



Cyclosporitif 100 k

September 12, 2009

Participant Guide

Version 2.0 9/8/09

SPARTA

CYCLING, INC.

Promoted by Sparta Cycling



Cyclosporitif 100 k

September 12, 2009

Article 1. Organization

The *Uninvest Grand Prix Cyclosporitif* is organized by *Sparta Cycling*, P.O. Box 231193, New York, NY 10023 under the sanction of the International Cycling Union and USA Cycling. It is to be held on Saturday, *September 12, 2009*.

Article 2. Type of event

The Uninvest Grand Prix Cyclosporitif is open to recreational athletes. The event is not a race.

Article 3. Registration

Pre-Registration is available on-line via BikeReg.com. The Official URL is:

<http://www.bikereg.com/events/register.asp?eventid=8694>

Pre-Registration is also available by mailing the official entry form and a check payable to Sparta Cycling, Inc. to:

Uninvest Grand Prix
c/o Brian Ignatin
PO Box 224
Pineville, PA 18946

Pre-Registration closes on September 6, 2009

On-Site registration is available on Saturday, September 12th from 5:45 AM – 7:30 AM, in Souderton on Lumber Street just off Main Street, located near the Start/Finish Line

Non pre-registered riders will be able to register the day of the event and at participant check-in on Thursday, September 10th and Friday, September 11th (see Article 6 below for details). All non pre-registered riders will incur a \$10 late fee and will not receive an event t-shirt; timing and post ride meals are not guaranteed. The total field limit is 1500 participants; there is no guarantee that we will be able to accommodate everyone.

All entrants are required to sign a USA Cycling Liability Waiver and Release, as seen here:

http://www.usacycling.org/forms/riders_release.pdf

Pre-Registered riders will have the proper form pre-printed for them via our registration system. Late Registrants will need to fill one out themselves; blanks will be available at the registration site. It is important to fill these out legibly, so that we can do data entry easily. Failure to fill out the form legibly will affect our ability to issue results & finish times.

Article 4. Categories

The Univest Cyclosporitif has 2 categories:

60k (ca 36miles)

100k (ca 56 miles)

Participants must declare which category they are entering at the time of entry.

Changes to category may take place at participant check-in, or by writing in advance (preferred)

Article 5. Entry Fees

Pre-Registration (entries made up to September 6, 2009 is \$45. Pre-Registration entitles participants to a t-shirt, lunch, and timing.

Late-Registration (entries made after September 6, 2009) is \$55 (\$45 + \$10 late fee). Participants who do not pre-register will not receive a t-shirt. Timing and lunch are not guaranteed for those who do not pre-register.

Article 6. Participant Check-In

All participants must check in prior to starting the Univest Grand Prix Cyclosporitif.

All participants must sign a USA Cycling Waiver & Release at participant check-in.

Timing Chip distribution and validation takes additional time, therefore all participants are highly encouraged to avoid long lines on event day by taking advantage of pre-event check-in and number pick-up.

Check in is available:

Cyclosporitif Late Registration and Pre-Registered number pickup:

Will take place at

Penn Foundation
Grundy Auditorium
807 Lawn Avenue
Sellersville, PA 18960
(215) 257-6551 x383

On Thursday, September 10^h from 5:00 PM – 7:00 PM

On Friday, September 11th, from 4:00 PM – 7:00 PM

The Penn Foundation is directly across the street from Grand View Hospital. These times are tentative, and will be confirmed on the <http://www.spartacycling.com/rides/> web page.

Event Day (On-Site) Registration and Number Pickup:

On Saturday, September 12th from 5:45 AM – 7:30 AM

Will take place in Souderton on Lumber Street just off Main Street, located near the Start/Finish Line

Article 7. T-Shirt and Jersey Sales

A limited number of Univest Grand Prix Cyclosporitif Cycling Jerseys made by Champion Systems are available for purchase.

The Pre-Order price for jerseys is \$50.00 via BikeReg or otherwise arranged, as supplies last.

