



1.13 mi	17.72 mi	Cross	Rt 113	1:31:19
0.06 mi	17.78 mi	Stay	Ironbridge Dr	1:31:36
0.14 mi	17.92 mi	Turn left(E)	Reginald Ln	1:32:18
0.04 mi	17.97 mi	Turn right(S)	Wingate Dr	1:32:31
0.07 mi	18.04 mi	Turn left(E)	Caredean Dr	1:32:51
0.31 mi	18.35 mi	Turn right(SE)	Mill Rd	1:34:25
1.26 mi	19.61 mi	Turn right(SW)	Evansburg Rd	1:40:43
0.78 mi	20.39 mi	Turn left(SE)	Township Line Rd	1:44:36
0.08 mi	20.47 mi	Turn right(SW)	Evansburg Rd	1:45:00
1.78 mi	22.25 mi	Bear right(SSW)	Level Rd	1:53:53
1.11 mi	23.37 mi	Bear left(SSW)	Arcola Rd	1:59:26
0.38 mi	23.75 mi	Bear left(SE)	Cider Mill Rd	2:01:20
0.52 mi	24.27 mi	Left	Upper Indian Head Rd	2:03:57
0.11 mi	24.38 mi	Go straight(ENE)	Upper Indian Head Rd	2:04:30
0.18 mi	24.56 mi	Turn right(SSE)	Schuykill River Trail	2:05:22
0.46 mi	25.02 mi	Stay	Schuykill River Trail	2:07:39
3.37 mi	28.39 mi	Stay	Schuykill River Trail	2:24:28
0.26 mi	28.65 mi	Stay	Schuykill River Trail	2:25:46
0.20 mi	28.85 mi	Stay	Schuykill River Trail	2:26:44
0.13 mi	28.97 mi	Finish	Valley Forge National Historic Park	2:27:22