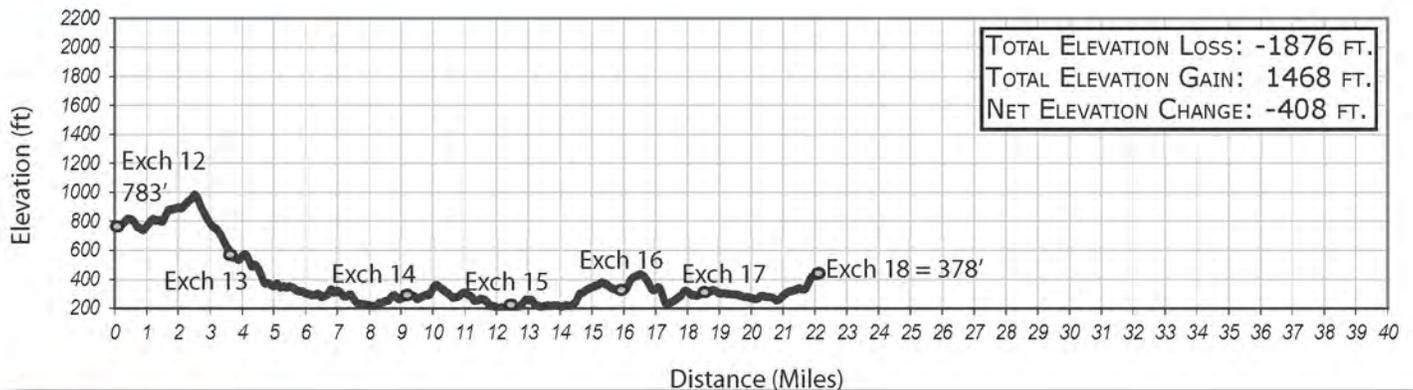


Inactive Van Directions (Exchange 12 to Exchange 18)

- 0.0 Head northwest on Alleghenyville Rd/PA-568 toward New Holland Rd/PA-625.
Continue to follow PA-568.
- 2.22 Merge onto US-222 N via the ramp on the left toward Reading
- 12.53 Merge onto US-222 N toward Allentown.
- 12.68 Take the Spring Ridge Drive exit.
- 12.8 Turn right onto Papermill Rd.
- 12.95 Turn left to stay on Papermill Rd.
- 14.29 Turn right onto Rebers Bridge Rd.
- 14.85 Take the 4th left onto Palisades Dr.
Arrive at Exchange 18

Exchange 18 Address:

Blue Marsh Lake
Brooks Day Use Area
1420 Palisades Drive
Leesport, PA 19533
GPS: 40°23'11.06"N, 76° 2'28.24"W



LEG 13 -- 3.7 MILES -- MODERATE -- NO VAN SUPPORT

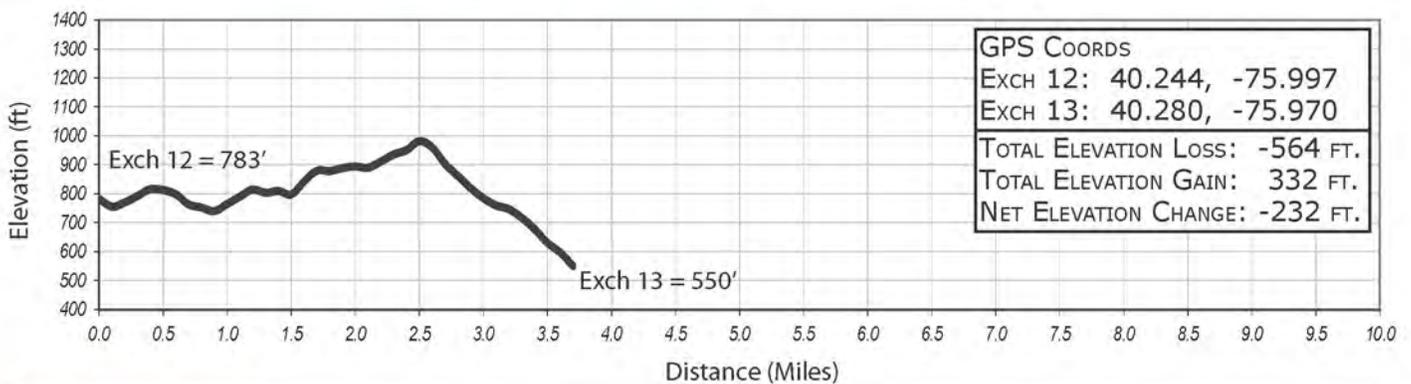
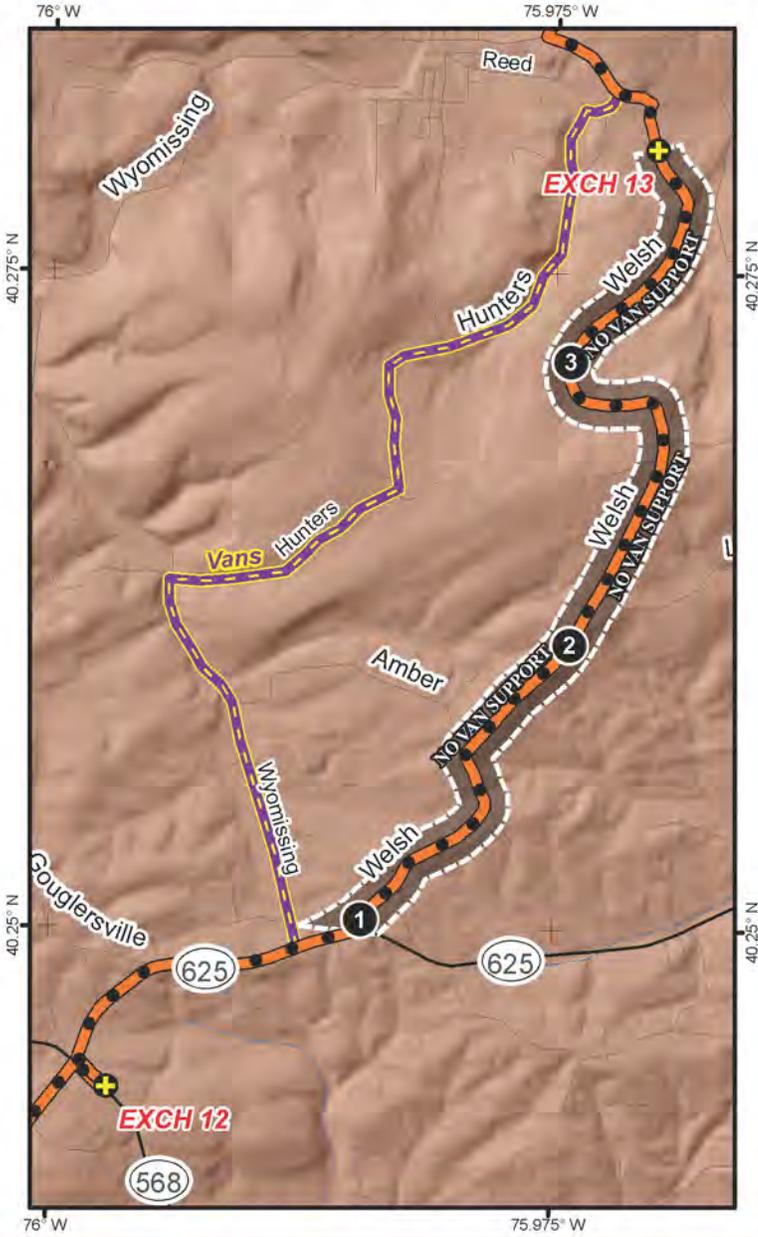
LEG 13 -- 3.7 MILES -- MODERATE

Exchange 13 Address:
 Cumru Township Municipal Building
 1775 Welsh Rd
 Mohnton, PA 19540
 GPS: 40°16'46.92"N, 75°58'12.81"W

Leg Notes:
 NO VANS ALLOWED ON WELSH RD, FROM
 LEDGE ROCK RD TO CHURCH RD.

- Leg Legend:
- 0.0 Depart Exchange 12 heading Northwest on Alleghenyville Rd
 - 0.2 Turn right onto New Holland Rd
 - 1.0 Turn left onto Welsh Rd
 - 3.7 Arrive at Exchange 13

- Van Directions:
- 0.0 Start out going northwest on Alleghenyville Rd/PA-568 toward New Holland Rd/PA-625.
 - .10 Take the 1st right onto New Holland Rd/PA-625
 - .83 Turn left onto Wyomissing Rd.
 - 1.88 Turn right onto Hunters Rd.
 - 3.85 Turn right onto Reed St.
 - 3.96 Turn right onto Church Rd.
 - 4.06 Take the 1st right onto Welsh Rd
 - 4.26 Arrive at Exchange 13



LEG 14 -- 5.5 MILES -- HARD -- FULL VAN SUPPORT

LEG 14 – 5.5 MILES – HARD

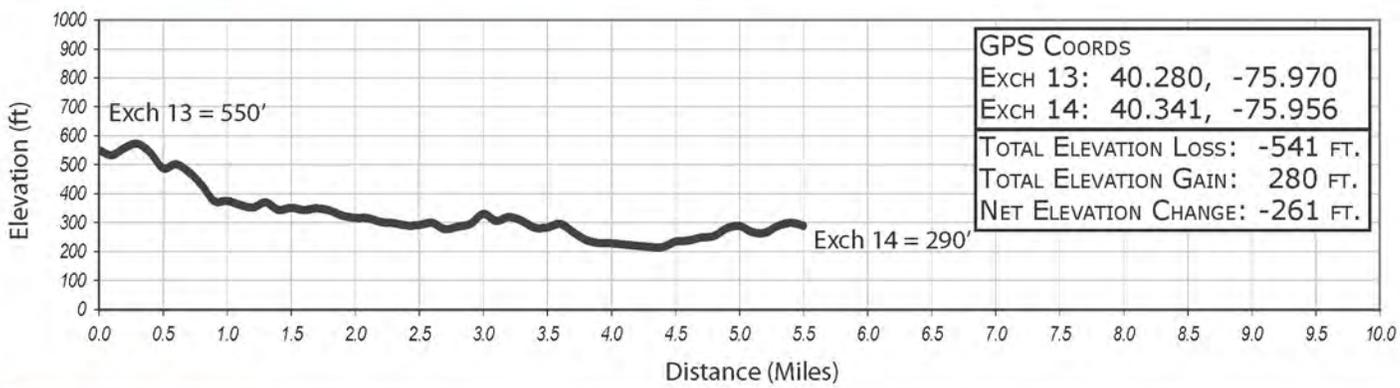
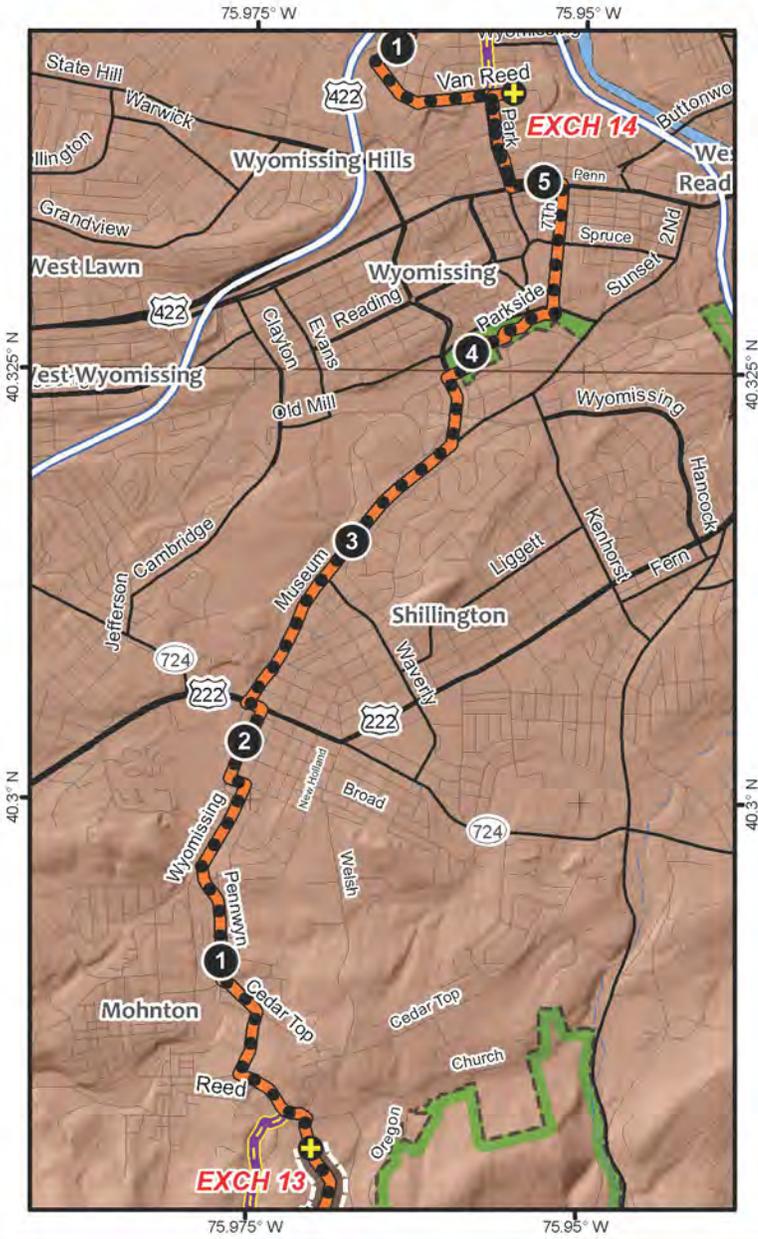
Exchange 14 Address:
 Parking Lot across the street from...
 Holiday Inn Express & Suites Wyomissing
 405 N Park Rd
 Wyomissing, PA 19610
 GPS: 40°20'28.46"N, 75°57'20.07"W

Leg Notes:
 Only support your runner where it is safe & legal.

Leg Legend:

- 0.0 Depart Exchange 13 heading north on Welsh Rd
- 600ft Turn left onto Church Rd
- 2500ft Turn right onto Scenic Dr
- .74 Turn left onto Cedar Top Rd
- .93 Turn right onto Pennwyn Pl
- 1.4 Turn right onto Wyomissing Ave
- 1.8 Turn left onto Madison St
- 1.84 Turn right onto Hendel St
- 2.15 Turn left onto W Lancaster Ave
- 2.2 Turn right onto Museum Rd
- 3.55 Turn left onto Wyomissing Blvd
- 3.85 Turn right onto path alongside Parkside Dr S
- 4.15 Turn left at the T
- 4.16 Continue left on the trail
- 4.39 Turn left to run up the stairs and cross Parkside Dr N to continue straight
- 4.9 Turn left onto Penn Ave
- 5.12 Turn right onto N Park Rd
- 5.5 Turn right onto Van Reed Rd
- 5.5 Arrive at Exchange 14

Van Directions:
 Follow runner directions



LEG 15 -- 3.25 MILES -- EASY -- FULL VAN SUPPORT



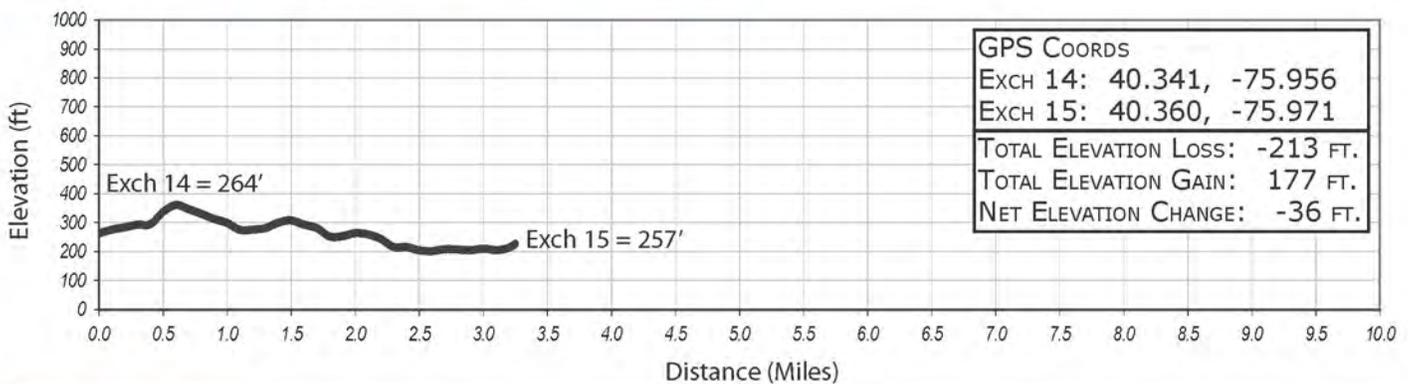
LEG 15 – 3.25 MILES -- EASY

Exchange 15 Address:
 Pennsylvania State University-Penn State Berks
 1801 Broadcasting Rd
 Reading, PA 19610
 GPS: 40°21'36.19"N, 75°58'15.36"W

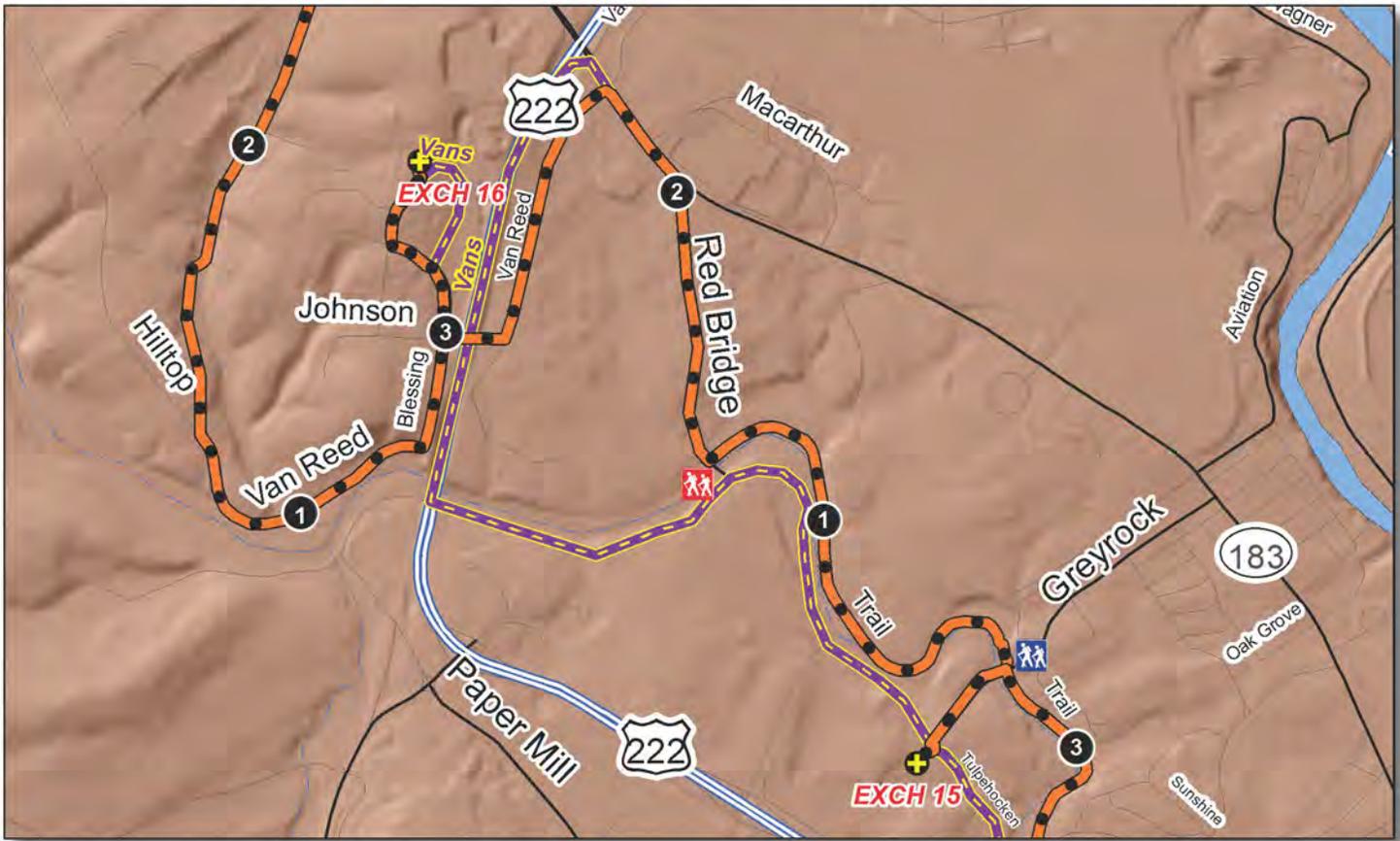
Leg Notes:
 Only support your runner where it is safe & legal.