The Day of Event Price is \$60.00. Univest Grand Prix T-Shirts *may* be available for purchase at the event for \$10.00



Sizing	Small	Medium	Large	X-Large	XX-Large
Chest (inches)	40	42	44	46	48

Article 8. Bib Numbers, Handlebar Numbers, & Chip Timing/Transponders

At check-in all participants will receive a unique official bib number that must be pinned to their jersey. These numbers are to help identify you while out on course. Numbers should be placed on the back of their jersey on the left side, as shown here:



All participants will receive a unique handlebar number that will match their bib number. These numbers help identify your bike in case of emergency, but they will also help our event photographers identify you for official ride photos. Handlebar numbers should be attached as follows with the provided twist ties:



All participants will receive a unique numbered electronic timing chip/transponder that must be attached to your shoe. If you do not attach your timing chip, you will not receive a finish time. Below is a photo of a chip tied to a cycling shoe:



You will ride across the start & finish lines. Timing chips/transponders may be attached to either shoe. Timing chips will not function properly if they come in contact with metal, so DO NOT attach them to your bicycle. Do not wear them on your wrist, they will be out of range for the receiver. The timing chip will record your start time when you cross the start line, and will record your finish time when you cross the finish line; your ride time will be the elapsed time between your start & finish times.

In most cases, your Timing Chip number and Bib Numbers will be the same number, but please refer to your bib number as your official number. All timing chips/transponders must be turned in following the finish of the event. A collection area will be set-up immediately following the finish line. Failure to turn in your timing chip/transponder will result in a charge of \$50.00, and you will not receive your wristband which is required to enter the Cyclosporitif hospitality tent where lunch will be served.

Article 9. Official Hotel

A limited number of discounted hotel rooms are available for Cyclosporitif participants on a first come, first served basis at the Homewood Suites in Lansdale, PA, the Official Hotel for the 2008 Univest Grand Prix. Room Rates are:

Single - \$101.52

Double - \$101.52

Triple - \$156.60

To get the discounted rate, mention you are with the Univest Grand Prix when you make your reservation. Contact: 215-362-6400 for more information or visit:

http://homewoodsuites1.hilton.com/en_US/hw/hotel/LDLPAHW-Homewood-Suites-by-Hilton-Lansdale-Pennsylvania/index.do

Article 10. Transportation and Parking

Parking for the Cyclosporitif will be at:

Souderton Area Senior High School
41 N School Lane
Souderton, PA 18964-1198

Additional parking is available at:

Zion Mennonite Church
149 Cherry Lane
Souderton, PA 18964-1198

Fromm Electric Supply
16 Washington Ave
Souderton, PA 18964

All cyclosporitif participants will need to ride their bikes to the Start/Finish area of find additional parking near the race course. A van starting at 10am will be provided by Penn Foundation to transport riders and visitors to and from the S/F area from the Souderton High School & Zion Mennonite Church parking lots. The Fromm Electric Lot is adjacent to the course.

Article 11. Participant Staging & Start

For safety the ride will be broken up into two starts, according to category. Participants will be staged accordingly. The 100k riders will be starting first, followed by the 60k riders. Positions for the starts are self seeded. We ask that all participants use common sense; participants that wish to ride more quickly should plan to start at the front, and therefore must arrive at their staging area early.

100k Staging

Time: 7:40 am

Location: On Chestnut Street between Main St. & Wile Avenue

Ride Start: 8:00am

60k Staging

Time: 7:40 am

Location: On Chestnut Street between Main St. & Front Street

Ride Start: 8:05 am

Lead Vehicle Staging

Time: 7:40am

Location: On Main Street between Start/Finish Line and Broad Street

Start: 8:00am

SAG/Tech Support Vehicle Staging

Time: 7:40am

Location: On Main Street between Hillside and Green

SAG Start: 8:00am

Broom Wagon Staging

Time: 7:40am

Location: On Main Street between Hillside and Green

Broom Wagon Start: 100k 8:00 am

60k 8:05 am

Article 12. Rules & Guidelines

Helmets must be worn by participants while on their bikes.

The course is open to normal vehicular traffic. Participants must obey all traffic laws, and are responsible for their own safety, even if areas of the course are marshaled.

Participants should ride in a safe and courteous manner; please stay to the right, except when passing.

You will be riding on country roads; assume there is gravel in every turn. Be aware that some sections of roads are rough and that road surfaces vary.

WARNING: Knockel Road may have a lot of loose gravel. Make your turn from Swamp Creek Road onto Knockel Road very carefully and use extra caution all the way up the climb.

