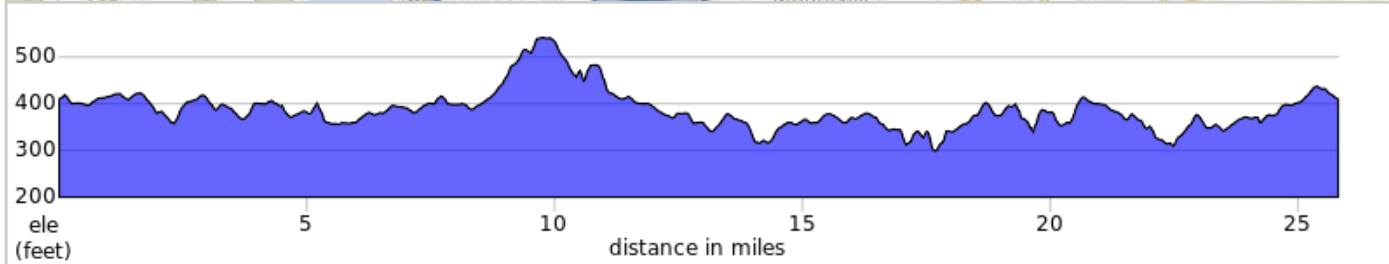


# HS Training Ride (26R)



Start: Hempfield Sports Complex  
\*\* park in the back corner of lot \*\*  
Terrain: Rolling  
Max Grade: 5.4%  
Rev. January 2022



## HS Training Ride (26R)

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
➔	2.0	R onto Eby Chiques Rd
➔	3.1	R onto Prospect Rd
➔	3.2	R to stay on Prospect Rd
←	4.0	L onto Broad St
➔	4.1	R onto Spooky Nook Rd
←	5.0	L onto Shenck Rd
←	5.6	L onto Erisman Rd
➔	5.7	R onto Auction Rd/T-875
←	6.6	L onto Weaver Rd
←	7.7	L onto PA-772 W
➔	8.3	R onto N Erisman Rd/T372
←	9.6	L onto Fairview Rd

9.6 miles. +404/-296 feet

Type	Dist	Note
←	9.8	L onto N Esbenshade Rd
↑	12.6	Continue onto Ebenshade Rd/Ebenshade Rd
➔	12.7	R onto Strickler Rd
←	13.0	L onto McKinley Dr
↑	13.2	Continue onto Maibach Ln
←	13.5	L onto Eby Chiques Rd
➔	14.1	Sharp R onto Newcomer Rd/Pleasure Dr/T-344
➔	15.9	R onto Garfield Rd/T360
←	17.0	L onto Longenecker Rd
↑	18.7	Continue onto Bridge Valley Rd
➔	19.4	R onto T681/Iron Bridge Rd
➔	19.9	R onto Kinderhook Rd
➔	20.5	R onto Pinkerton Rd
➔	22.3	R onto Garfield Rd/T360

12.7 miles. +466/-684 feet

Type	Dist	Note
←	22.6	L onto Prospect Rd
➔	23.0	R onto Quarry Rd
➔	23.9	R onto Silver Spring Rd
←	24.4	L onto Meadow Spring Rd
➔	25.2	R onto Stony Battery Rd
←	25.8	L
📍	25.8	End of route

3.5 miles. +163/-80 feet