- Leg Legend:
- 0.0 Depart Exchange 14 heading West on Van Reed Rd
 - .63 Turn right onto Spring St
 - .87 Turn left onto Crossing Dr
 - 1.3 Turn right onto Berkshire Blvd
 - 1.87 Turn right onto Tulpenhocken Rd
 - 2.06 Turn left into Parking Lot for the Berks County Park Rangers
 - 2.35 Run over the bridge and continue on the path
 - 2.97 Turn left and run over the bridge
 - 3.25 Arrive at Exchange 15

- Van Directions:
- 0.0 Depart Exchange 14 heading west towards Park Rd
 - 500ft Turn right onto Park Rd
 - 0.5 Turn left onto Spring St
 - 0.8 Turn right onto Crossing Dr
 - 1.3 Turn right onto Berkshire Blvd
 - 2.0 Right left onto Telpenhocken Rd
 - 2.5 Turn left onto Stoudt Rd
 - 2.5 Arrive at Exchange 15



LEG 16 -- 3.5 MILES -- EASY -- FULL VAN SUPPORT



LEG 16 – 3.5 MILES – EASY

Exchange 16 Address:
 Victory Baptist Church
 1059 Victory Cir
 Reading, PA 19605
 GPS: 40°22'42.48"N, 75°59'28.47"W

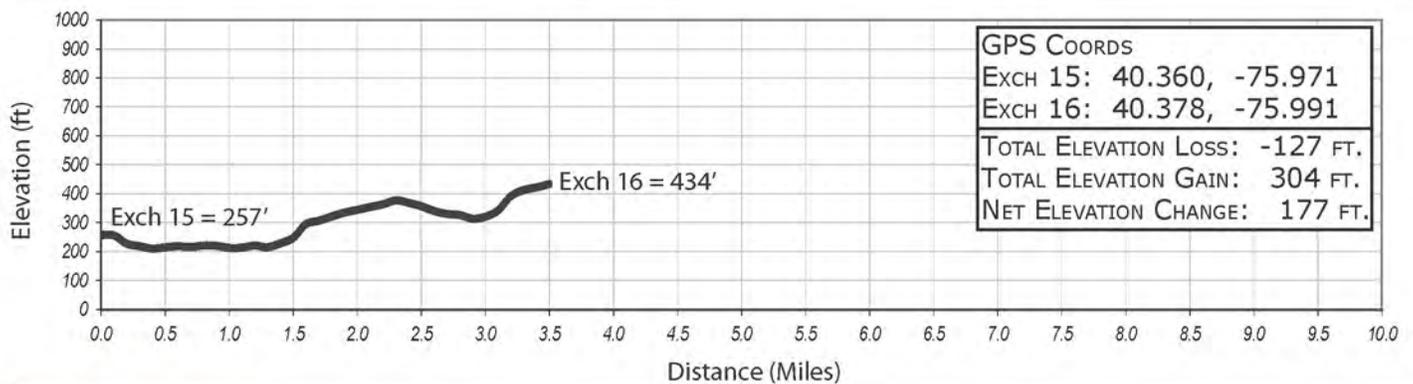
Leg Notes:
 Only support your runner where it is safe
 & legal.

Leg Legend:

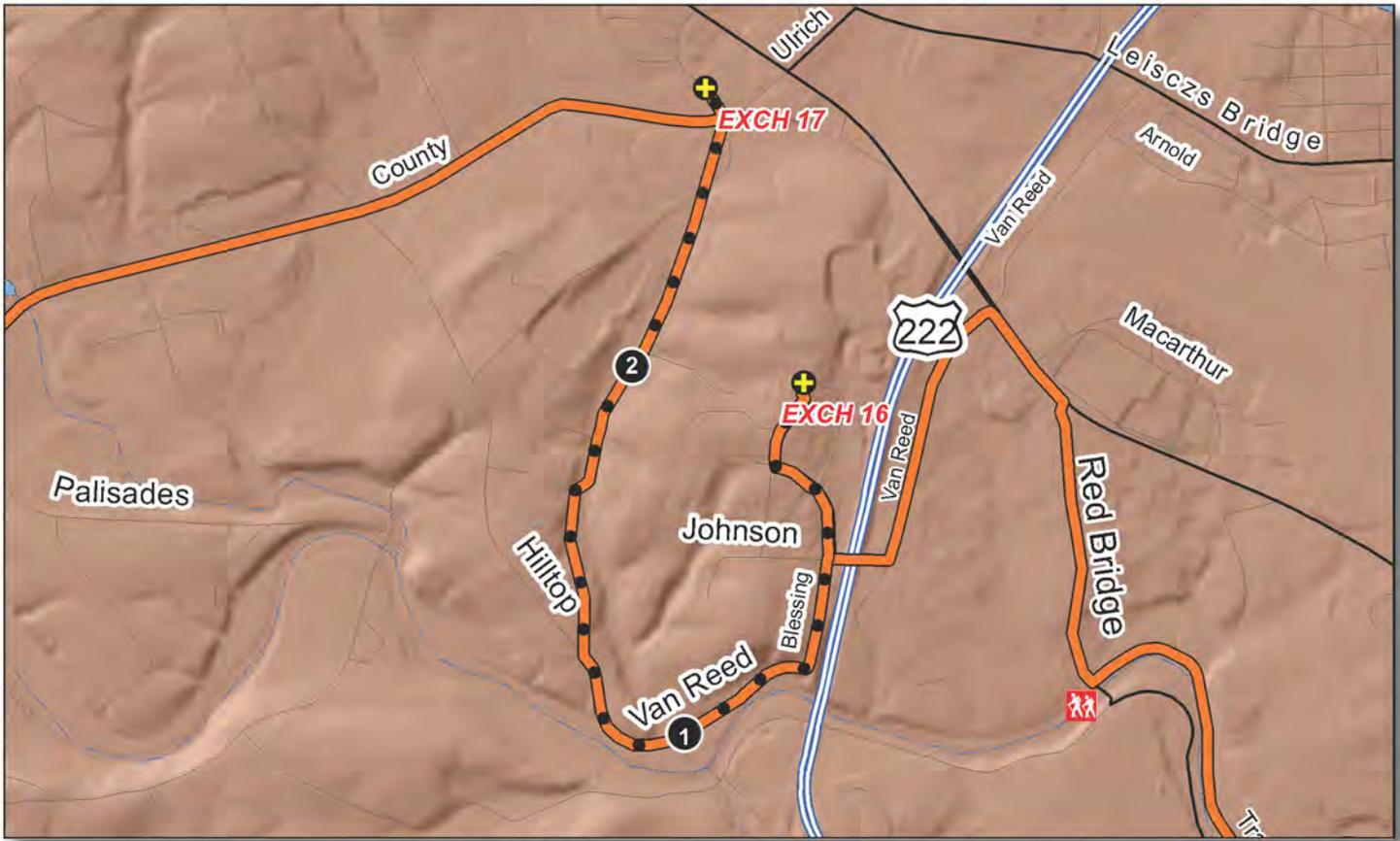
- 0.0 Depart Exchange 15 heading northeast
- 1.400 Turn left onto the Union Canal Trail
- 1.4 Turn left to exit the Union Canal Trail
- 1.53 Veer right to run on Red Bridge Road
- 2.0 Turn left onto Bernville Road
- 2.27 Turn left onto Van Reed Rd
- 2.87 Turn right onto Blessing Ln
- 3.0 Turn right onto Dickinson Dr

- 3.25 Turn right to stay on Dickinson Dr
- 3.5 Arrive at Exchange 16

Van Directions:
 Follow runner directions



LEG 17 -- 2.6 MILES -- EASY -- FULL VAN SUPPORT



LEG 17 -- 2.6 MILES -- EASY

Exchange 17 Address:
 Bern Evangelical Lutheran Church
 820 W Leesport Rd
 Leesport, PA 19533
 GPS: 40°23'13.92"N, 75°59'42.48"W

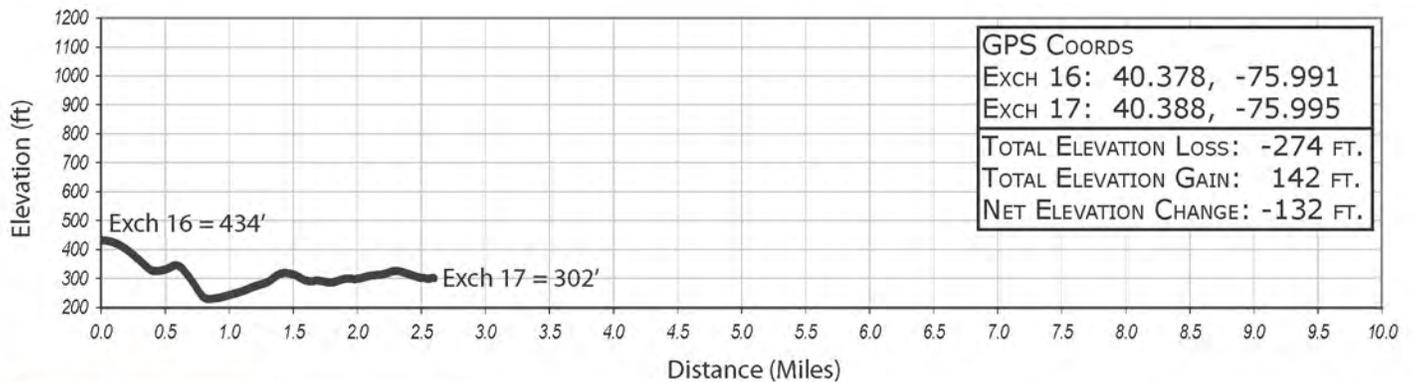
Leg Notes:
 Only support your runner where it is safe
 & legal.

Leg Legend:

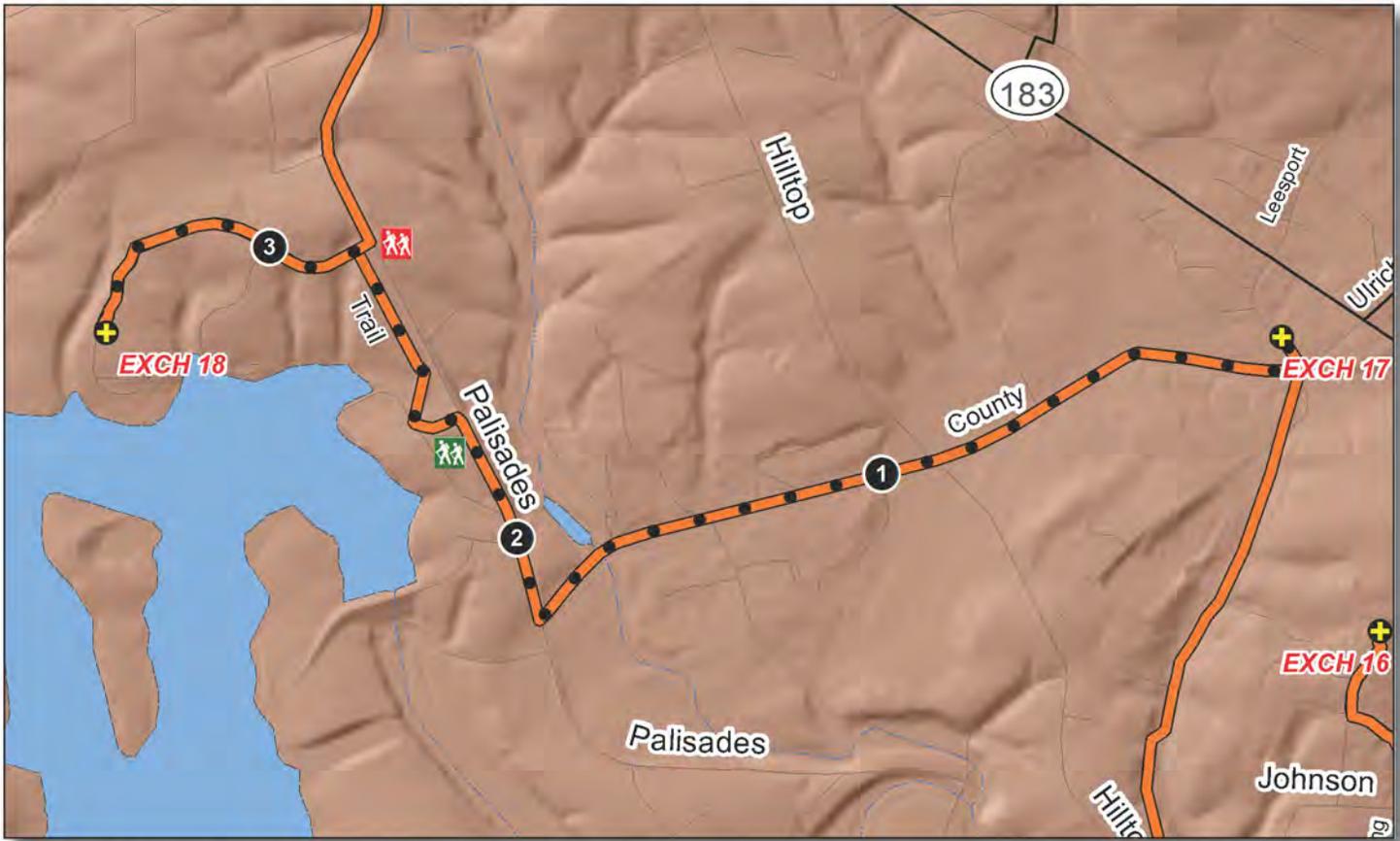
- 0.0 Depart Exchange 16 heading south
- 1078ft Turn left onto Dickinson Dr
- 2420 Continue straight onto Upper Van Reed Rd
- 1.25 Veer right to stay on Upper Van Reed Rd
- 2.57 Continue straight onto W Leesport Rd
- 2.6 Arrive at Exchange 17

Van Directions:

Follow Runner Directions.



LEG 18 -- 3.5 MILES -- EASY -- FULL VAN SUPPORT



LEG 18 – 3.5 MILES – EASY

Exchange 18 Address:
 Blue Marsh Lake
 Brooks Day Use Area
 1420 Palisades Drive
 Leesport, PA 19533
 GPS: 40°23'14.01"N, 76° 2'33.89"W

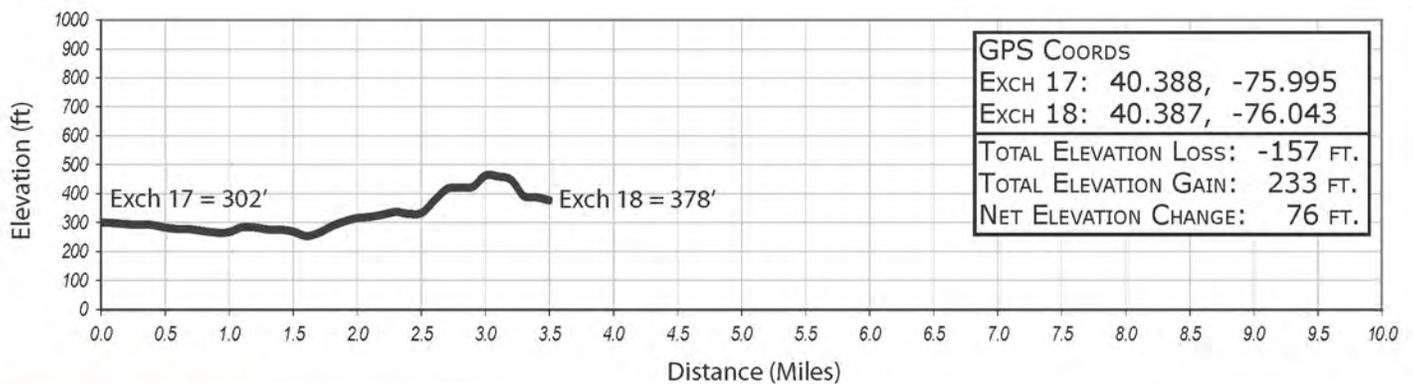
Leg Notes:
 Only support your runner where it is safe
 & legal.