In Souderton/Telford, the intersection of East Reliance Rd. & North 4th St. has uneven pavement

Watch for deer; where there is one, there are usually more.

Article 13. Start/Finish Line

The Start/Finish Line is located on Main Street in Souderton, near the intersection of Lumber St. It will be clearly marked with a stage, truss, and signage.

Access to the Start/finish line will be strictly controlled by Event Staff. Only participants and credentialed personnel will be allowed access to the start/finish line.

Article 14. Courses

See Appendix 1 and Appendix 2 of this participant guide for cue sheets and turn-by-turn instructions.

Official Cue Sheets have been posted to the www.cyclosporitif.com website. We recommend you download and print your own cue sheets, as we will have only a limited number available at registration.

Although the course is very well marked (see Article 15), we recommend that all participants carry a cue sheet with them, as the cue sheets contain important phone numbers in case of an emergency.

GPS Data, Course Maps, and Course Profiles may be viewed at MapMyRide.com at:

60K Course: <http://www.mapmyride.com/route/us/pa/souderton/944125219995490515>

100K Course: <http://www.mapmyride.com/route/us/pa/souderton/266125220011667716>

GPS Data, Course Maps, and Course Profiles may be viewed at BikeRouteToaster.com at:

60K Course: <http://bikeroutetoaster.com/Course.aspx?course=79903>

100K Course: <http://bikeroutetoaster.com/Course.aspx?course=79902>

Please do not download cue sheets from either MapMyRide.com or BikeRouteToaster.com, as there are differences from the official cue sheets.

Article 15. Course Marking

The courses will be marked with the Official Race Route Arrows, as shown below:



Turns will be indicated with the arrow in the horizontal position (as above), with the arrow head indicating the direction of the turn.

Vertical arrows will be an indication to keep going straight.

Please be aware that the Cyclosporitif Routes mostly follow the Professional Race Course but there are a few deviations; these will be clearly marked with other signs, but please pay attention.

Course arrows are for your convenience only; they can be easy to miss, and some of them tend to disappear during the event. We strongly suggest that you rely on the official cue sheets, available from www.cyclosporitif.com in the days prior to the event, to stay on the official route.

Article 16. Course Deviations

The 100k and 60k Courses are identical up until the ca 21 mile mark on Perkiomenville Rd. Perkiomenville Rd. comes to a "T" intersection with Deep Creek Rd. At this point:

60k riders will Turn Right onto Deep Creek Rd.

100k riders will Turn Left on Deep Creek Road.

This deviation occurs at the bottom of a fast downhill. It will be clearly marked with multiple signs, but please pay attention, so you stick to your intended course.

Finish Line Deviation: All riders will cross the Finish line, and exit the course onto Broad Street. Support and SAG vehicles will divert **LEFT onto Chestnut Street, 200 meters before finish line**. All vehicles must follow the directions of the event staff and pull off into the appropriate area as at the finish of the event.

Article 17. Neutral Technical Support & SAG Support

Technical support service at the start/finish is provided by *Bikeworks, Pedaller Bike Shop, and Phoenix Cycles*. This will be located at the Univest Bank Employee Parking Lot on Washington Extension.

Neutral & SAG Support on the course will be provided by *Bikeworks, Pedaller Bike Shop, and Phoenix Cycles* by means of *shop provided vehicles*.

All SAG vehicles will use cell phones for communication. A central telephone number will be on the official cue sheet that participants may call in the event of problem; the ride staff will then dispatch a SAG vehicle to the location of incident. While neutral & SAG support is available, participants should be prepared to make repairs themselves. Please bring spare tubes, pumps/CO2 cartridges, and any other tools necessary to make your own repairs.

A broom wagon will mark the end of the caravan for the Cyclosporitif; it is not intended to assist participants who experience mechanical problems or to pick-up participants who elect to retire from the ride. It will stay behind the last rider out on the course.

If you require mechanical assistance or SAG service please call Kurt Gale (SAG Dispatcher) at 732 598-4203.

Article 18. Medical Support

Ambulances will be deployed on course, by the Souderton Ambulance Association.

In case of emergency, please Call Chris Francis, Chief of the Souderton Ambulance Association at **(267) 446-0051**. This number will also be printed on your cue sheets. Chief Francis will be in the event's command center and will dispatch the nearest ambulance. Please **DO NOT dial 911 in case of medical emergency**; this may result in a delay of service.

