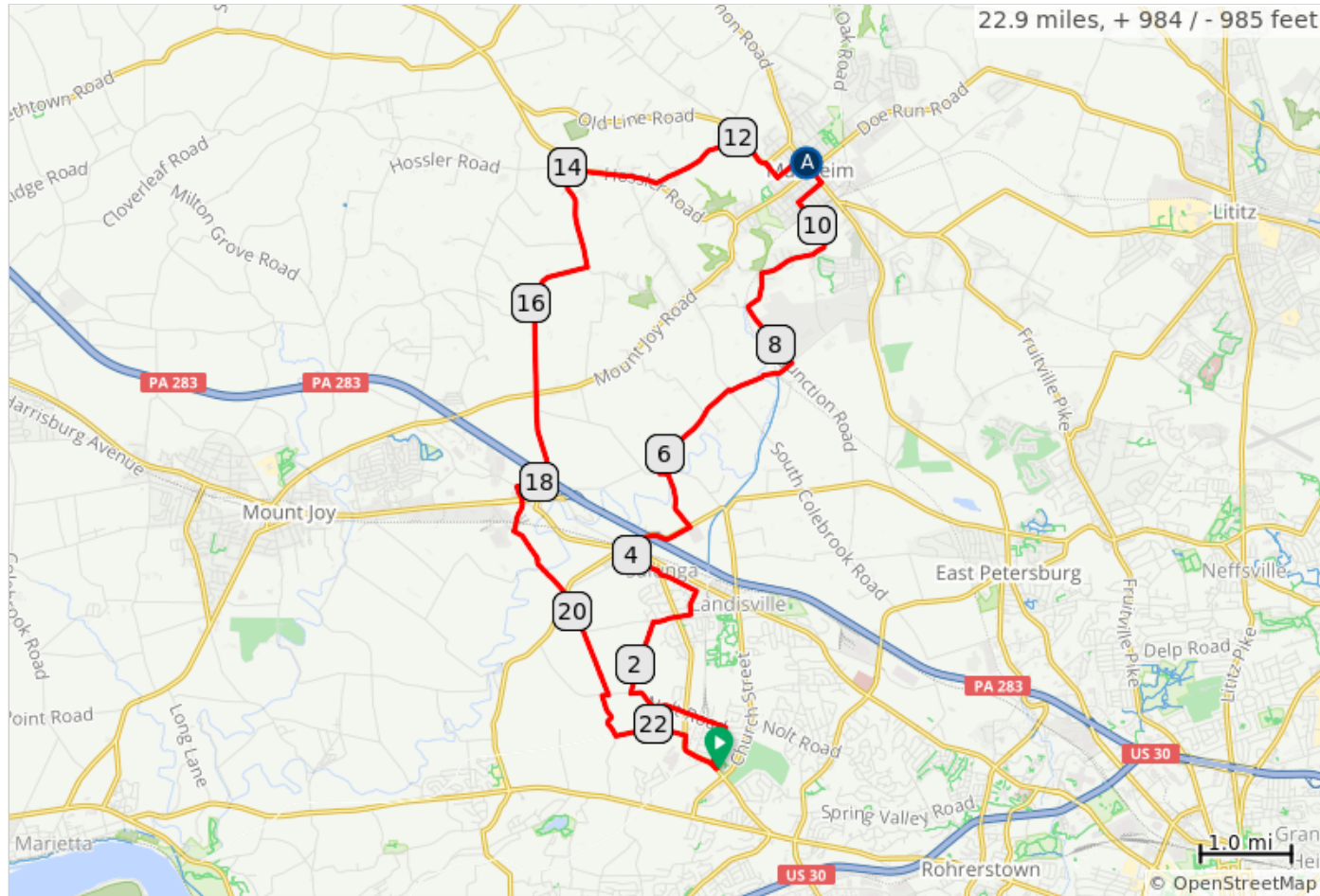


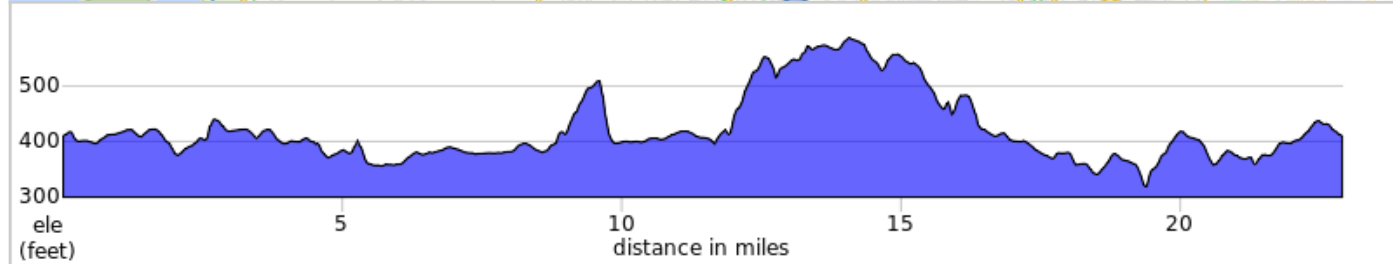
HS Mill 72 Bake Shop (23F)



22.9 miles, + 984 / - 985 feet

Start: Hempfield Sports Complex
Terrain: Flat
Max Grade: 5.4%

A. Mill 72 Bake Shop & Cafe



HS Mill 72 Bake Shop (23F)

Type	Dist	Note
	0.0	Start of route
	0.0	R onto Stony Battery Rd
	0.1	R onto Snapper Dam Rd
	0.6	L onto Nolt Rd
	1.7	R onto Silver Spring Rd
	2.5	R to stay on Silver Spring Rd
	3.0	L onto Cooper Ave
	3.2	L onto Brandt Blvd
	3.7	R onto Stony Battery Rd
	3.7	L onto Broad St
	4.2	R onto Spooky Nook Rd
	5.0	L onto Shenck Rd
	5.7	L onto Erisman Rd through covered bridge
	5.8	R onto Auction Rd/T-875
	7.0	R onto S Colebrook Rd/T374

7.0 miles. +213/-235 feet

Type	Dist	Note
	7.0	L onto Auction Rd/T875
	7.8	L onto Junction Rd/T-884
	9.0	R onto W Sun Hill Rd
	9.6	L onto Power Rd
	9.9	Continue onto Fuller Dr
	10.0	L onto S Penn St
	10.4	R onto W Ferdinand St
	10.7	L onto S Main St
	11.0	R into parking for Mill 72 Bake Shop
	11.0	R to continue on N Main Street
	11.1	L onto W Gramby St
	11.4	R onto N Penn St
	11.6	L onto W Colebrook St
	11.7	Continue onto Old Line Rd

4.6 miles. +176/-164 feet

Type	Dist	Note
	12.0	L onto Orchard Rd
	12.9	Slight R to stay on Orchard
	13.1	R onto Hossler Rd
	14.1	L onto Fairview Rd
	15.2	R onto N Esbenshade Rd
	18.0	R onto Strickler Rd
	18.3	L onto McKinley Dr
	18.5	Continue onto Maibach Ln
	18.8	L onto Eby Chiques Rd
	19.8	Straight across Prospect to continue on Eby Chiques Rd
	21.0	R onto Quarry Rd
	21.0	L onto Silver Spring Rd
	21.5	L onto Meadow Spring Rd
	22.3	R onto Stony Battery Rd
	22.9	L into Hempfield Rec parking

11.2 miles. +526/-547 feet

Type	Dist	Note
	22.9	End of route

0.0 miles. +0/-0 feet