

Mileage	Turn#	Description
0.00		Start in Front of Bath Room on Lakeside Trail
0.14		Wooded Bridge
0.32	1	Turn Right
0.35		Cross Stone Road
0.81	2	Turn Left onto route 177
		Stay on the left side
0.91	3	Turn Left onto Lakeside trail (Jump over guard rail)
		This trail section is very wet unless it is frozen
1.93	4	Turn Right following lakeside trail
1.97	5	Turn Left Following lakeside trail
		Bridge is very Slippy
2.08	6	Turn Left after crossing The campground entrance Road
		Run along the road in the grass
		Stay along this main road
		Go Pass the Trailer Pumping Station
		Follow the main road
2.72	7	Turn Right off of road (following lakeside trail)
2.74	8	Turn mediate right onto Old Oak Trail
2.80	9	Turn Right on Old Farm Trail
3.14	10	Turn right onto Ridge Trail
		continue Straight - Ridge trail turns to the Right
3.44	11	Turn around
		Follow Ridge Trail
3.74		Go Straight trail turns into Pinchot Trail
4.08		Pass The water Tower on the Right
4.48	12	Turn Left
		Go Straight at no name trail intersection
4.72	13	Turn Right at "Y" intersection
4.83	14	Turn Left onto Gravel Trail
5.18	15	Turn Right onto Lakeside Trail (Y intersection)
5.26	16	Turn a sharp right continue on Lakeside trail
5.54	17	Turn Left to run out to the point
		Turn right to loop back to the lakeside trail
5.60	18	Turn Left on Lakeside Trail
		Come out of the woods into Conewago Day Use Area
5.93		<i>Aid Station #1 Conewago Day Use Area</i>
		<i>At the Restrooms (will not be open)</i>
		Pass The Playground on the left
		Run along Lake
		Back into the woods
		Run along the lake
6.45	19	Turn Left to stay on lakeside trail
6.66	20	Turn Left to run out to Boulder Point
6.75	21	Turn Sharp right (or you will be swimming or Ice Skating))
		Loop back to the main trail
6.85	22	Turn Right at lakeside Trail

6.87	23	Turn Left onto Midland Trail
7.00	24	Turn Left on Fern Trail
7.15	25	Turn Right onto Lakeside trail
		Go Straight through Boat Mooring #3
		Run along the fence at the lake
		cross the boat launch
7.35	26	At Y intersection stay to the right
		The trail follows the Lake
8.41		Pass the Dam on your left
		Steep down hill
		Run Through the Parking Lot edge
		Jump over the guard rail
8.56	27	Turn Left & go across the bridge's side walk
8.58	28	Turn Left (still on Lakeside Trail)
		Jump over the guard rail
8.80		Go straight crossing a stone road
		Dam will be on the Left
		Stream Crossing - VERY VERY SLIPPY
9.02	29	Turn Right onto horse trail
9.23	30	Turn Left onto horse trail
9.43	31	Turn Right onto horse trail
		Go Straight at intersection
9.80	32	Turn Left on the horse trail
9.92	33	Turn Left on the horse trail
		Go Straight at intersection
10.30	34	Turn Right on the horse trail
		Down Hill
10.43	35	Turn right onto Lakeside Trail
10.96	36	Turn Left (do not keep going up the hill)
		Stay on Lakeside Trail
11.36	37	Turn Left (run Down Hill)
		Come out to a intersection
11.40		Aid Station #2 (Boat Mooring #2 area)
		Go straight on road
11.43	38	Turn right onto Lakeside Trail (Run Up the hill)
11.54	39	Turn Left onto Quaker Race Trail
12.11	40	Trail turns a Sharp Left (Follow Frisbee Golf Tee#5)
		Stay on Quaker Race Trail at all the intersetions
		Frisbee Golf Area crosses the trail multiple times
12.40	41	Turn Left
		Steep down hill
12.77		Cross the black top road diagonally to the right to the stone road
		Follow the stone road
12.94	39	Turn Left onto Lakeside trail
12.97	40	Turn Left following lakeside trail
		Cross Wooded Bridge
13.19		Finsh at Pavilion #4