A SAG vehicle will stay with injured participants until ambulance picks him or her up. A friend or family member may also remain with injured until definitive care arrives.

Official Hospital:

Grand View Hospital
700 Lawn Avenue
Sellersville, PA 18960
215-453-4297

If the injured rider does not speak English, a medical technician will point at the ambulance to indicate the option of being transported. The injured rider will then have the option to refusing the ambulance by shaking his/her head "NO."

Article 19. Feed Zones

There will be two feed zones sponsored by Landis Supermarkets on the course where riders may help themselves to complementary food. It is not mandatory to stop at the feed zones but if you wish to replenish your supplies, you will have to dismount your bicycles and stop to access them. The Feed Zones will have portable toilets for participants to use.

Please note that the 60k riders will only have one feed zone with which to replenish supplies.

Food will consist of oranges, bananas, fig newtons, and oatmeal cookies. Water and Gatorade are also being provided.

Feed Zone #1: is located at the ca 16 mile point in both the 100k and 60k course. It is located on the right side of the road:

Upper Salford Volunteer Fire Co
782 Old Skippack Road
Salfordville, Pa 18958

Feed Zone #2: is located at the ca 40 mile point of the 100k course. It is located on the left side of the road, so use caution when turning into the driveway. The feed area will be located at the buildings at the end of the driveway. The driveway has sections of paved surface and sections that are gravel. Location:

Musser Boy Scout Reservation
Camp Garrison
4021 Upper Ridge Road
Pennsburg, PA 18073

Article 20. Finish Line

The Finish Line is located on Main Street in Souderton.

For safety, after crossing the finish line, participants will be directed off the course on to Broad Street, where their timing chips/transponders will be collected. For safety reasons, participants will not be permitted back on the course to wait for other participants.

Failure to turn in your timing chip/transponder will result in a charge of \$50.00, and you will not receive your wristband which is required to enter the Cyclosporitif hospitality tent where lunch will be served.

Article 21. Finishing Time Limits

The official ride ends at 1:00pm. Anyone finishing after this time will not receive a finishing time. All participants will be allowed to finish, but may not be allowed to ride through the start/finish line, and will be diverted.

Article 22. Timing & Results

Cyclosporitif Timing is provided by:

Premier Sports
401 Charmel Pl
Columbus, OH 43235
614.431.9134
Fax: 1.866.291.2332
email: info@premieraces.com
www.PremierRaces.com

Official Finishing Times will be posted at the Cyclosporitif Tents. Copies of results will be available at Registration. Results will also be available on-line at: www.cyclosporitif.com ASAP following the event.

Article 23. Post Event Showers

Post event showers are located at :

Indian Crest Middle School
139 Harleysville Pike (Route 113)
Souderton, PA 18964

Participants must bring their own towels and toiletries.

A shuttle van will be available to transport participants between Indian Crest Middle School, Souderton Senior High School, and Zion Mennonite Church, and a location near the Cyclosporitif Hospitality Tent. The shuttle van will make loops continuously between 10:00 AM and 2:30 PM

Since the Middle School is located on the Course of the Pro Race Finishing Circuits, the shower shuttle may be delayed by race caravan traffic. Instead of taking the shuttle, it is suggested that you ride your bike to the showers instead. If so, you may park your bike inside the school in the gymnasium.

Article 24. Cyclosporitif Hospitality Tents and Lunch Program

Lunch will be served from 11:00 am - 2:00 pm in the Cyclosporitif hospitality tent located at the Caboose Parking Lot on the outside of Turn #1 of the course. No one will be admitted to the tent without a wristband. Wristbands will be distributed when timing chips are turned in.

Meal : We will have a hot lunch this year, courtesey of Landis Supermarkets ! The menu includes pasta, salad and something for dessert. Vegetarian meals are reserved for those that pre-ordered them during pre-registration ; we ask that you respect this by not requesting something you didn't reserve.

If you do not pre-register for the event, you will be admitted to the hospitality tent, but a meal is not guaranteed.

