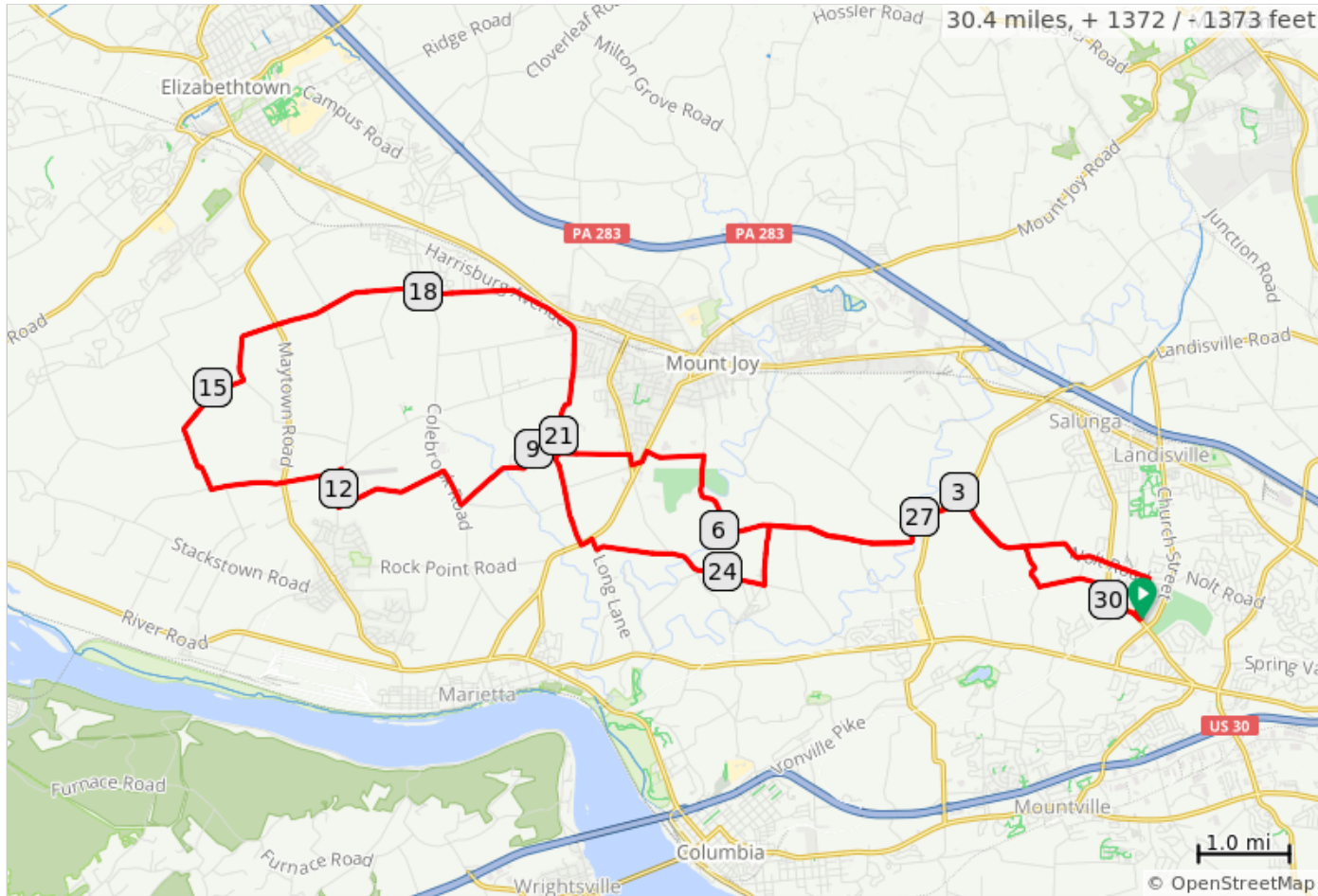
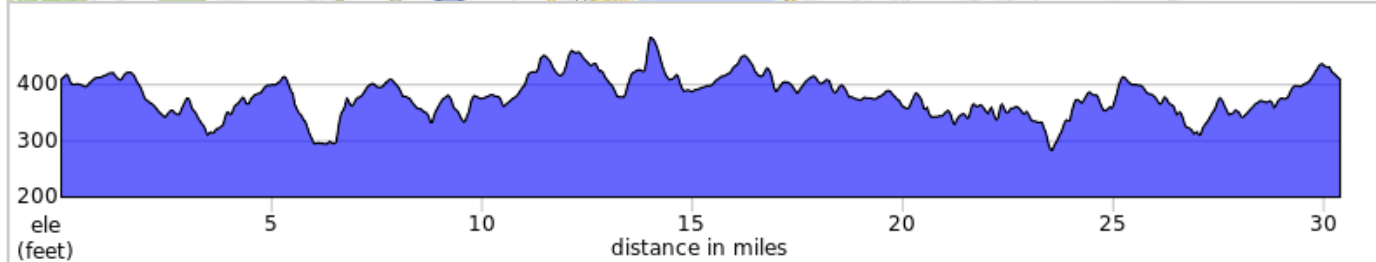


HS Training Ride (30R)



Start: Hempfield Sports Complex
** park near back corner of lot **
Terrain: Rolling
Max Grade: 7.7%
Rev: January 2022



HS Training Ride (30R)

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	Continue onto Quarry Rd
➡	3.0	L onto Prospect Rd
➔	3.4	R onto Garfield Rd/T360
➡	3.7	L onto Pinkerton Rd
➡	7.0	L onto Koser Rd
➡	7.6	L onto PA-772 W
➔	7.7	R onto Waynesboro Rd
➔	7.9	R onto Union School Rd
➡	8.0	L onto Gibble Rd
➡	9.1	L onto Kraybill Church Rd
➔	10.1	R onto Colebrook Rd
➡	10.6	L onto Airport Rd

10.6 miles. +430/-478 feet

Type	Dist	Note
➔	11.8	R onto Endslow Rd
➡	12.3	L onto Donegal Springs Rd
➔	13.7	R onto Oak Rd
⬆	14.3	Continue straight onto Bossler Rd
➡	15.3	L to stay on Bossler.
➔	17.9	R onto Colebrook Rd
⬆	18.1	Continue onto Nolt Rd
➔	19.0	Slight R onto Harrisburg Ave
⬆	19.8	Continue onto Musser Rd
➡	22.2	L onto PA-772 E
➔	22.4	R onto Long Ln
➡	22.5	L onto Iron Bridge Rd/T681
➡	24.4	L onto Kinderhook Rd
➔	25.1	R onto Pinkerton Rd
➔	26.9	R onto Garfield Rd/T360

16.3 miles. +601/-696 feet

Type	Dist	Note
➡	27.2	L onto Prospect Rd
➔	27.5	R onto Quarry Rd
➔	28.5	R onto Silver Spring Rd
➡	29.0	L onto Meadow Spring Rd
➔	29.8	R onto Stony Battery Rd
➡	30.4	L
📍	30.4	End of route

3.5 miles. +166/-84 feet