Leg Legend:

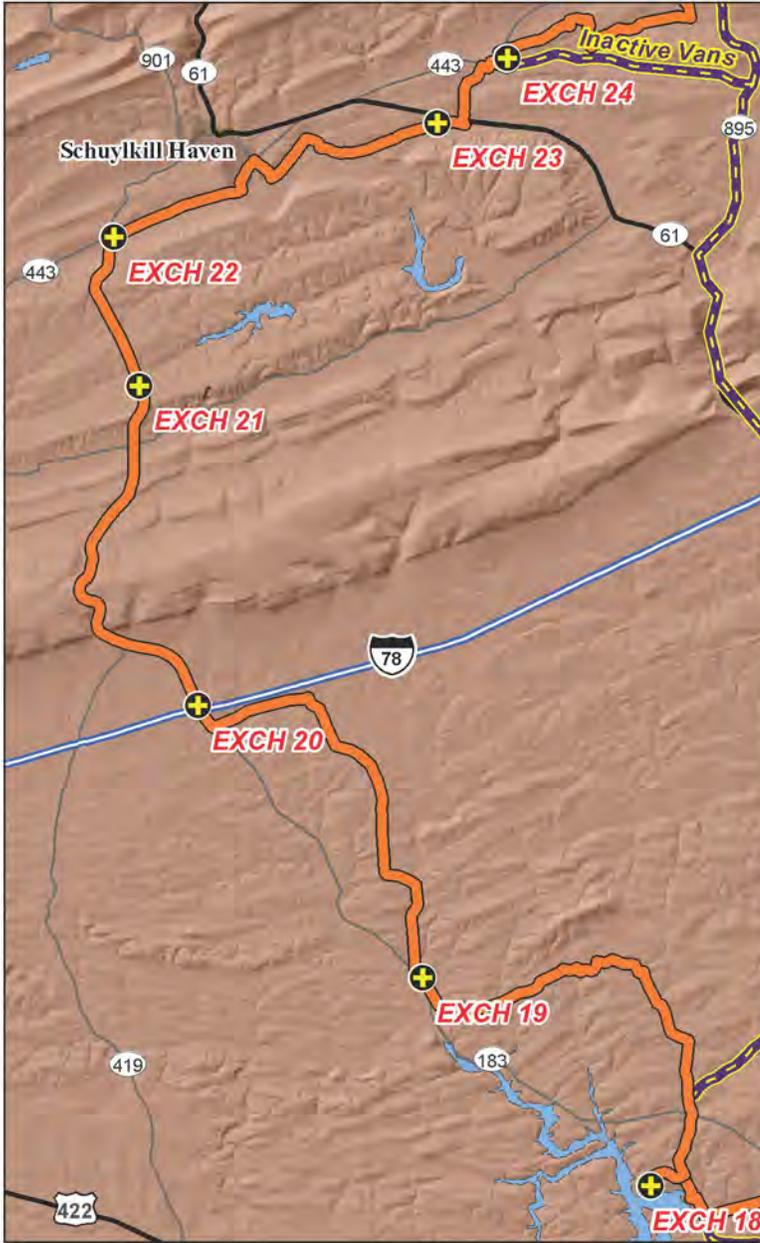
- 0.0 Depart Exchange 17 heading south on W Leesport Rd
- 240ft Turn right onto County Welfare Rd
- 1.8 Turn right onto Palisades Dr
- 2.3 Turn left onto the parking lot drive
- 2.38 Turn right onto the Lake Border Trail
- 2.79 Turn left to run towards the exchange
- 3.5 Arrive at Exchange 18

Van Directions:

Follow runner directions



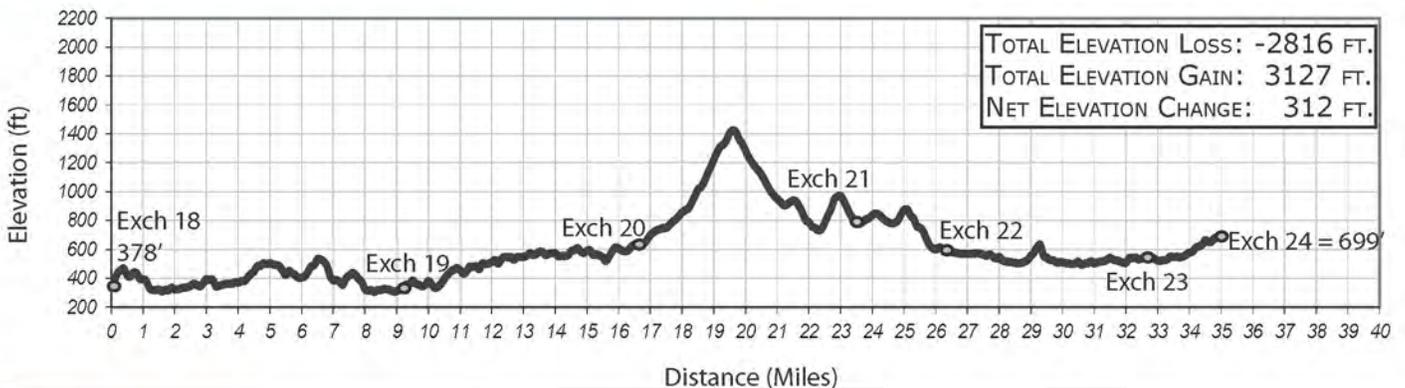
VAN 2 -- LEGS 19-24 -- 35.1 MILES



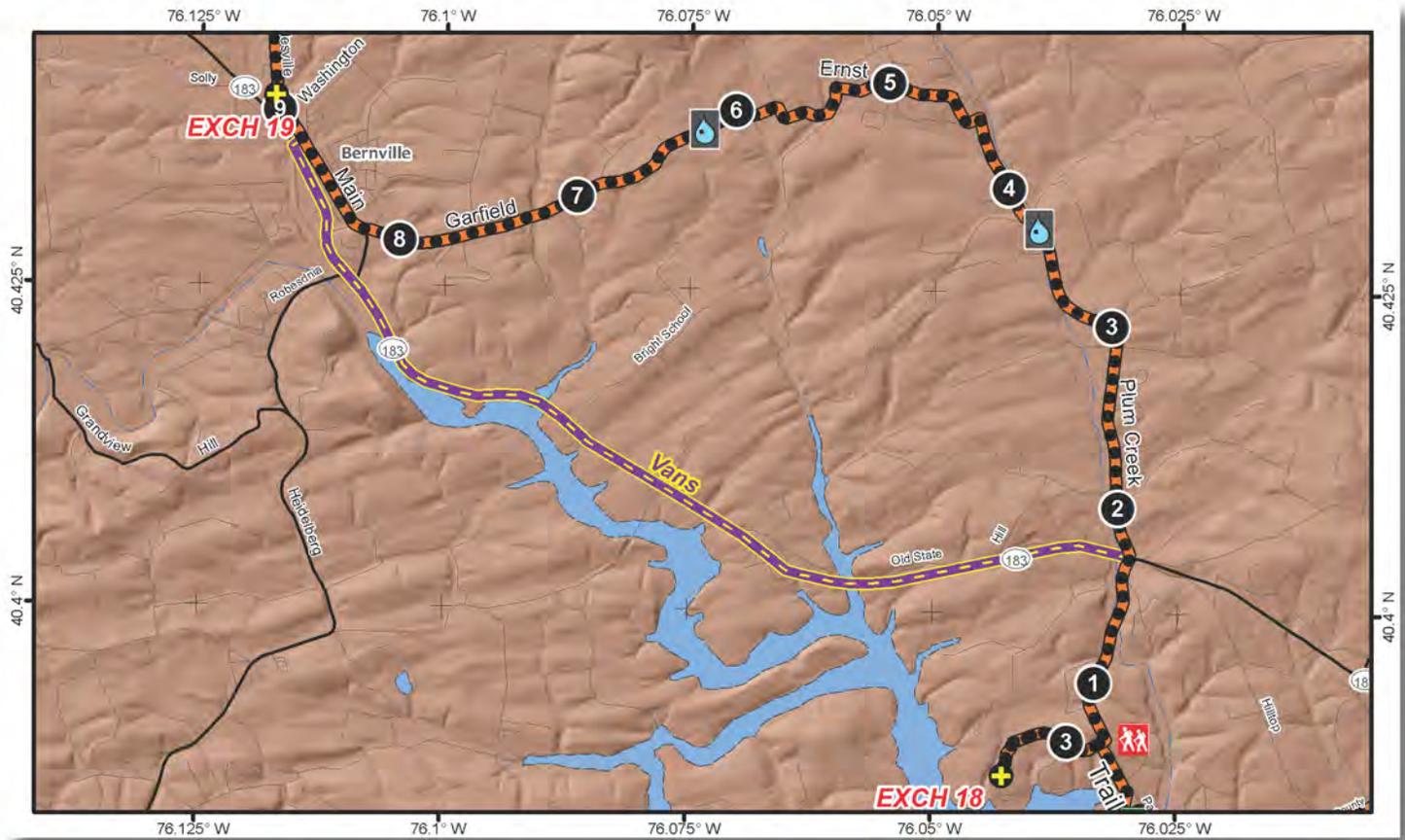
Inactive Van Directions (Exchange 18 to Exchange 24)

- 0.0 Head north on Palisades Dr toward County Welfare Rd.
- 2.19 Turn left onto Plum Creek Rd.
- 2.51 Take the 1st right onto Grange Rd.
- 5.01 Turn sharp left onto Ziegler Rd.
- 5.22 Take the 1st right onto Center Rd.
- 6.38 Turn slight right onto Garfield Rd/SR 4017. Continue to follow SR 4017.
- 8.22 Turn left onto Pottsville Pike/PA-61. Continue to follow PA-61.
- 20.20 Turn right onto Summer Valley Rd/PA-895.
- 23.31 Turn left onto Red Dale Rd/SR 2006. Continue to follow Red Dale Rd.
- 25.45 675 Red Dale Rd, Orwigsburg, PA 17961-2041, 675 RED DALE RD is on the right.

Exchange 24 Address:
 Blue Mountain East Elementary School
 675 Red Dale Rd
 Orwigsburg, PA 17961
 GPS: 39.147, -77.293



LEG 19 -- 9.2 MILES -- VERY HARD -- NO VAN SUPPORT



LEG 19 -- 9.2 MILES -- VERY HARD

Exchange 19 Address:
 Penn Bernville Elementary School
 24 Shartlesville Rd
 Bernville, PA 19506
 GPS: 40°26'23.01"N 76° 7'2.84"W

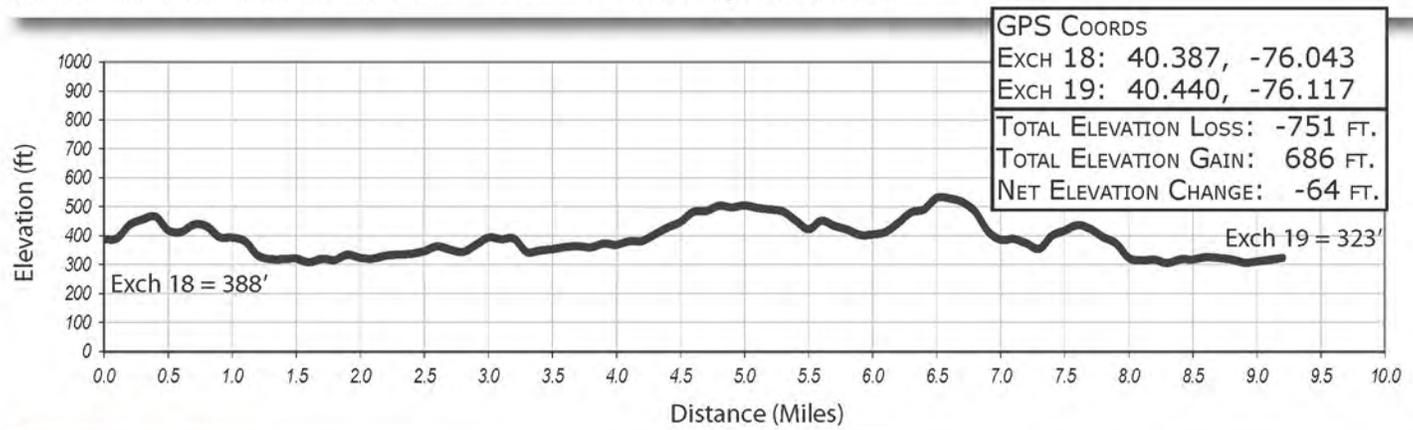
Leg Notes:
 Ragnar will provide 2 water stations on this leg.
 In effort to be more sustainable these water stations will not have cups. Please carry a water bottle.
 The water station will be located 3.9 miles from

Exchange 18.
 The water station will be located 6.2 miles from Exchange 18.

- Leg Legend:
- 0.0 Depart Exchange 18 heading northest
 - 0.75 Turn left onto Palisades Dr
 - 1.8 Continue straight onto Plum Creek Rd
 - 3.84 Veer left onto Plum Rd
 - 4.5 Turn left onto Ernst Rd
 - 5.4 Turn left onto N Garfield Rd
 - 5.86 Veer left to stay on N Garfield Rd

- 8.3 Continue straight onto S Main St
- 9.0 Turn right onto Shartlesville Rd
- 9.2 Arrive at Exchange 19

- Van Directions:
- 0.0 Depart exchange 18 heading east on Red Dale Rd toward Lakefront Dr.
 - 2.32 Turn left onto Bernville Rd/PA-183
 - 7.98 Turn right onto Washington St.
 - 8.02 Take the 1st right onto N Main St.
 - 8.05 Arrive at Exchange 19



LEG 20 -- 7.5 MILES -- VERY HARD -- FULL VAN SUPPORT

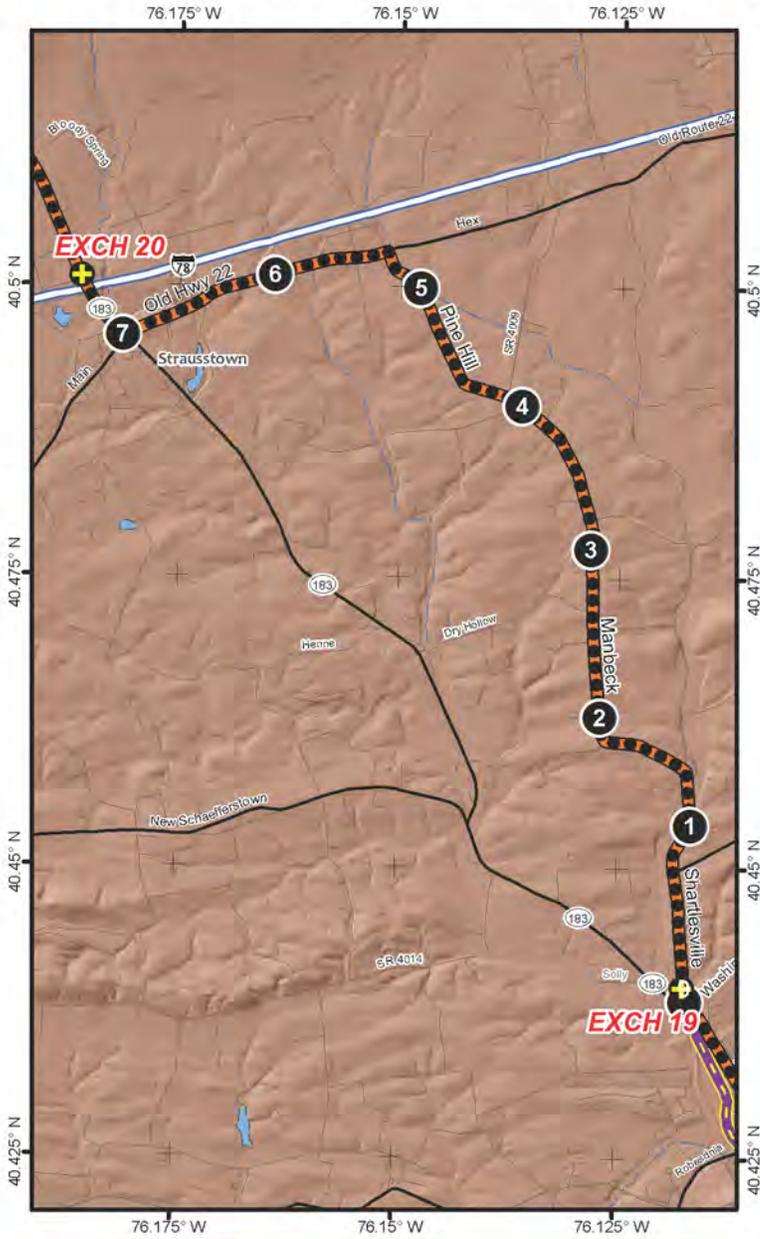
LEG 20 -- 7.5 MILES -- VERY HARD

Exchange 20 Address:
 Sickafus Sheepskin - Clothing Store
 8373 PA-183
 Bethel, PA 19507
 GPS: 40°30'3.93"N, 76°11'11.80"W

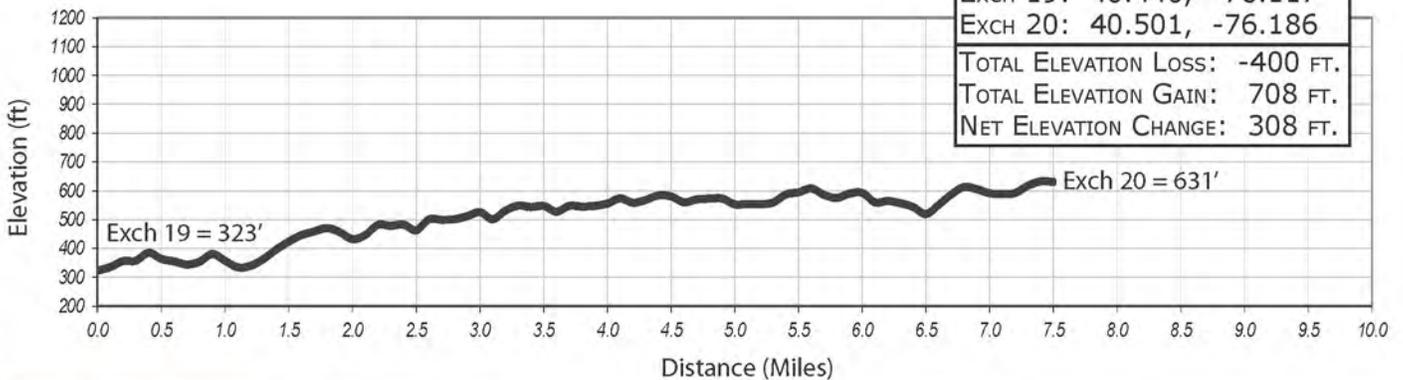
Leg Notes:
 Only support your runner where it is safe & legal.

- Leg Legend:
- 0.0 Depart Exchange 19 heading northeast on Shartlesville Rd
 - 1.35 Turn left onto Manbeck Rd
 - 3.03 Manbeck Rd turns into Dry Hollow Rd
 - 3.2 Dry Hollow Rd turns into Tulley Dr
 - 4.2 Tulley Dr turns into Pine Hill Rd
 - 5.45 Turn left onto Old Route 22
 - 7.1 Turn right onto SR 183
 - 7.5 Arrive at Exchange 20

Van Directions:
 Follow runner directions



GPS COORDS	
EXCH 19:	40.440, -76.117
EXCH 20:	40.501, -76.186
TOTAL ELEVATION LOSS: -400 FT.	
TOTAL ELEVATION GAIN: 708 FT.	
NET ELEVATION CHANGE: 308 FT.	



LEG 21 -- 6.8 MILES -- VERY HARD -- NO VAN SUPPORT

LEG 21 -- 6.8 MILES -- VERY HARD

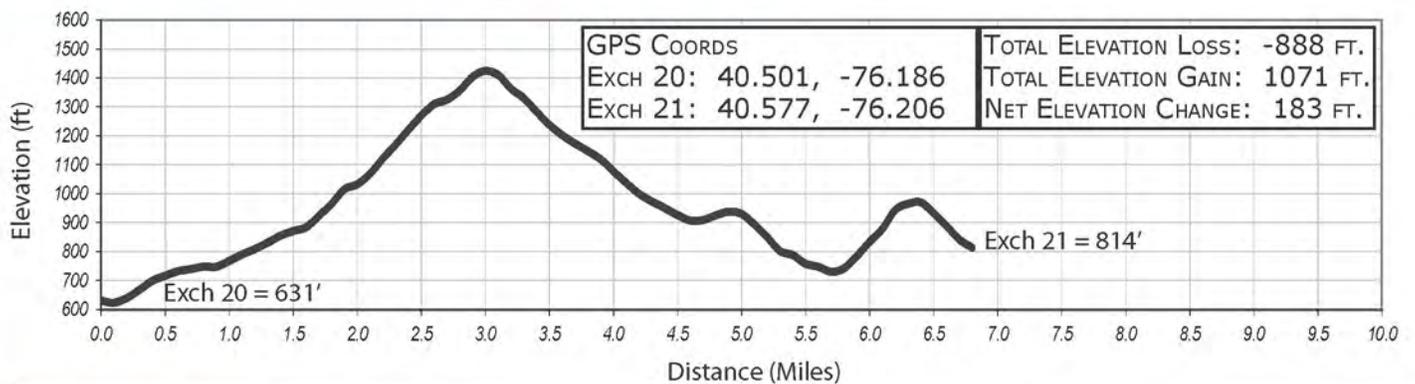
Exchange 21 Address:
 Schuylkill Christian Church
 780 PA-183, Schuylkill Haven, PA 17972
 GPS: 40°34'37.31"N 76°12'20.62"W

Leg Notes:
 Ragnar will provide 1 water station on this leg.
 In effort to be more sustainable these water stations will not have cups. Please carry a water bottle.