Article 25. Raffle Prizes

All participants will receive a raffle ticket, when they enter the hospitality tent. Additional raffle tickets may not be purchased. The following prizes will be raffled:

Grand Prize: Storck C1.1 Frameset, valued at \$2500, courtesy of Storck Bicycles

Major Prize: Revolution Wheelworks 22L or 30 L Wheelset (Winner's choice), valued at \$550, courtesy of Revolution Wheelworks

Major Prize: Specialized S-Works Helmets valued at \$230 courtesy of Specialized & HighRoad Cycles

Sportique Products
Chain-L Chain Lube
Other Prizes

The raffle will take place after 1:00 in the Cyclosporitif hospitality tent, located at the Caboose Parking Lot on the outside of Turn #1. **PARTICIPANTS MUST BE PRESENT TO WIN SMALLER PRIZES** (such as jerseys, t-shirts, Sportique products, etc.) but DO NOT need to be present for the major prizes such as the Storck Bicycle Frameset , Revolution Wheels, or Specialized Helmets.

Article 27. Official Photos

The Cyclosporitif will have an Official Photographer this year, who will be taking photos throughout the day from various locations. A link to the proof photos will be sent via email to all registrants who provide an email address. A link will also be posted to the www.cyclosporitif.com website as soon as possible following the event.

Photos will be available to purchase directly from the photographer.

Article 28. Be Safe, Have Fun

This is a recreational ride, not a race. Timing is for intellectual curiosity only. The ride gives you the opportunity to test yourself on a professional race course. Everyone who completes the ride is a winner; there is no glory or prizes for finishing first. So please do not take risks, obey all traffic laws, and be courteous to the other participants. Ride safe and have fun!

Appendix 1: 2009 Univest Grand Prix Cyclosporitif 100k Turn-by-Turn Instructions

B= Bear BC= Becomes L= Left Q= Quick R= Right S= Straight
 SS= Stop Sign X= Cross

Marker #	Direction	Road/Marker	Total Miles	Next Turn
1	Start	Main Street Rt. 113 Start Line: Univest HQ	0.0	0
2	R @ T	Broad Street	0.0	0.1
3	1st L	Washington Ave.	0.1	0.4
4	R @ Light	Cherry Ln.	0.5	0.4
5	BC	Leidy Rd.	0.9	0.5
6	L @ Light	Cowpath Rd.	1.4	0.3
7	R	Minninger Rd. Deviation from PRO Course	1.7	1.2
8	L @ T	Allentown (Caution!)	2.9	0.4
9	1st R	Wambold Rd. Back on PRO Course	3.3	0.3
10	R	Schoolhouse Rd.	3.6	1.9
11	L after Overpass	Kulp Rd.	5.5	0.5
12	R @ T	Yoder Rd.	6.0	0.5
13	L @ SS	Maple Ave.	6.5	0.7
14	X	Rt. 63 (Caution!)	7.2	0.1
15	PRO SPRINT!!	PRO SPRINT- BikeWorks	7.3	0.4
16	L @ SS	Oak Dr.	7.7	0.6
17	R	Moyer Rd.	8.3	0.7
18	L @ SS	Landis Rd.	9.0	0.5
19	R @ T	Morris Rd.	9.5	0.6
20	R @ T	Moyer Rd.	10.1	0.1
21	L	Old Morris Rd.	10.2	0.8
22	L @ T	Rt. 113 (Harleysville Pk.) Sign Missing (Caution!)	11.0	0.4
23	BR	Cross Rd. After Lederach Store	11.4	0.8
24	R	Bergey Mill Rd.	12.2	0.5
25	X	Bridge (Caution!)	12.7	0.4
26	S	Becomes Haldeman Rd. DO NOT TURN LEFT!	13.1	0.8
27	R @ T	Haldeman/ WaWa Camp Rd.	13.9	0.1
28	1st L	Haldeman Rd. Sign Missing	14.0	0.7
29	L @ T	Salfordville Rd.	14.7	1.5
30	FEED ZONE & PRO SPRINT!!	SALFORD FIREHOUSE Cyclo Feed Zone PRO SPRINT	16.2	0.5
31	L	Salford Sign also says Municipal Building	16.7	1.2
32	R @ SS	Old Church Rd. (at bottom of hill at the road closed signs)	17.9	0.1
33	QL	Hendricks Rd.	18.0	0.8
34	BL @ T	Hendricks Station Rd.	18.8	1.1
35	R	Colonial Dr.	19.9	0.4
36	X	Rt. 29 (Caution!)	20.3	1.0
37	R @ SS	Perkiominville Rd. Caution! Rough Road	21.3	1.1

