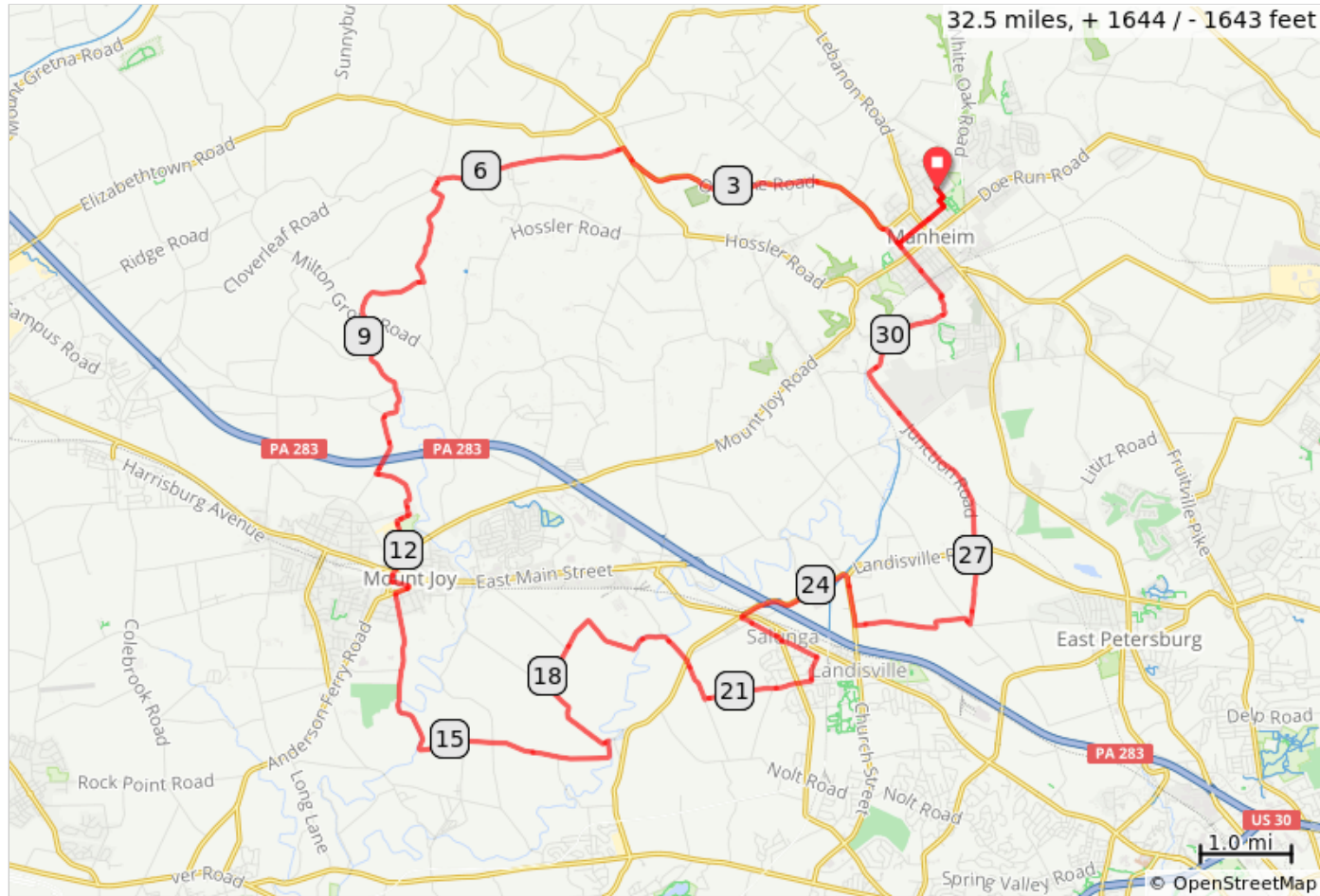


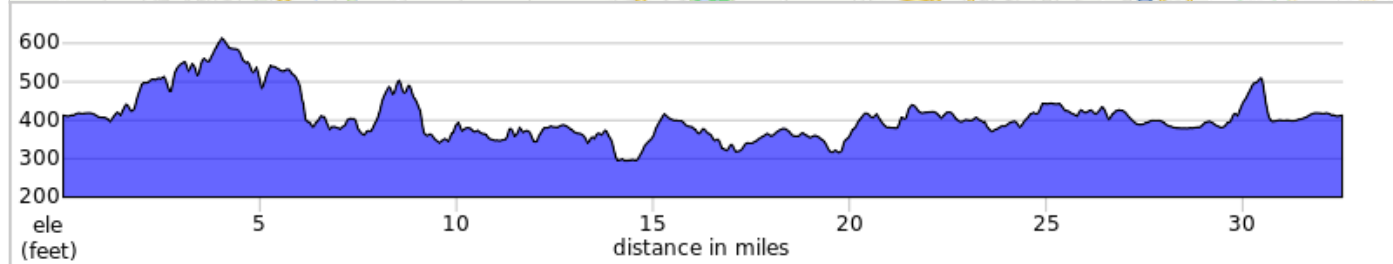
# MC Sunnyside Down (32R)



Start: Manheim Central High School

Terrain: Rolling  
Max Grade: 6.7%

Rev: May 2020



MC Sunnyside Down (32R)

Type	Dist	Note
📍	0.0	Start of route
←	0.0	L onto Hershey Dr
→	0.1	R onto E Adele Ave
←	0.2	L onto N Laurel St
→	0.3	R onto E Gramby St
→	0.9	R onto N Penn St
←	1.1	L onto W Colebrook St / Old Line Rd
↑	4.2	Continue onto N Colebrook Rd
←	4.4	L onto Sunnyside Rd
→	6.2	R onto Valley Rd
←	6.5	L onto Meadow View Rd/T341
←	6.7	L onto Meadow View Rd
→	7.8	R onto Risser Mill Rd
←	10.1	Keep L to stay on Risser Mill Rd
←	10.8	L onto Range Rd
→	11.5	R onto Old Market St

11.5 miles. +702/-751 feet

Type	Dist	Note
→	12.0	R onto Manheim St
←	12.3	Continue onto New Haven St Cross Hwy 230
←	12.4	L onto W Donegal St
→	12.6	R onto S Market St
→	12.6	R onto Marietta Ave/Marietta Pike
←	12.8	L onto Pinkerton Rd
←	16.9	L onto Garfield Rd/T360
→	17.9	R onto Pleasure Dr/T677
→	19.8	Slight R onto Eby Chiques Rd
↑	20.2	Continue onto Eby Chiques Rd
←	20.6	L onto Clear Spring Rd
↑	21.4	Continue onto Silver Spring Rd
←	21.8	L onto Cooper Ave
←	22.1	L onto Brandt Blvd
→	22.5	R onto Stony Battery Rd
←	22.6	L onto Broad St

11.1 miles. +489/-415 feet

Type	Dist	Note
→	23.1	R onto Spooky Nook Rd
↗	24.3	Slight R TSO Spooky Nook (cross Lancaster Junction trail)
→	24.4	Slight R onto Landisville Rd
←	24.9	L onto Long Rd
→	26.2	R onto S Colebrook Rd
←	26.3	L onto Junction Rd/T-884
→	29.9	R onto W Sun Hill Rd
←	30.5	L onto Power Rd
↑	30.8	Continue onto Fuller Dr
←	30.8	L onto S Penn St
→	31.6	R onto W Gramby St
←	32.2	L onto N Laurel St
→	32.3	R onto E Adele Ave
←	32.4	L onto Hershey Dr
📍	32.5	End of route

9.9 miles. +329/-316 feet