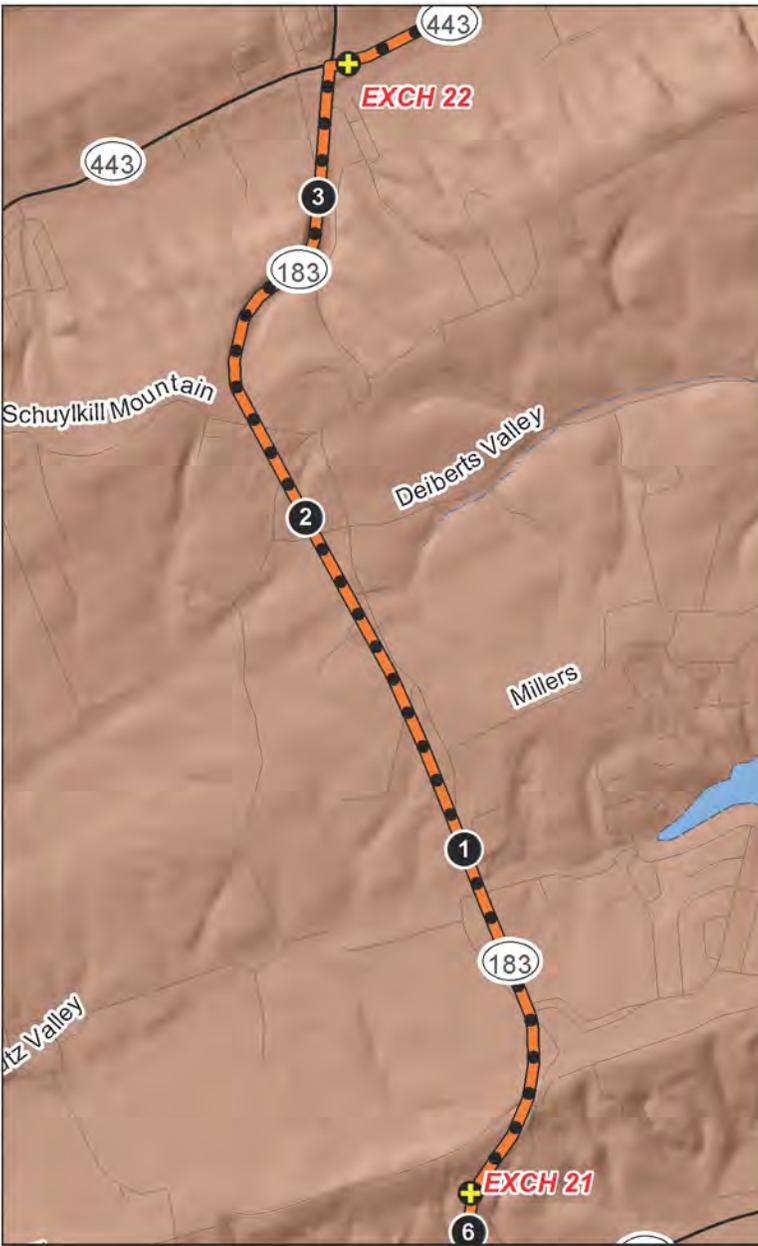
The water station will be located 3 miles from Exchange 20.

Leg Legend:
 0.0 Depart Exchange 20 heading north on SR 183
 6.8 Arrive at Exchange 21

Van Directions:
 Follow Runner Directions.



LEG 22 -- 2.8 MILES -- EASY -- NO VAN SUPPORT



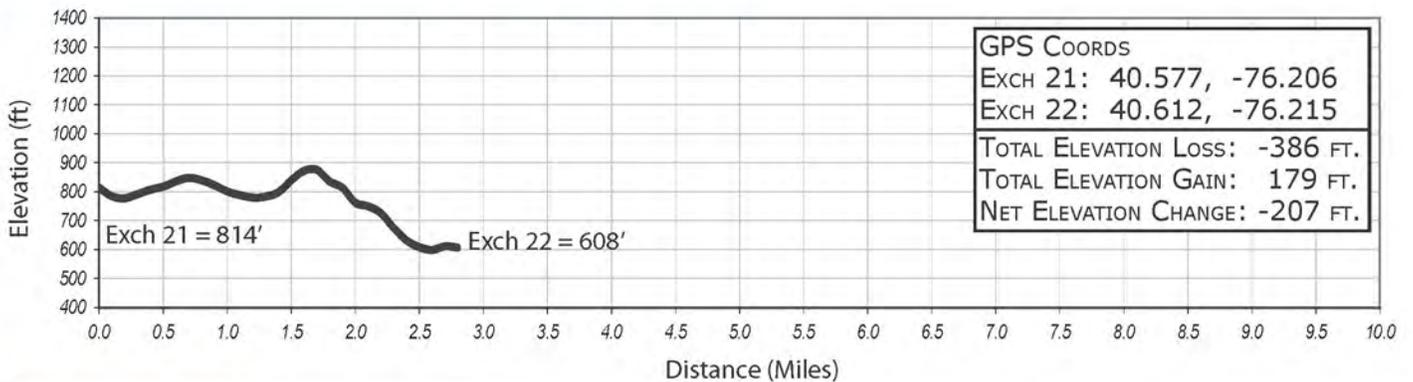
LEG 22 -- 2.8 MILES -- EASY

Exchange 22 Address:
 Moyer – large gravel lot
 GPS: 40°36'44.59"N, 76°12'52.37"W

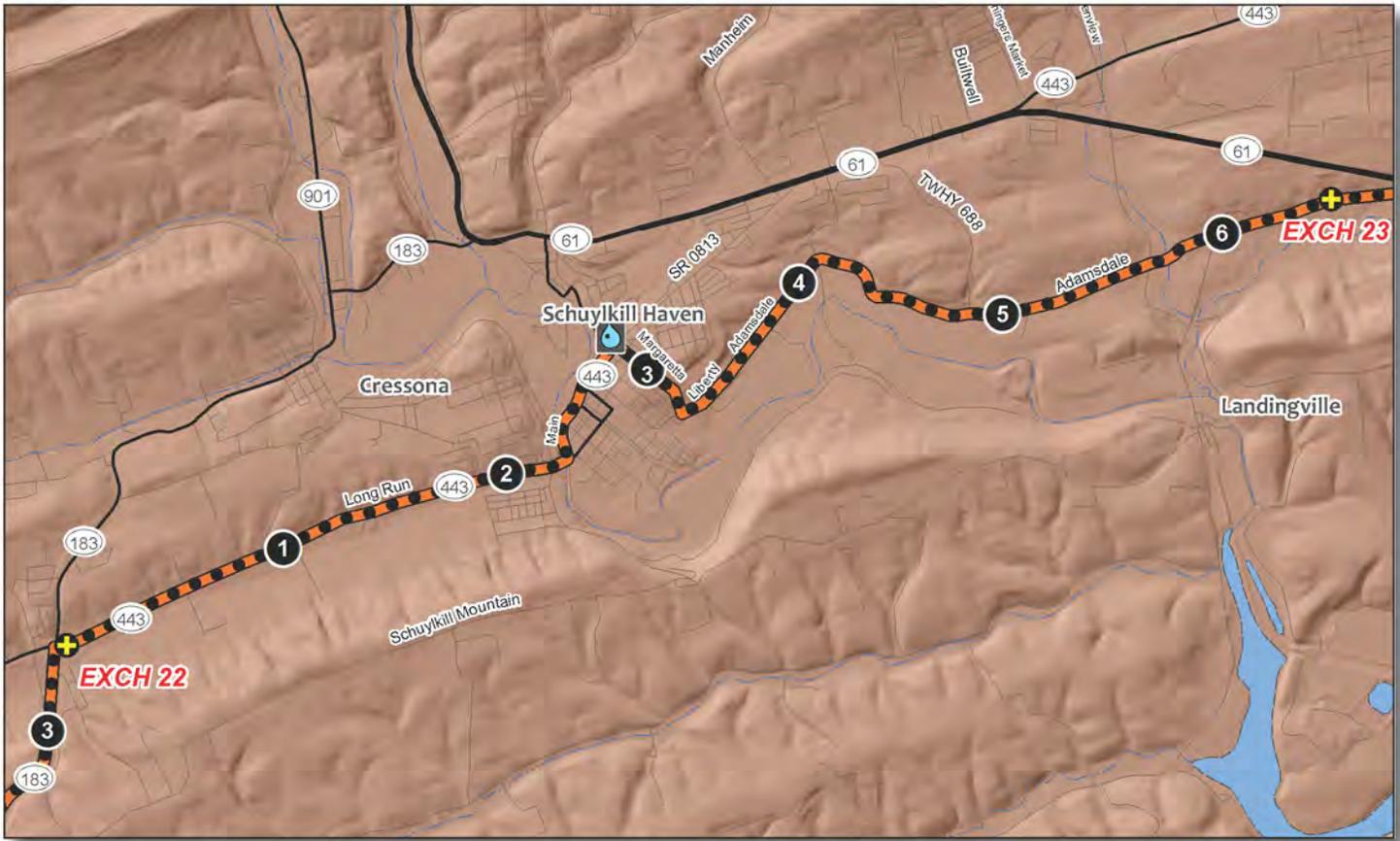
Leg Notes:
 A water station will be provided.

Leg Legend:
 0.0 Depart Exchange 21 heading north on 183
 2.7 Turn right onto Long Run Rd/443
 2.8 Arrive at Exchange 22

Van Directions:
 Follow Runner Directions



LEG 23 -- 6.5 MILES -- HARD -- NO VAN SUPPORT



LEG 23 – 6.5 MILES – HARD

Exchange 23 Address:
 Pioneer Evergreen Farms
 159 E Adamsdale Rd,
 Orwigsburg, PA 17961
 GPS: 40°38'11.79"N, 76° 7'39.73"W

Leg Notes:
 Ragnar will provide 1 water station on this leg. In effort to be more sustainable these water stations will not have cups. Please carry a water bottle.

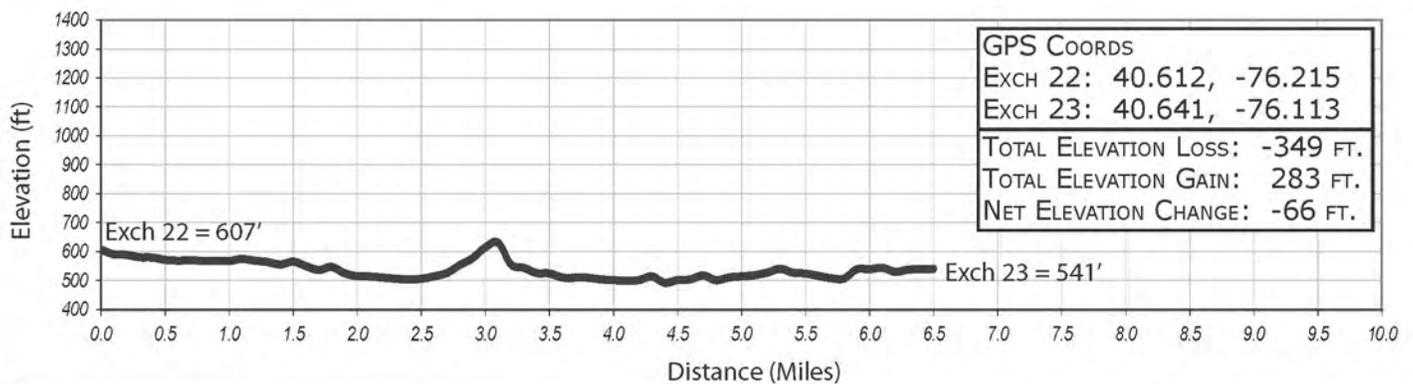
The water station will be located 3.2 miles from Exchange 22.

Leg Legend:

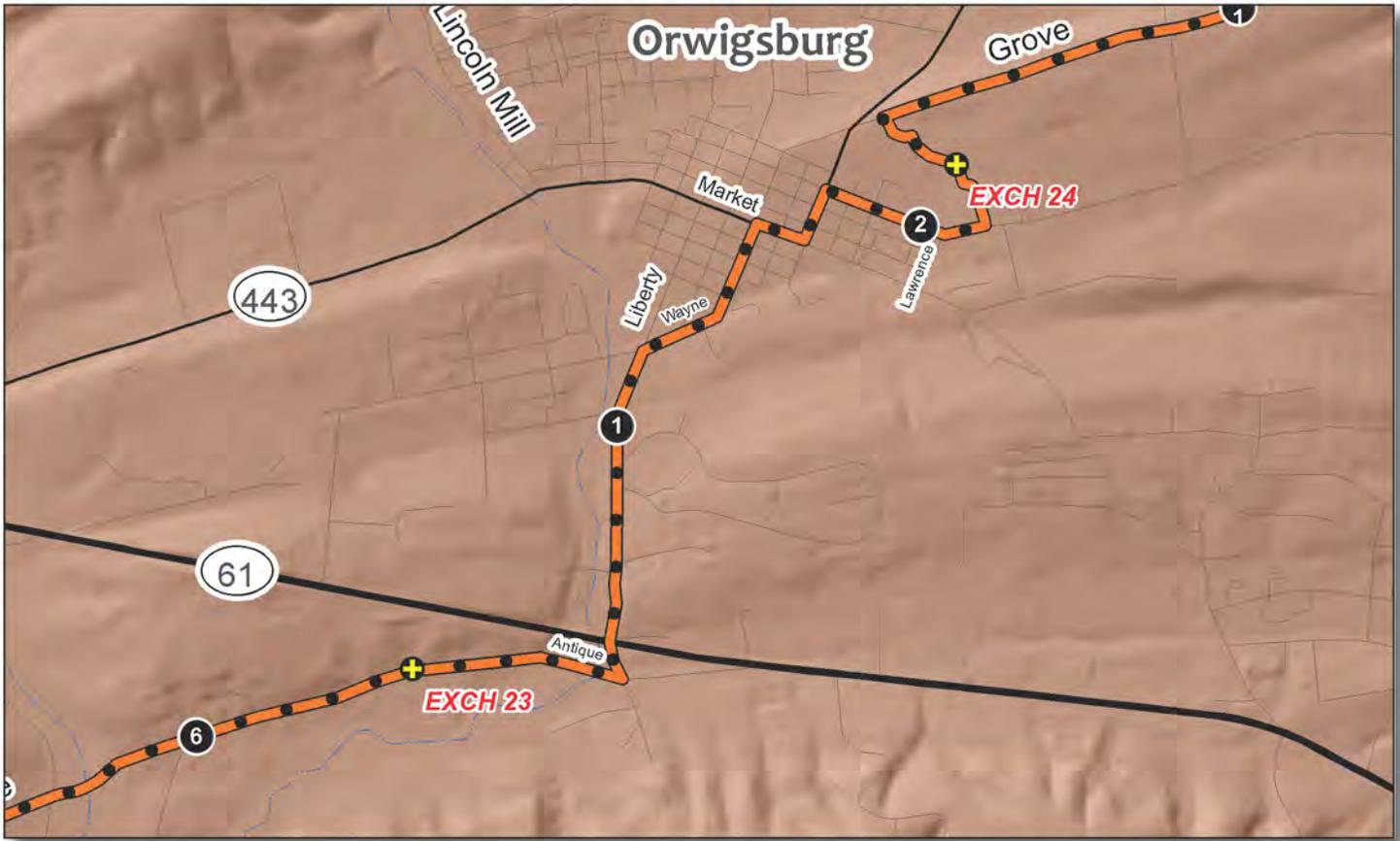
- 0.0 Depart Exchange 22 heading East on Long Run Rd/443
- 1.88 Long Run Rd turns into Columbus St/443, continue straight
- 2.28 After crossing the bridge, turn left onto W Main St
- 2.6 After crossing the train tracks, W Main St turns into E Main St, continue straight

- 2.83 Turn right onto S Margareta St
- 3.25 Turn left onto E Liberty St
- 3.5 Go straight onto W Adamsdale Rd
- 6.5 Arrive at Exchange 23

Van Directions:
 Follow Runner Directions.



LEG 24 -- 2.3 MILES -- EASY -- NO VAN SUPPORT



LEG 24 -- 2.3 MILES -- EASY

Exchange 24 Address:

Blue Mountain East Elementary School
675 Red Dale Rd

Orwigsburg, PA 17961

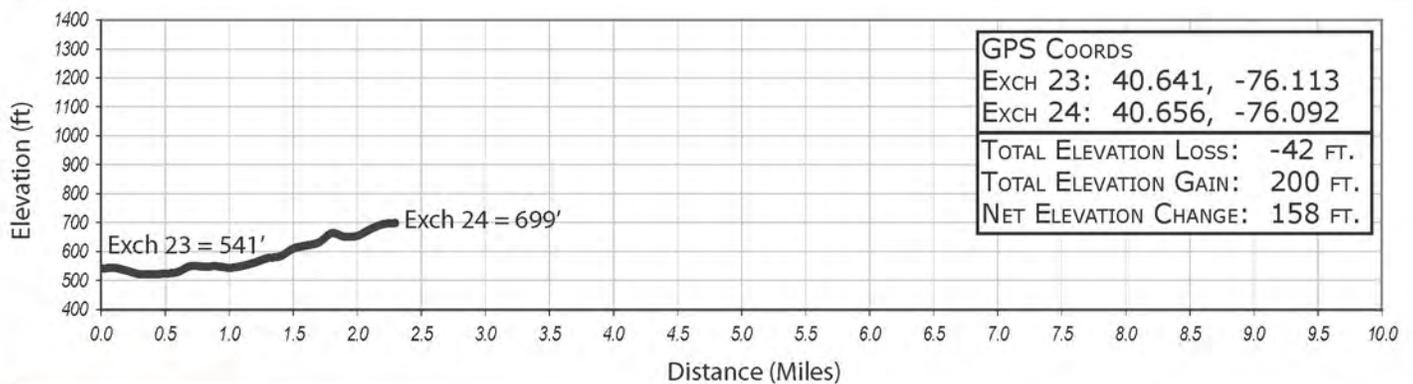
GPS: 40°39'17.14"N, 76° 5'25.82"W

Leg Legend:

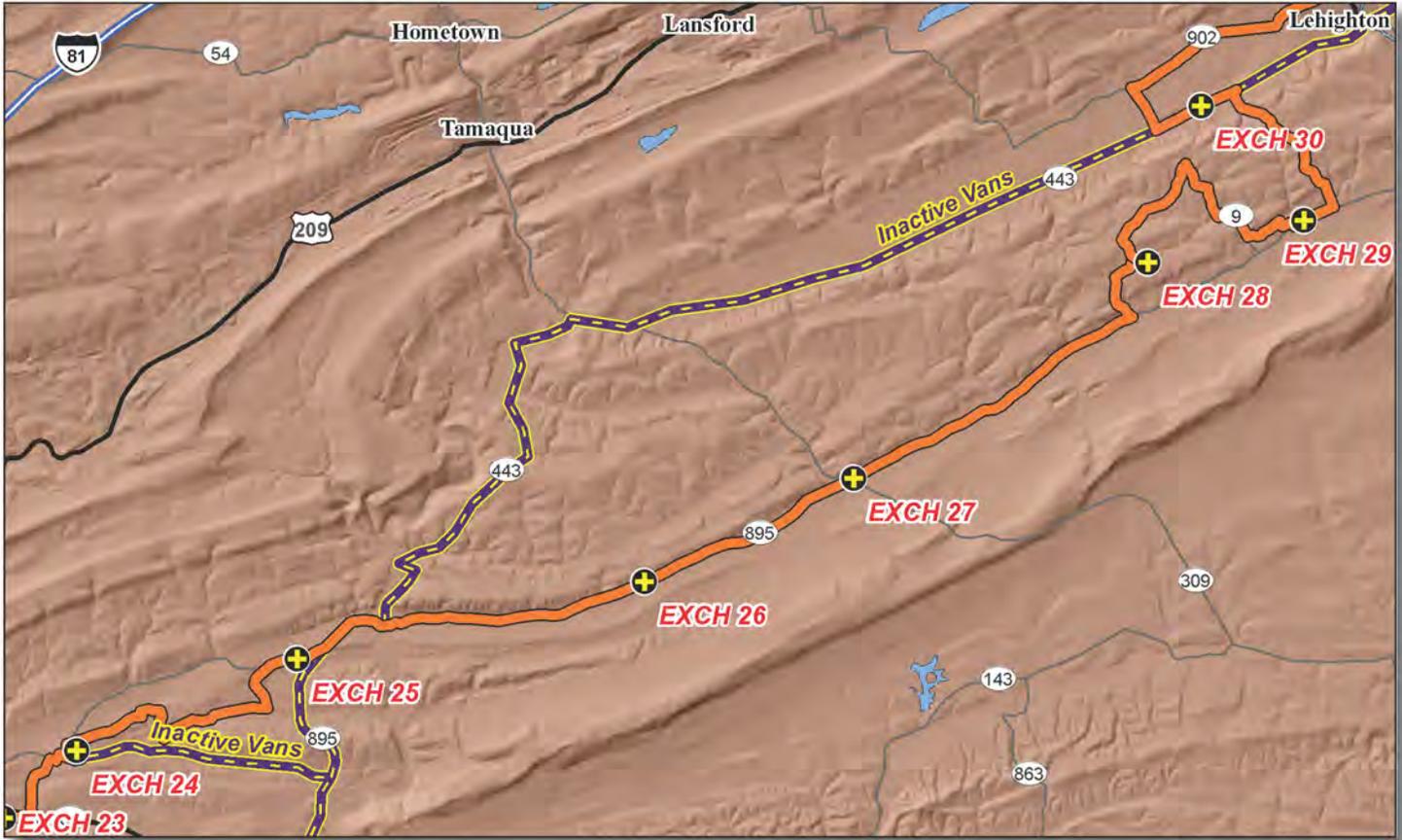
0.0 Depart Exchange 23 heading east on E Adamsdale Rd
1445ft Veer right to run on Antique Ln
2378ft Turn left onto S Liberty St

1.17 Turn right onto S Wayne St
1.35 Turn left to stay on S Wayne St
1.55 Turn right onto E Market St
1.67 Turn left onto N Washington St
1.8 Turn right onto E Church St
2.00 Turn left onto Lawrence St
2.15 Turn left onto path, run towards exchange
2.3 Arrive at Exchange 24

Van Directions:
Follow Runner Directions.



VAN I -- LEGS 25-30 -- 36.8 MILES

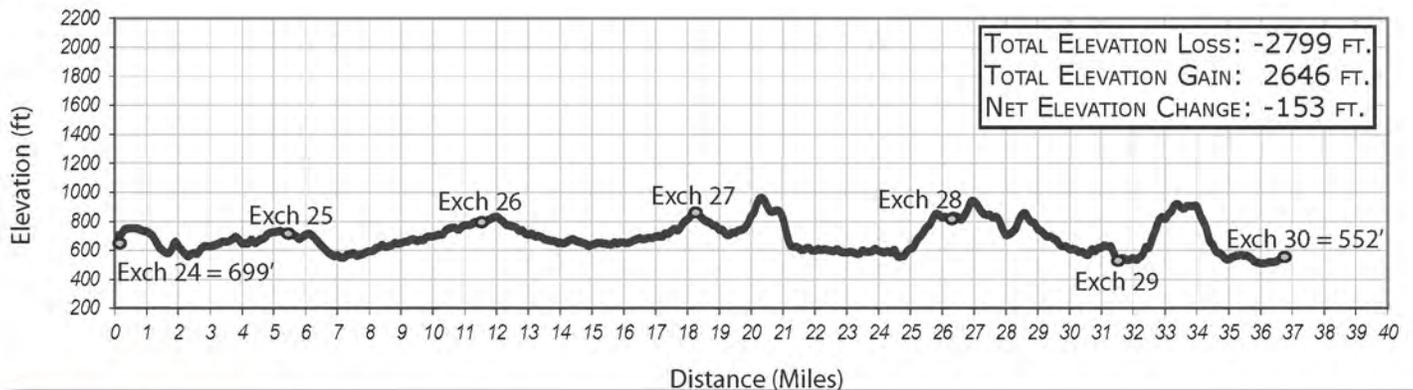


Inactive Van Directions (Exchange 24 to Exchange 30)

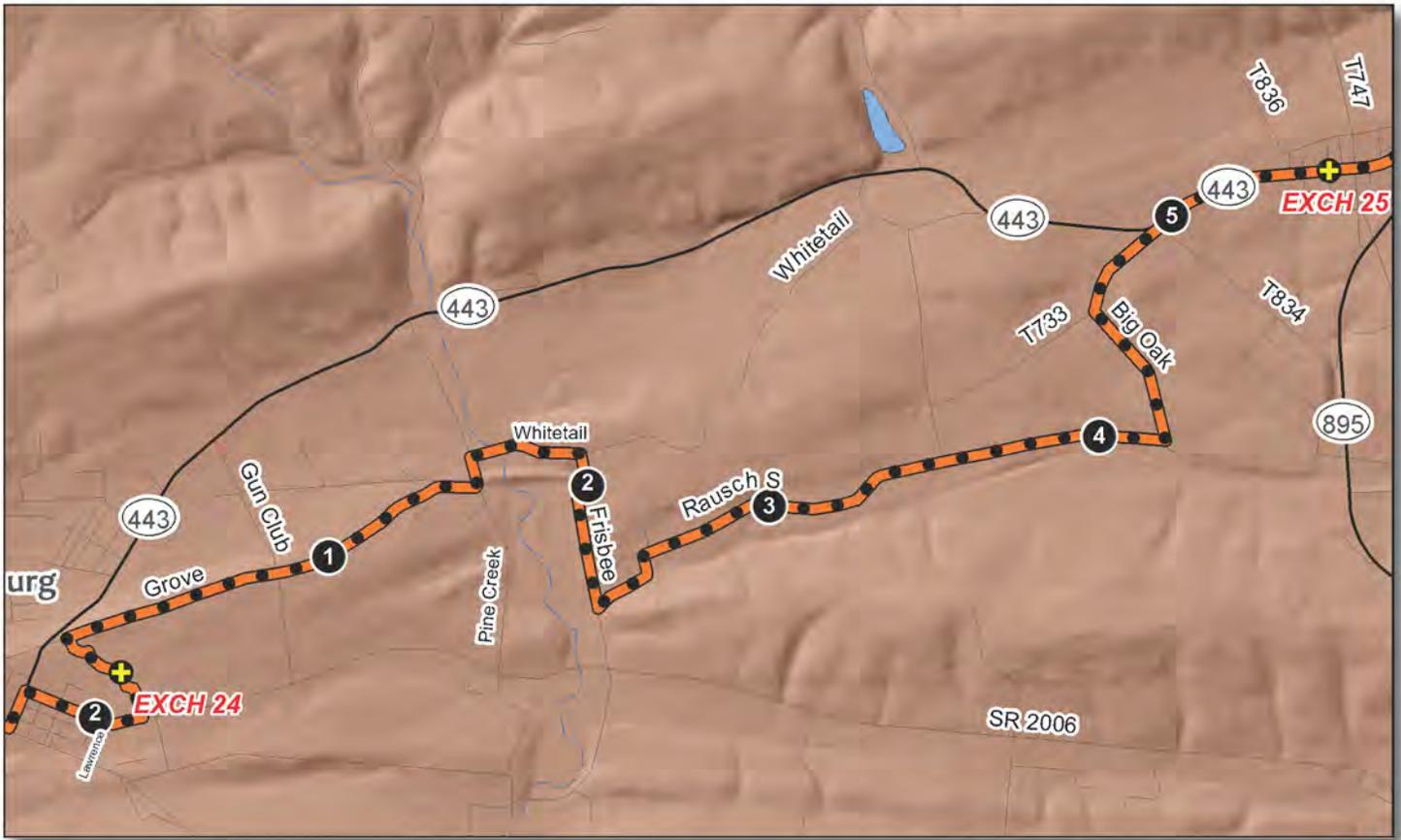
- 0.0 Depart Exchange 24 going east on Red Dale Rd toward Lakefront Dr.
- 2.63 Turn left onto Summer Valley Rd/PA-895. Continue to follow PA-895
- 6.29 Turn left onto E Railroad Ave/PA-443. Continue to follow PA-443.
- 13.00 Turn right onto PA-443/PA-309/W Penn Pike.
- 14.01 Turn slight left onto Penn Dr/PA-

- 443. Continue to follow PA-443.
- 23.04 Turn left onto Seneca Rd
- 23.11 Arrive at Exchange 30

Exchange 30 Address:
 Mahoning Drive-In Theater
 635 Seneca Rd, Lehighton, PA 18235



LEG 25 -- 5.5 MILES -- HARD -- FULL VAN SUPPORT



LEG 25 -- 5.5 MILES -- HARD

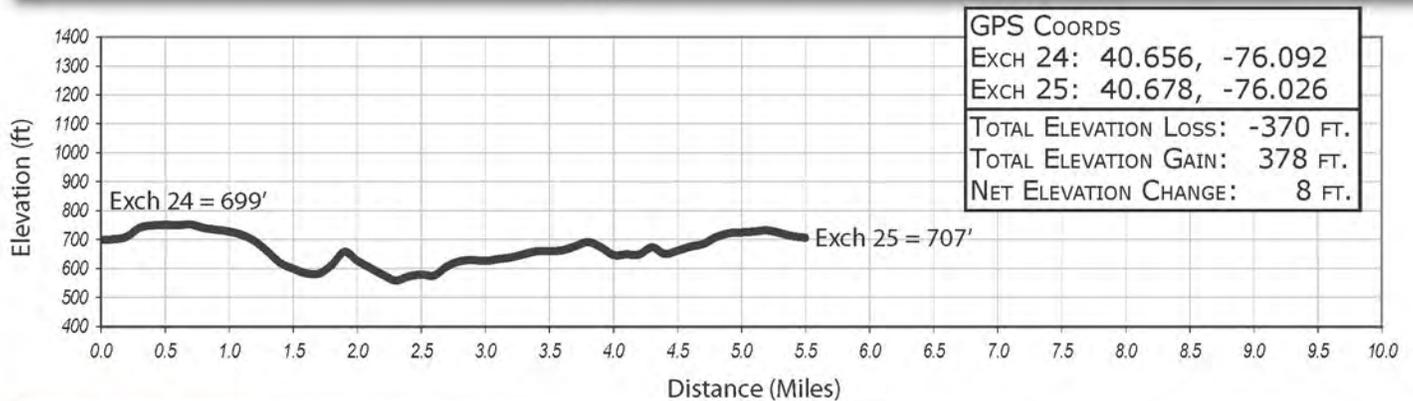
Exchange 25 Address:
 Christ Church McKeansburg
 6 South Race Street
 NewRinggold, PA 17960
 GPS: 40° 40' 40.27"N, 76° 1' 31.68"W

Leg Notes:
 Only support your runner where it is safe
 & legal

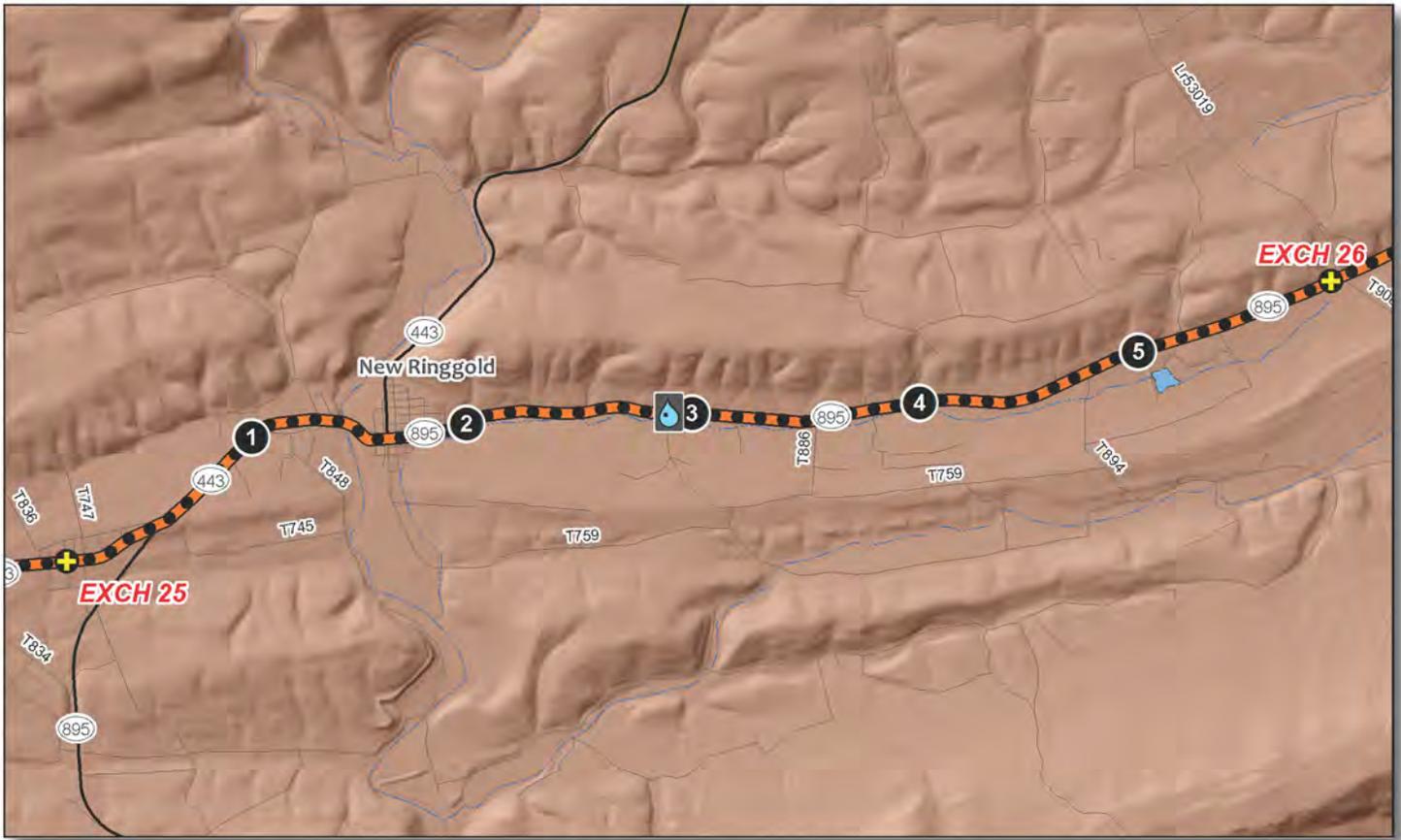
Leg Legend:
 0.0 Depart Exchange 24 heading north on the path
 1071ft Turn right onto Grove St
 1.48 Turn left onto Pine Creek Dr
 1.58 Turn right onto Whitetail Ln
 1.9 Turn right onto Frisbee Rd
 2.38 Turn left onto Rauschs Rd
 3.4 Rauschs Rd turns into W Rauschs Rd, continue straight
 4.19 Turn left onto Big Oak Ln
 4.62 Veer right onto Peaceful Valley Rd

5.1 Go straight onto Chestnut St
 5.5 Arrive at Exchange 26

Van Directions:
 Follow Runner Directions.



LEG 26 -- 6.0 MILES -- VERY HARD -- NO VAN SUPPORT



LEG 26 -- 6.0 MILES -- VERY HARD

Exchange 26 Address:

Grass Lot at Summer Valley Rd & Kepners Rd

GPS: 40°41'48.96"N, 75°55'11.86"W

Leg Notes:

Ragnar will provide 1 water station on this leg. In effort to be more sustainable these water stations will

not have cups. Please carry a water bottle

The water station will be located 2.9 miles from Exchange 25

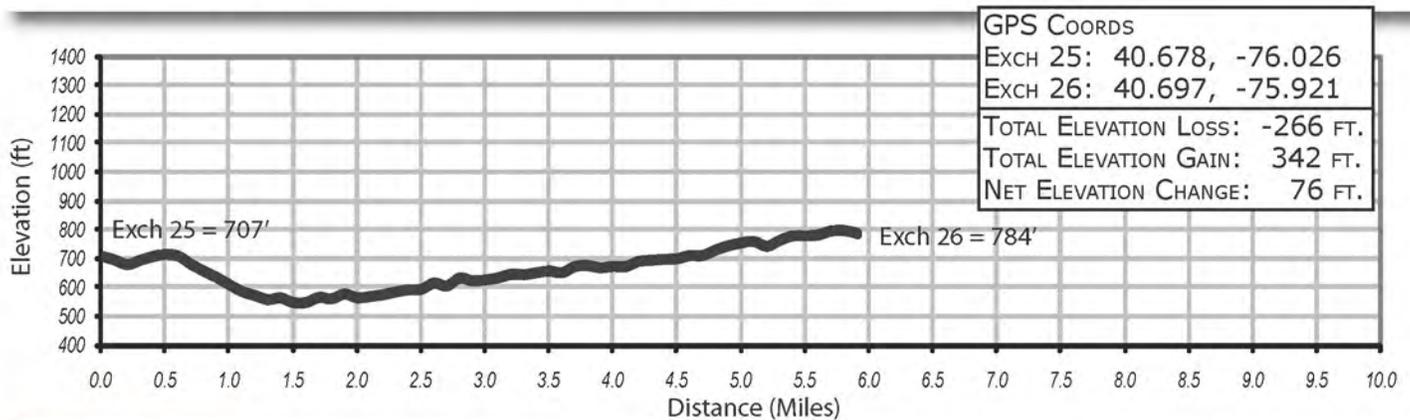
Leg Legend:

0.0 Depart Exchange 25 heading Northeast on Chestnut Rd
2550ft Veer left to run on Summer Valley Rd

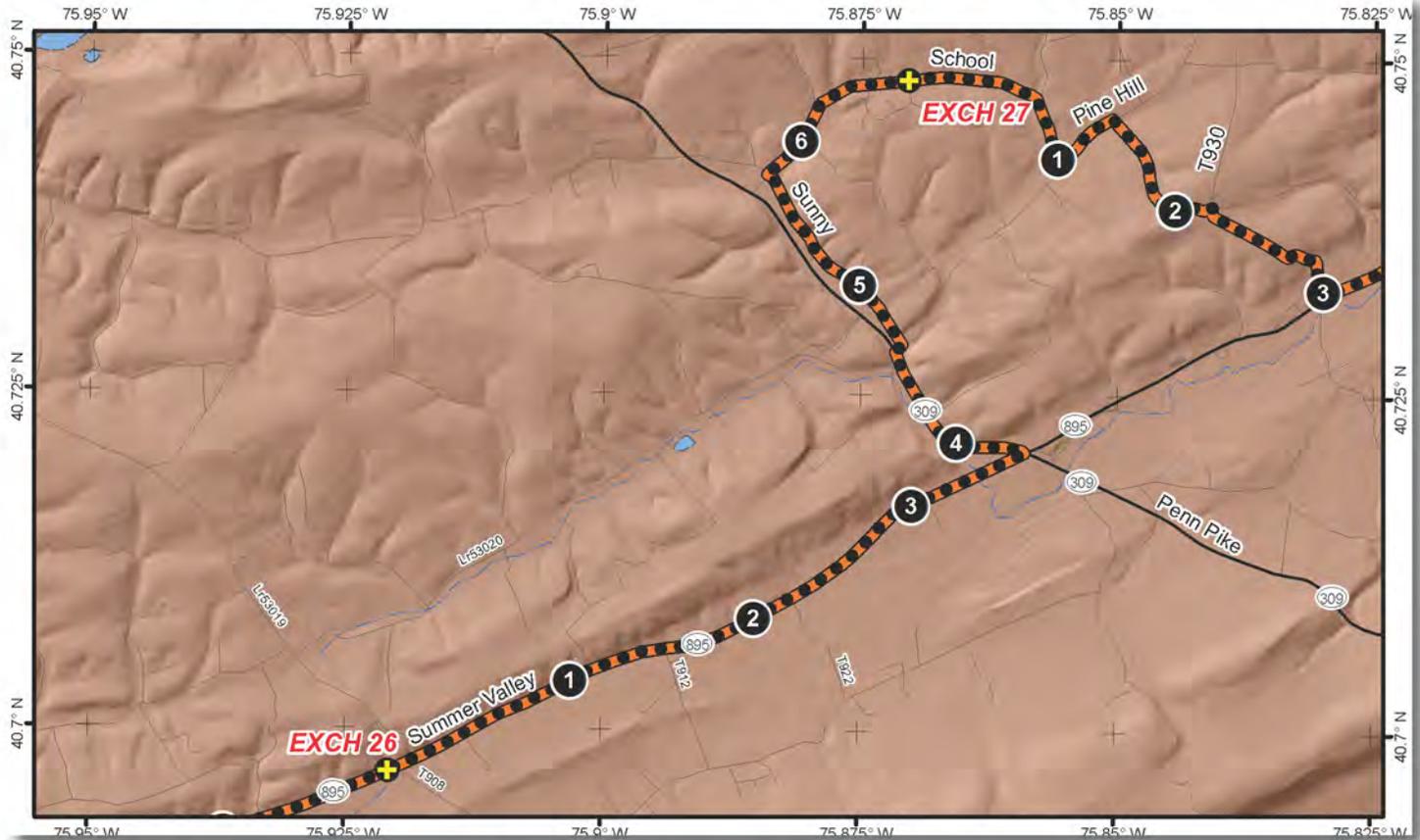
1.6 Summer Valley Rd turns into Hughes St, continue straight
2.3 Hughes St turns into Summer Valley Rd, continue straight
5.95 Arrive at Exchange 26

Van Directions:

Follow Runner Directions.



LEG 27 -- 6.7 MILES -- HARD -- FULL VAN SUPPORT



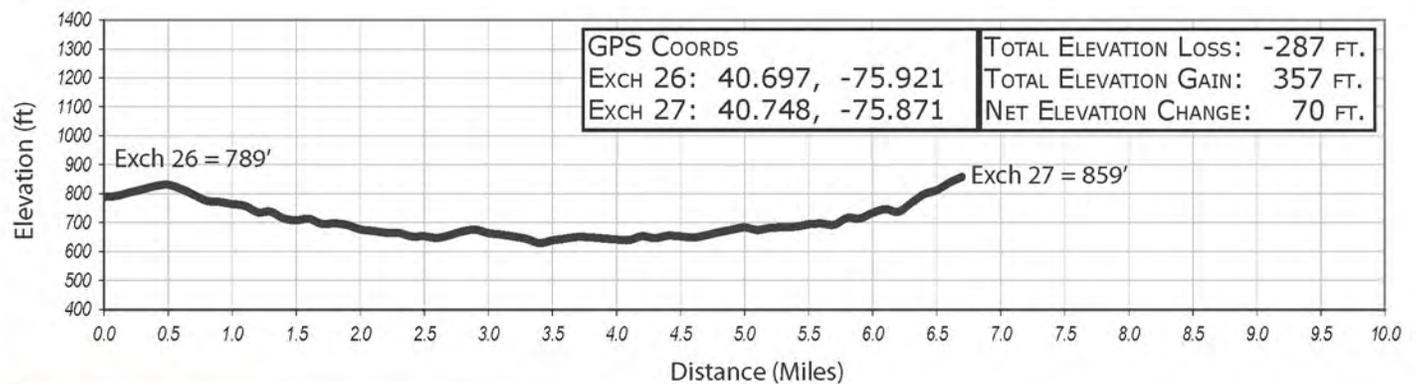
LEG 27 -- 6.7 MILES -- HARD

Exchange 27 Address:
 West Penn Township Elementary
 School
 185 School Dr
 New Ringgold, PA 17960

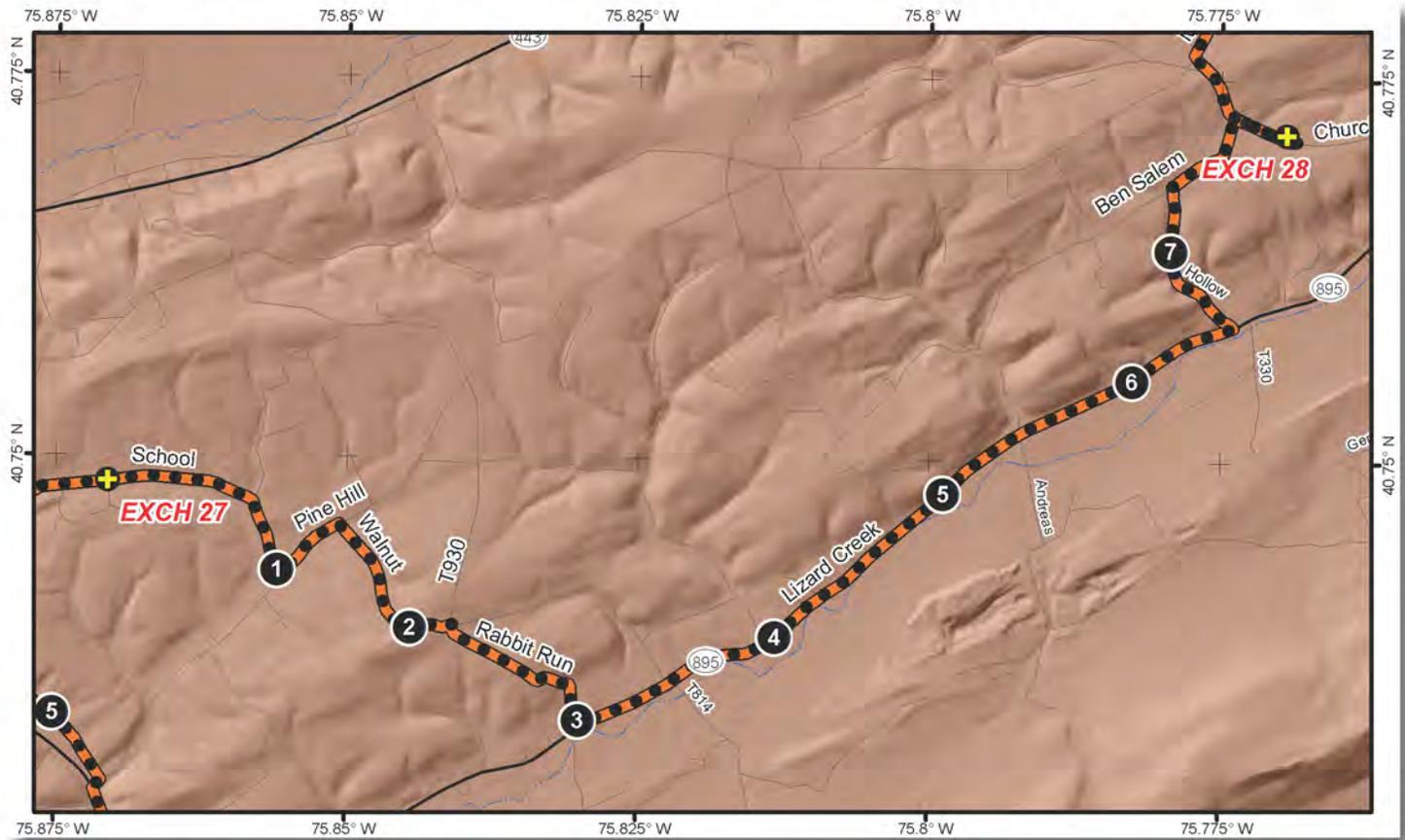
- 3.65 Turn left onto W Penn Pike
- 4.56 Turn right onto Pine Hill Rd,
then immediately left onto
Sunny Rd
- 5.76 Turn right onto School Dr
- 6.7 Arrive at Exchange 27

Van Directions:
 Follow runner directions

Leg Legend:
 0.0 Depart Exchange 26 heading
 East on Summer Valley Rd



LEG 28 -- 8.0 MILES -- VERY HARD -- FULL VAN SUPPORT



LEG 28 -- 8.0 MILES -- VERY HARD

Exchange 28 Address:

Ben Salem UCC

1965 Church Hill Rd

Lehighon, PA 18235

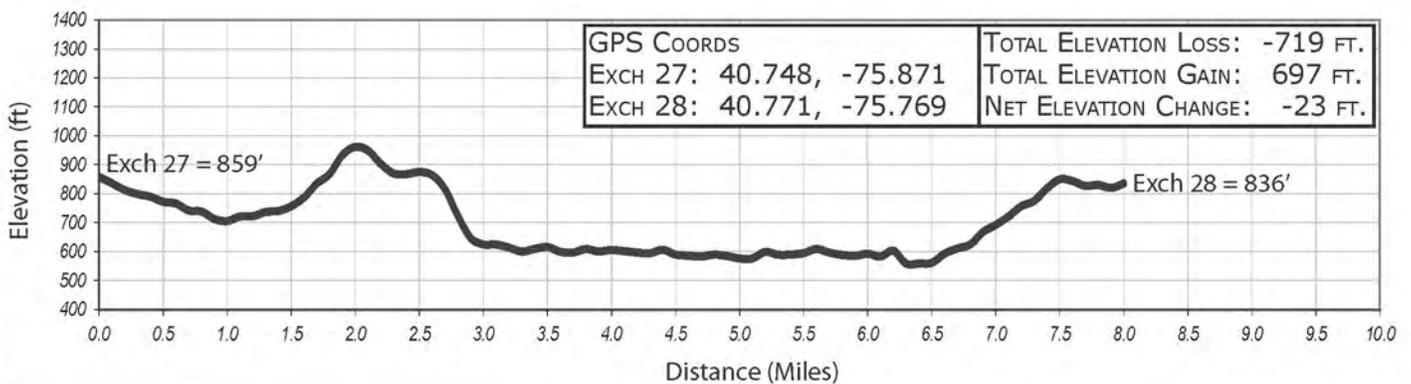
GPS: 40°46'17.25"N, 75°46'10.12"W

Leg Legend:

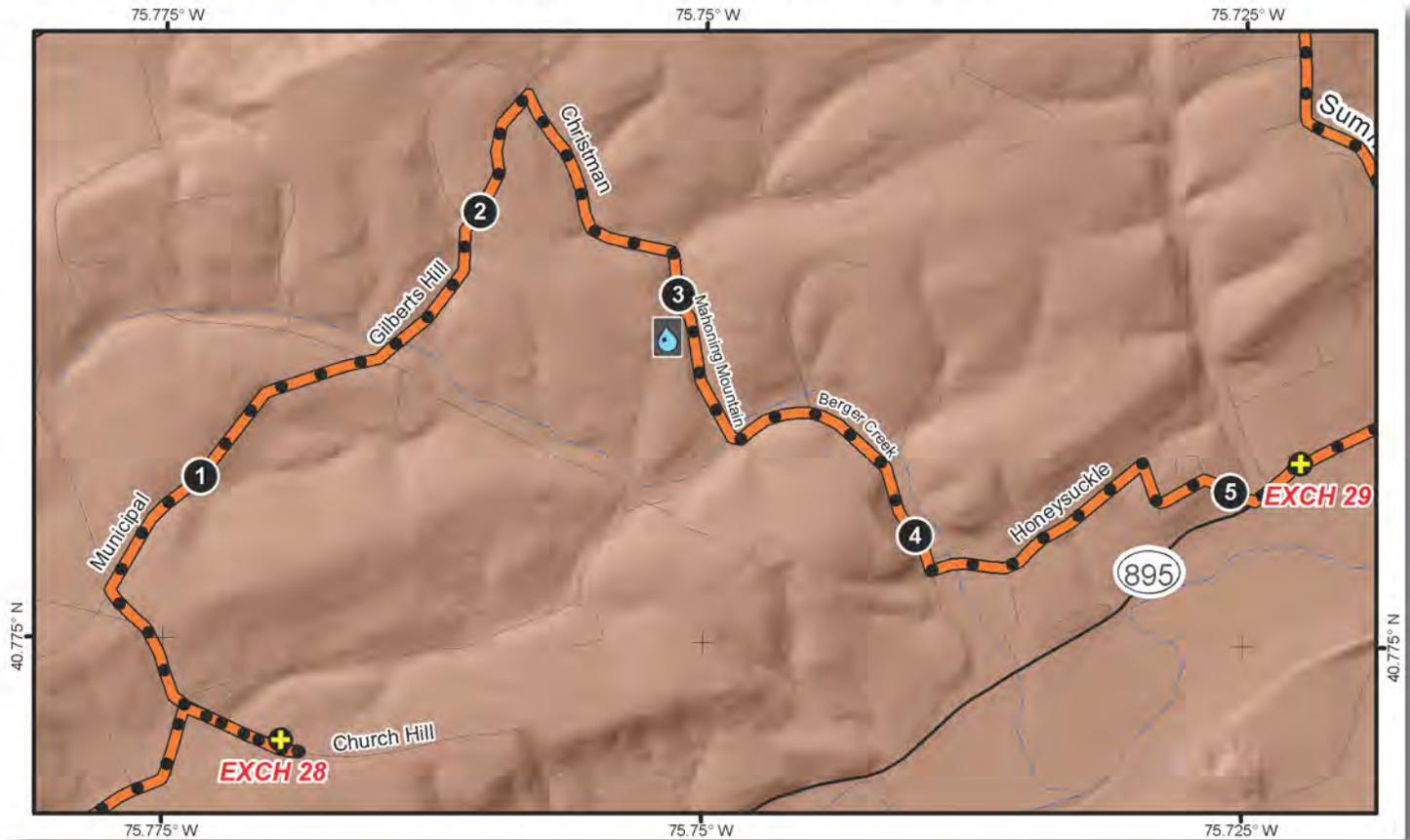
- 0.0 Depart Exchange 27 heading east on School Dr
- 1.0 Turn left onto Pine Hill Rd
- 1.4 Turn right onto Walnut Ln
- 2.2 Turn right onto Rabbit Run Ln
- 3.0 Turn left onto Lizard Creed Rd
- 6.5 Turn left onto Hollow Rd
- 7.3 Turn right onto Ben Salem Rd
- 7.75 Turn right onto Church Hill Rd
- 8.0 Arrive at Exchange 28

Van Directions:

Follow Runner Directions.



LEG 29 -- 5.3 MILES -- HARD -- NO VAN SUPPORT



LEG 29 -- 5.3 MILES -- HARD

Exchange 29 Address:
 East Penn Elementary School
 496 West Lizard Creek Road
 Leighton, PA 18235
 GPS: 40°46'53.31"N, 75°43'20.59"W

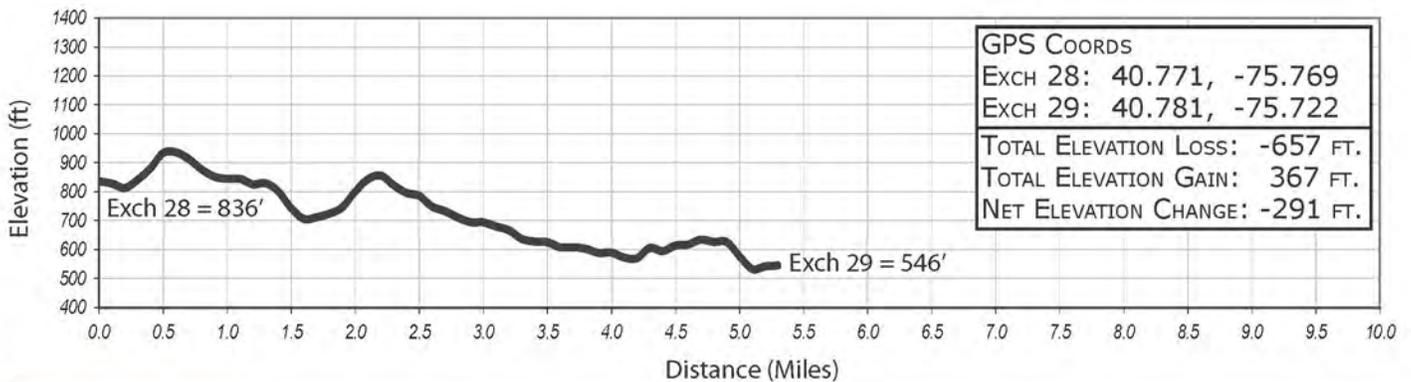
Leg Notes:
 Ragnar will provide 1 water station on this leg.
 In effort to be more sustainable these water stations will not have cups. Please carry a water bottle

The water station will be located 3 miles from Exchange 28.

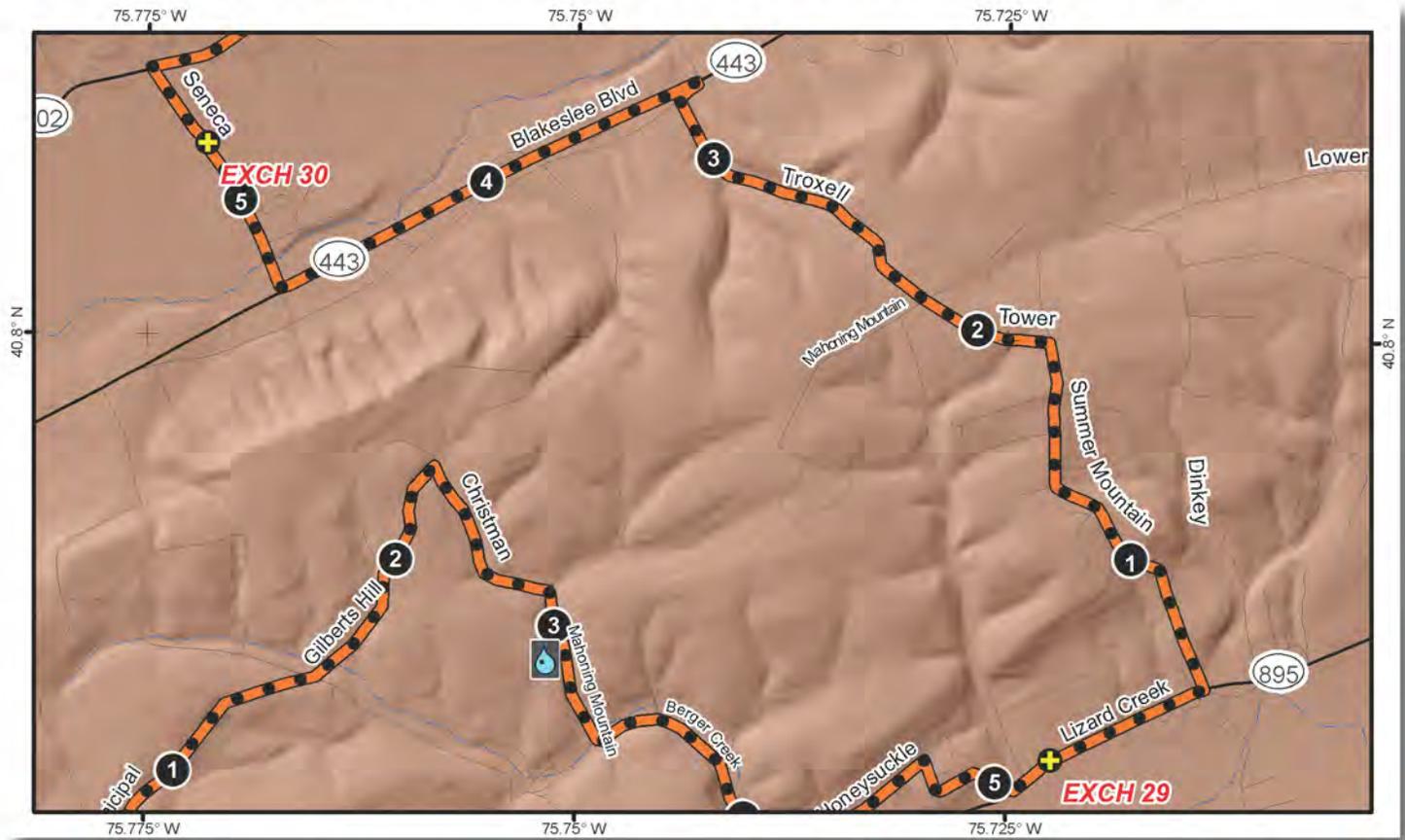
Leg Legend:
 0.0 Depart Exchange 28 heading northwest on Church Hill Rd
 0.53 Veer right onto T-342
 0.64 Turn right onto Municipal Rd
 1.55 Continue straight onto Gilberts Hill Rd
 2.4 Turn right onto Christman Rd
 2.9 Turn right onto Mahoning Mountain Rd
 3.4 Mahoning Mountain Rd

turns into Berger Creek Rd, continue straight
 4.0 Turn left onto Honeysuckle Ln
 4.7 Turn right onto Schleicher Ln
 4.95 Turn right onto William Ln
 5.1 Turn left onto W Lizard Creek Rd
 5.3 Arrive at Exchange 29

Van Directions:
 Follow Runner Directions.



LEG 30 -- 5.25 MILES -- MODERATE -- PARTIAL VAN SUPPORT



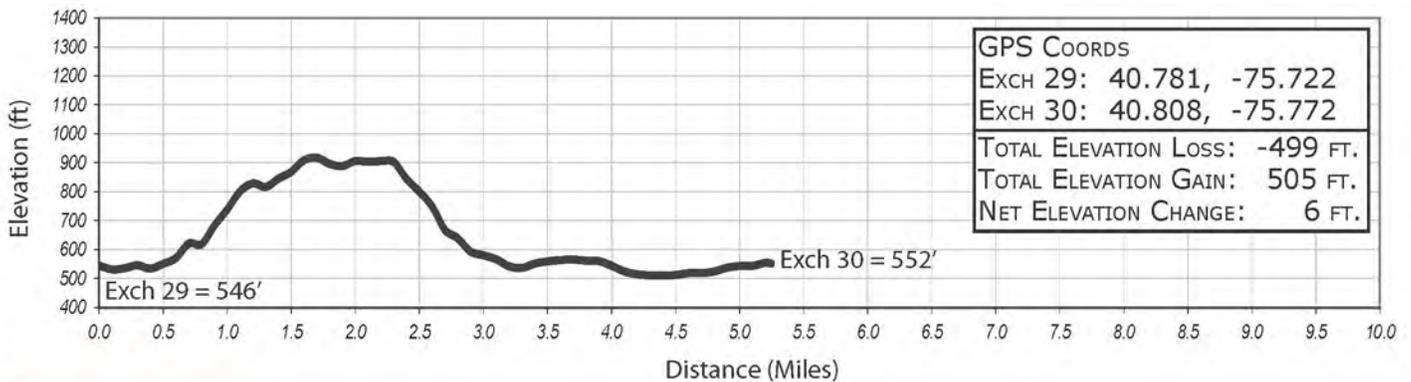
LEG 30 -- 5.25 MILES -- MODERATE

Exchange 30 Address:
 Mahoning Drive-In Theater
 635 Seneca Rd
 Lehigh, PA 18235
 GPS: 40°48'30.40"N 75°46'17.67"W

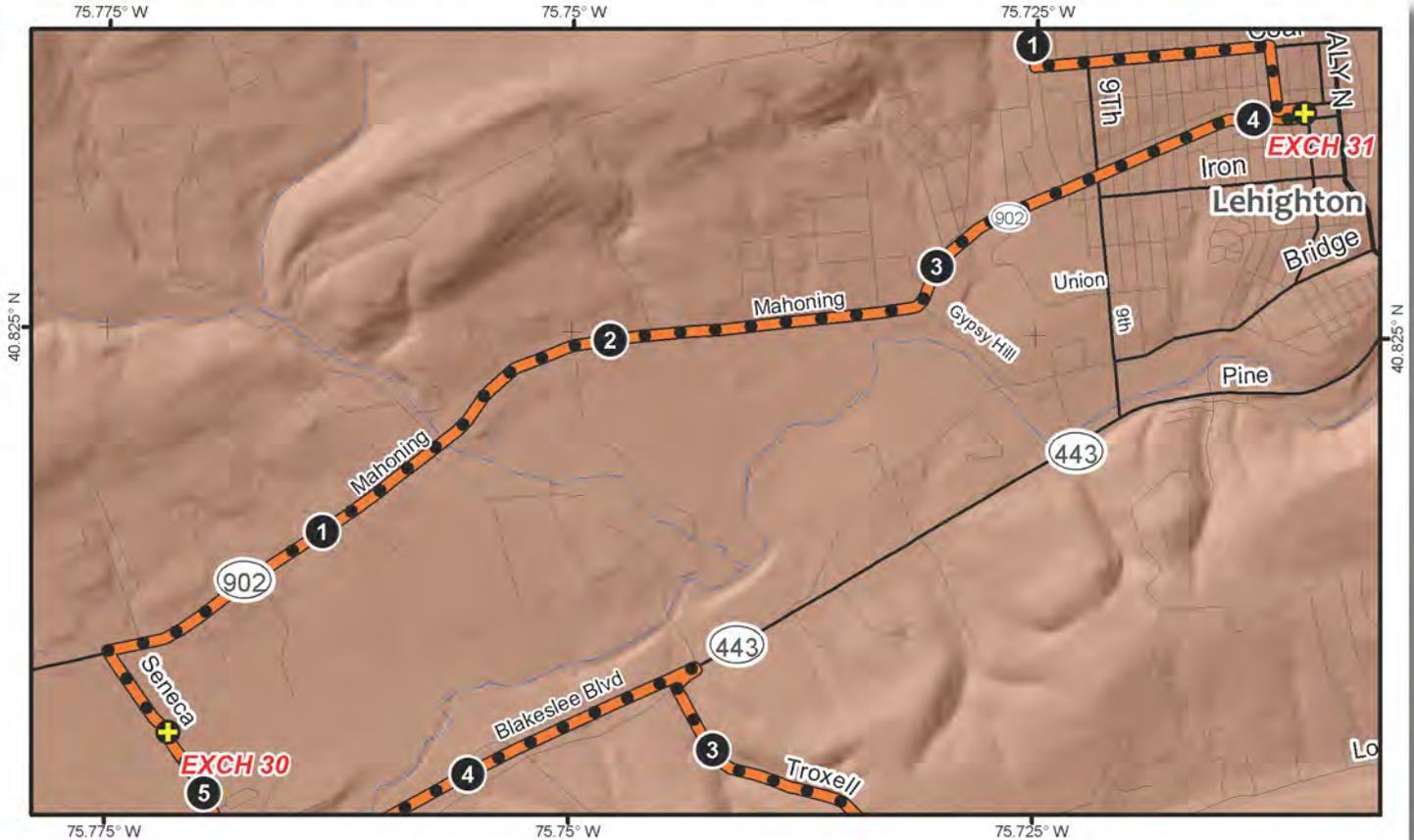
Leg Legend:

0.0	Depart Exchange 29 heading Northeast on E Lizard Creek	Rd	5.25	Arrive at Exchange 30
0.5		0.5	Turn left onto Dinkey Rd	
0.83		0.83	Continue straight onto Summer Mountain Rd	
1.78		1.78	Turn left onto Troxell Rd	
3.21		3.21	Turn right onto Long Hollow Ln	
3.3		3.3	Run to crosswalk, turn left to run West on Blakeslee Blvd Dr	
4.7		4.7	Turn right onto Seneca Rd	

Van Directions:
 Follow runner directions.



LEG 31 -- 4.2 MILES -- MODERATE -- FULL VAN SUPPORT



LEG 31 -- 4.2 MILES -- MODERATE

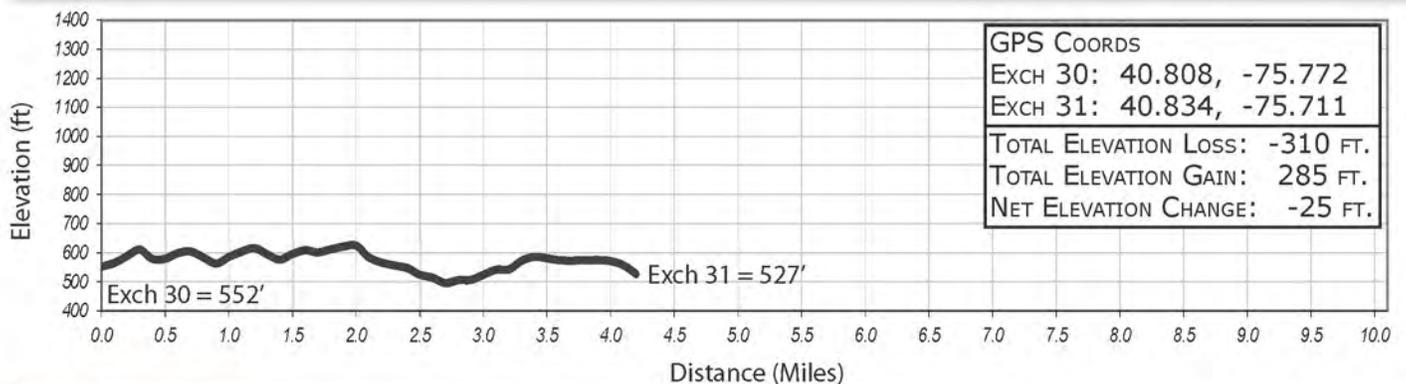
Exchange 31 Address:
 Downtown Lehighton on South Street
 & Constitution Ave.
 GPS: 40°50'12.51"N, 75°43'1.63"W

Leg Notes:
 Only support your runner where it is
 safe & legal.

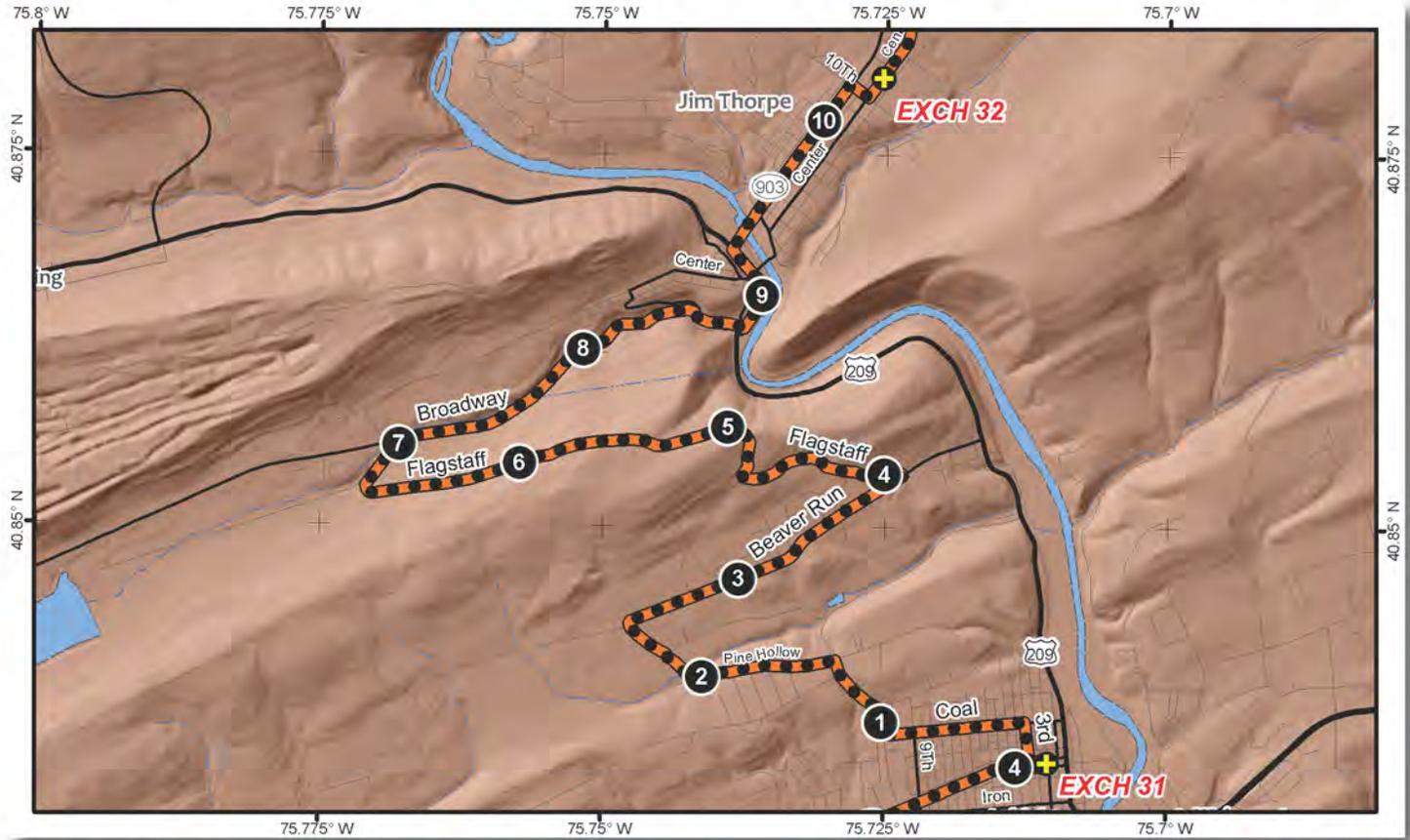
Leg Legend:

0.0	Depart Exchange 29 heading Northeast
1500ft	Turn right onto Mahoning Dr W
4.04	slight right onto South Street
4.13	Turn left onto S 2nd Street
4.2	Arrive at Exchange 31

Van Directions:
 Follow runner directions
 Exchange parking is all open street parking.



LEG 32 -- 10.5 MILES -- VERY HARD -- FULL VAN SUPPORT



LEG 32 -- 10.5 MILES -- VERY HARD

Exchange 32 Address:
 Jim Thorpe Area Senior High School
 1 Olympian Way
 Jim Thorpe, PA 18229
 GPS: 40°52'48.63"N, 75°43'31.52"W

Leg Notes:
10.5 Miles – 1557ft of Elevation Gain – This is THE RAGNAR LEG.

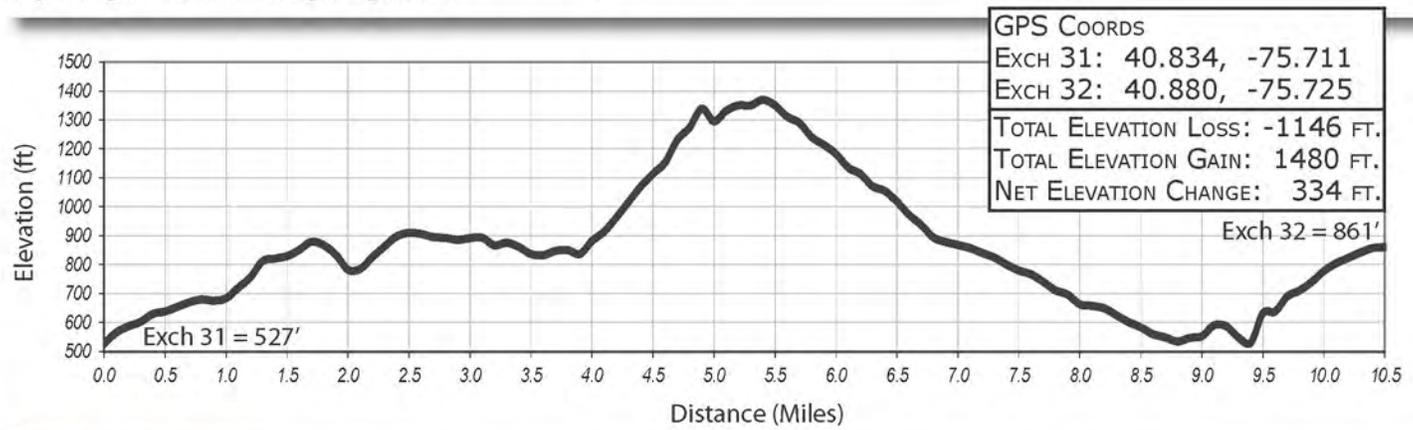
Completing this leg will earn you the infamous Ragnar Leg medal, ultimate Bragnar rights, and

sore legs. Good luck!

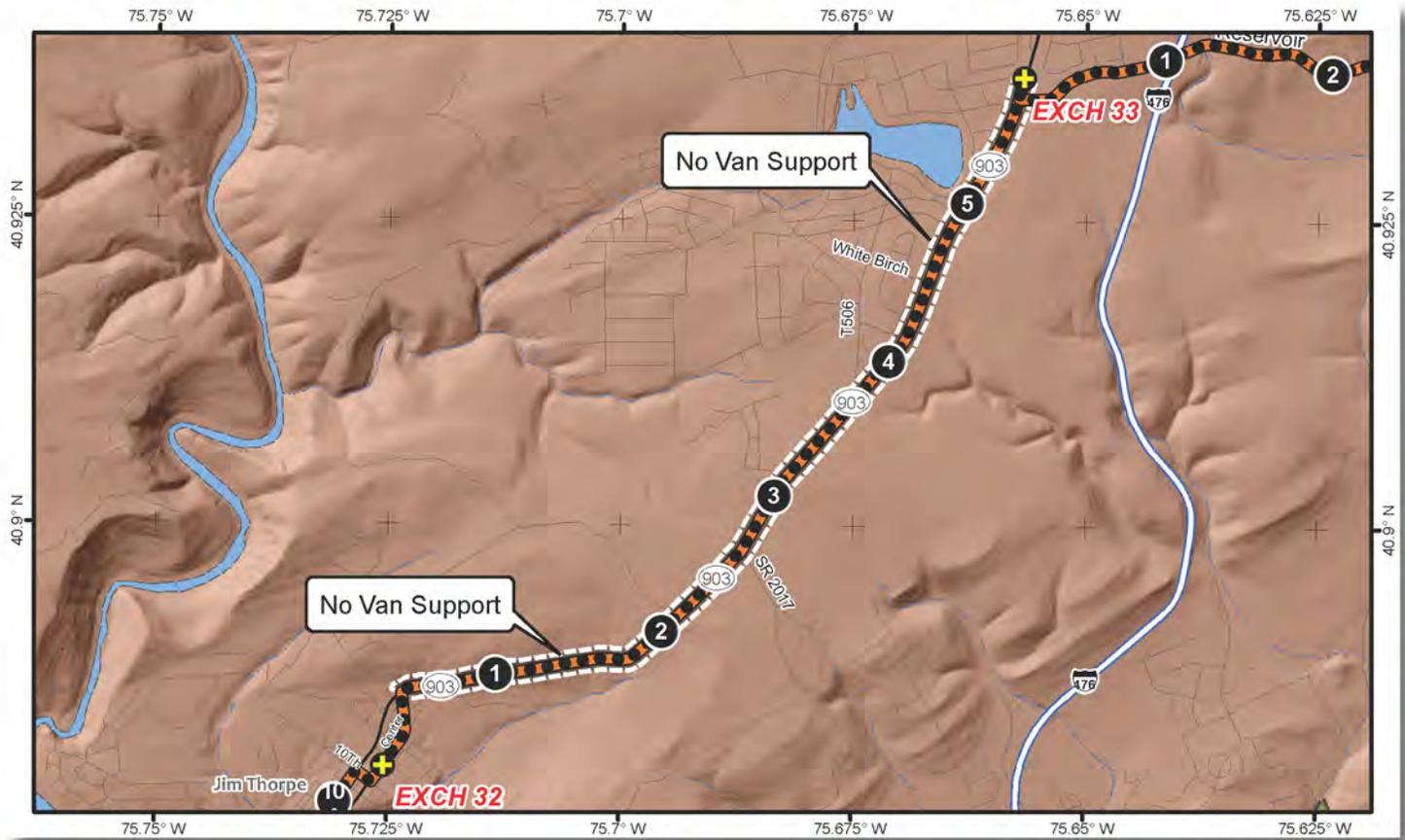
- Leg Legend:
- 0.0 Depart Exchange 31 and turn left onto North St
 - 400ft Turn right onto N 3rd St
 - 1500ft Turn left onto Coal St
 - .93 Turn right onto Beaver Run Rd
 - 1.07 Veer left to continue onto Spring Hill Rd
 - 1.4 Turn left onto Pine Hollow Dr
 - 1.05 Turn right to stay on Pine Hollow Dr
 - 1.4 Continue straight onto Packerton Dam Dr

- 1.5 Veer right onto Beaver Run Dr
- 3.9 Turn left onto Flagstaff Rd
- 7.0 Turn right onto W Broadway
- 8.8 Turn left onto Lehigh Ave
- 9.2 Turn left to run over the bridge
- 10.0 Turn right onto 10th St
- 10.3 Turn left onto Center St
- 10.5 Arrive at Exchange 32

Van Directions:
 Follow runner directions



LEG 33 -- 5.79 MILES -- HARD -- PARTIAL VAN SUPPORT



LEG 33 -- 5.79 MILES -- HARD

Exchange 33 Address:
 Penn Forest Township Volunteer Fire
 Company #1
 1387 State Route 903
 Jim Thorpe, PA 18229
 GPS: 40°56'2.65"N, 75°39'26.35"W

Leg Legend:

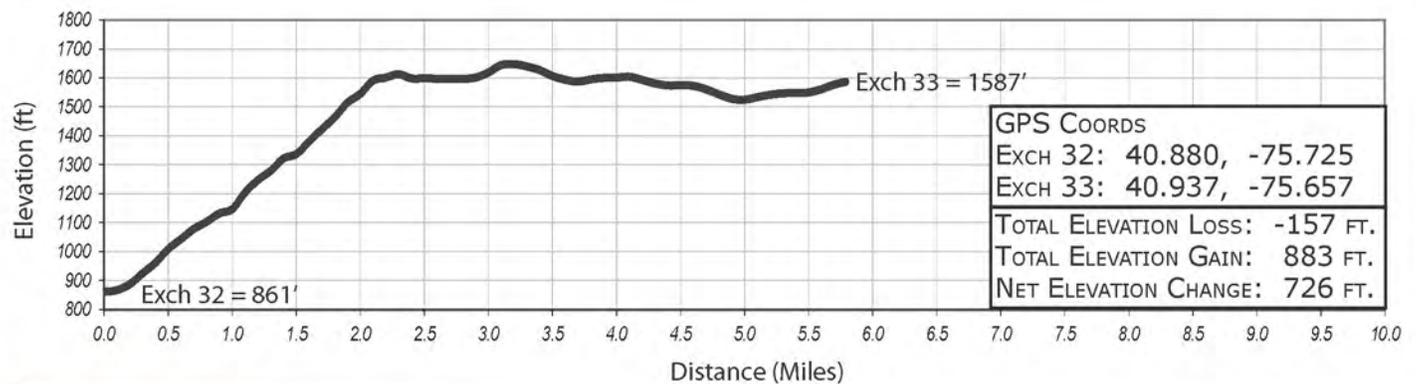
- 0.0 Depart Exchange 32 heading northeast on Center Street
- 2415ft Turn right onto North St/903
- 5.79 Arrive at Exchange 33

Van Directions:

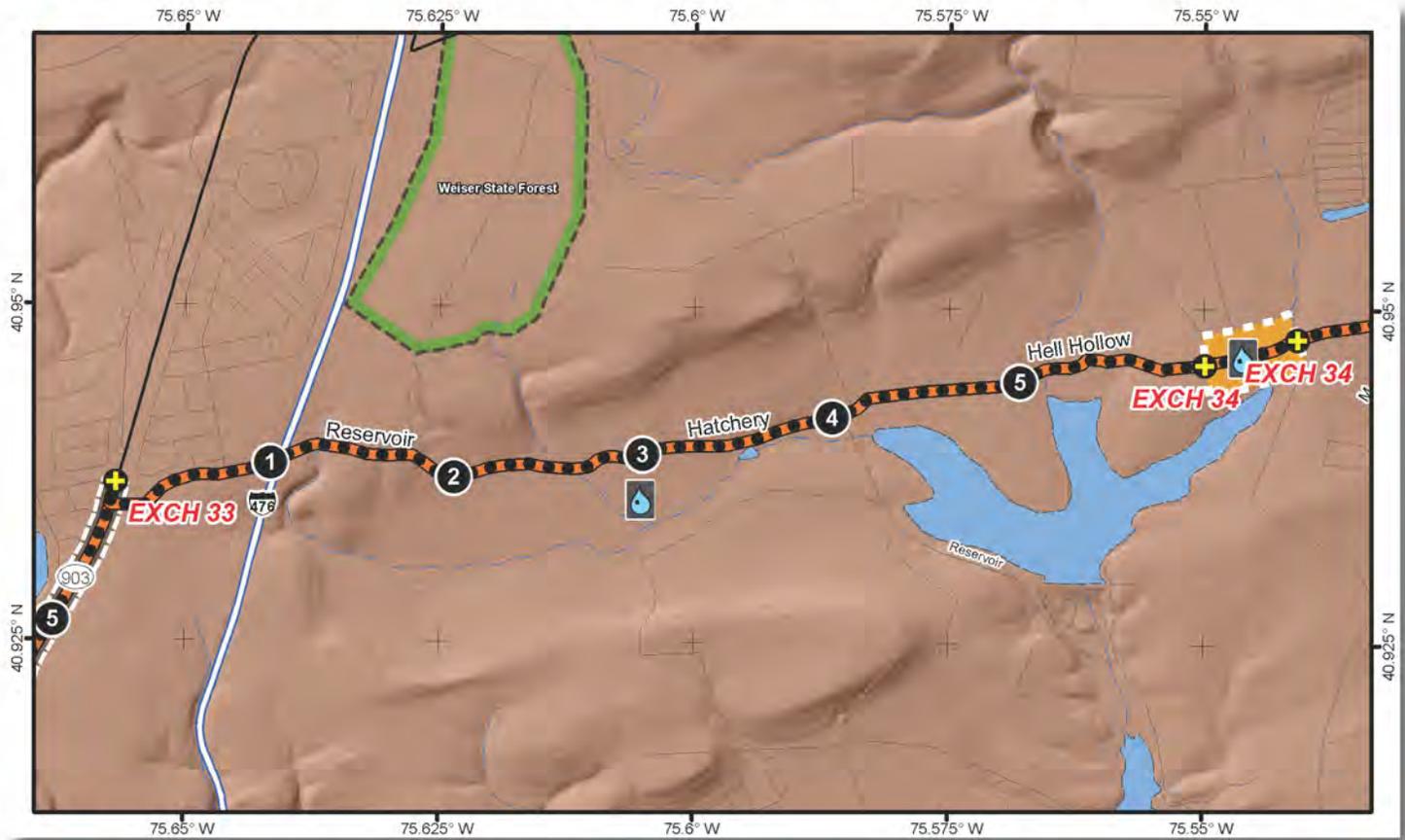
Follow Runner Directions

Leg Notes:

No van support on 903



LEG 34 -- 6-6.5 MILES -- HARD -- FULL VAN SUPPORT



LEG 34 -- 6-6.5 MILES -- HARD

Exchange 34 Address:
CHOOSE YOUR OWN EXCHANGE
 At mile 6.0 a sign will indicate the start to the exchange zone. At mile 6.5 a sign will indicate the end of the exchange zone.
ONLY PULL OVER ON THE RIGHT, WHERE YOU CAN FULLY PULL OFF YOUR VAN.
DO NOT BLOCK TRAFFIC.

GPS:
 Start: 40°56'45.06"N 75°32'59.72"W
 Finish: 40°56'51.98"N 75°32'27.04"W

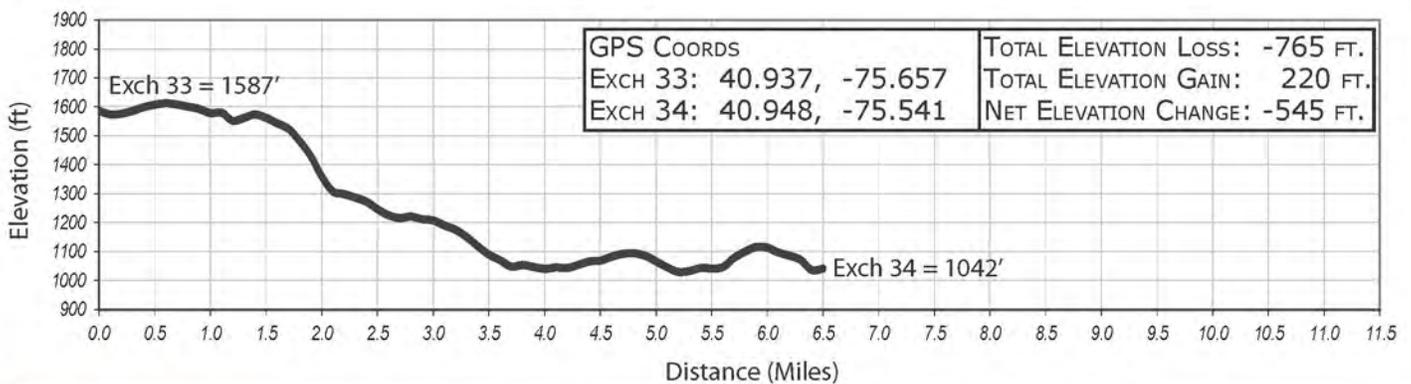
Leg Notes:
How to Choose Your Own Exchange:
 The Exchange Zone is from mile 6.0 to 6.5.
 Coordinate approximately where along the CYO your team would like to exchange.

At mile 6.0 a sign will indicate the start to the exchange zone. Vans may only park on the right side of the road. The outgoing runner will cross the street using an orange crossing flag. Once the slap bracelet is exchanged, the incoming runner will return to the van using the orange crossing flag. At mile 6.5 a sign will indicate the end of the exchange zone.

Vans must fully pull off the side of the road to avoid a Ragnar van traffic jam.

- Leg Legend:
- 0.0 Depart Exchange 33 heading North on SR-903
 - 700ft turn right onto Reservoir Rd
 - 2.8 Reservoir Rd becomes Hatchery Rd, continue straight
 - 5.3 Hatchery Rd becomes Hell Hollow Rd, continue straight
 - 6.0 **CHOOSE YOUR OWN EXCHANGE ZONE BEGINS**
 - 6.5 **CHOOSE YOUR OWN EXCHANGE ZONE ENDS**

Van Directions:
 Follow runner directions.



LEG 35 -- 7.1-7.6 MILES -- VERY HARD -- NO VAN SUPPORT

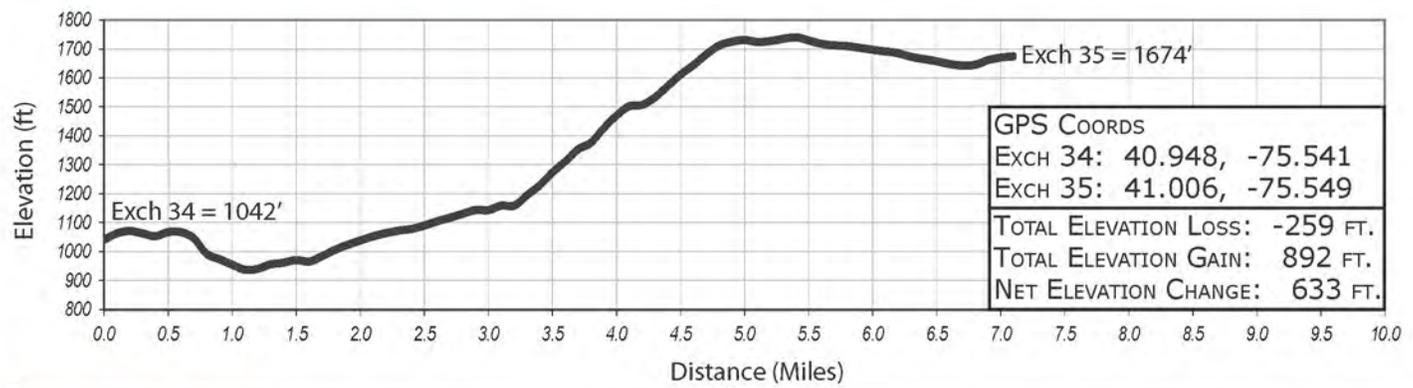
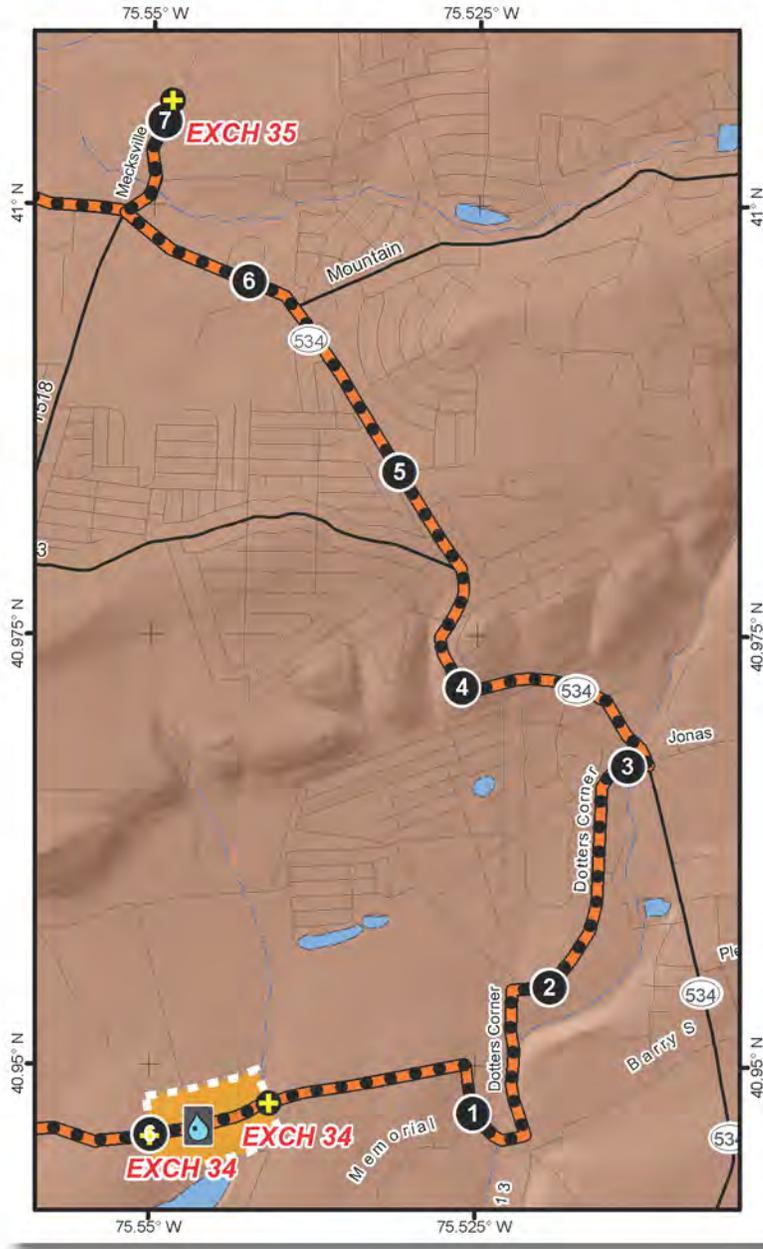
LEG 35 -- 7.1-7.6 MILES -- VERY HARD

Exchange 35 Address:
 Skirmish Paintball - Paintball Center
 211 N Meckesville Rd
 Albrightsville, PA 18210
 GPS: 41° 0'21.79"N, 75°32'54.94"W

Leg Notes:
 Mileage is dependent upon where the choose your own exchange took place.

- Leg Legend:
- 0.0 Head east on Hell Hollow Rd
 - 1.25 Turn left onto Dotters Corner Rd
 - 1.85 Turn right to stay on Dotters Corner Rd
 - 2.9 Veer right to stay on Dotters Corner Rd
 - 3.1 Turn left onto SR-534
 - 6.55 Turn right onto N Meckesville Rd
 - 7.1 Arrive at Exchange 35

Van Directions:
 Follow runner directions.



LEG 36 -- 8.5 MILES -- VERY HARD -- FULL VAN SUPPORT

LEG 36 -- 8.5 MILES -- VERY HARD

Exchange 36 Address:
 Split Rock Resort - Golf Resort
 100 Moseywood Rd
 Lake Harmony, PA 18624
 GPS: 41° 3' 49.18" N, 75° 37' 5.89" W

- Leg Legend:
- 0.0 Depart Exchange 35 heading south on N Meckesville Rd
 - 0.5 Turn left onto Scenic Drive/534
 - 3.15 Turn right onto SR 903
 - 5.3 Turn left onto Lake Harmony Rd
 - 6.8 Lake Harmony Rd turns into S Lake Dr
 - 7.85 Turn left onto Maplewood Rd
 - 8.2 Turn left onto Hazard Run Rd
 - 8.33 Go straight onto path into finish line venue
 - 8.5 Arrive at the finish!