38	L @ T	Deep Creek Rd. Sign Missing! Deviation from 60K COURSE	22.4	0.2
39	Sharp R	Eichele Rd.	24.7	1.0
40	KOM!!	L'Alpe de Green Lane - HC	25.7	0.1
41	R @ T	Hill Rd.	25.8	0.7
42	L @ 4way	Swinging Bridge Rd. (Caution!)	26.5	0.3
43	Sharp L	Broomstick Rd. (Caution!)	26.8	0.8
44	BR	Ward Rd.	27.6	1.1
45	L @ T	Knight Rd. (Sign Missing) Caution!	28.7	0.7
46	X	Rt. 663 (Caution!) BC Kutztown Rd.	29.4	0.2
47	R	Church Rd.	29.6	0.8
48	PRO RACE FEED ZONE	Church Rd. (@ Green Lane Reservoir Park) BC Water Street	30.4	2.6
49	BL @ Light	Rt. 29 (Sign Missing) Gravel Pk. (Caution!)	33.0	0.2
50	R	Zeigler Rd.	33.2	0.4
51	L @ SS	Mill Hill Rd.	33.6	0.8
52	BC (curves R)	Warner School Rd. (sign missing)	34.4	1.1
53	X	Kraussdale Rd.		
54	R @ T	Wasser Rd.	35.4	0.3
55	L	Baus Rd.	35.7	1.0
56	R @ SS	Geryville Pk. (Sign Missing)	36.7	0.6
57	X	Rt. 663 (Caution!)	37.3	1.7
58	BL after SS	Geryville Pk.	39.0	0.1
59	1st L	Finland Rd.	39.1	0.4
60	R @ SS	Finland Rd.	39.5	1.5
61	R @ T	Upper Ridge Rd.	41.0	0.8
62	Feed Zone	Camp Garrison	41.8	2.4
63	L @ SS	Geryville Pk.	44.2	0.7
64	L @ 4 Way	Magazine Rd.	44.9	0.2
65	S @ SS	Magazine Rd. (over Stone Bridge) Caution!	45.1	2.2
66	R	Knockel Rd. (Sign Missing)	47.3	0.4
67	BL @ Y	Knockel Rd. (Sign Missing)	47.7	0.5
68	KOM!!	Top of Knockel Rd.	48.2	0.1
69	L @ SS	Hill Rd.	48.3	0.2
70	R @ SS	N Dietz Mill Rd.	48.5	0.5
71	Caution	Stone Bridge (Caution!)	49.0	0.6
72	X	Rt. 563 (Ridge Rd.) Caution!	49.6	0.0
73	QL	S. Dietz Mill Rd.	49.6	0.4
74	BL	S. Dietz Mill Rd.	50.0	1.1
75	R @ T	Allentown Rd.	51.1	0.3
76	L after Bridge	Green Hill Rd. Immediately After Bridge	51.4	1.1
77	R @ T	Cowpath Rd.	52.5	0.5
78	L	Forrest Rd.	53.0	0.4
79	R	Fourth St.	53.4	1.1
80	L	Erie Ave.	54.5	0.2
81	R	North Third St. Caution Railroad Tracks!!!	54.7	0.3
82	R	East Reliance Rd. (CAUTION!)	55.0	0.0
83	QL	North 4th St. Caution: Uneven Pavement!!!	55.0	0.3
84	R	E. Summit St. (faded Sign)	55.3	0.3
85	L	Main St. (Rt. 113) Caution!	55.6	0.5
86	Finish	Main St. Finish Line	56.1	0

Appendix 2: 2009 Univest Grand Prix Cyclosporitif 60k Turn-by-Turn Instructions

B= Bear BC= Becomes L= Left Q= Quick R= Right S= Straight
 SS= Stop Sign X= Cross

Marker #	Direction	Road/Marker	Total Miles	Next Turn
1	Start	Main Street Rt. 113 Start Line: Univest HQ	0.0	0
2	R @ T	Broad Street	0.0	0.1
3	1st L	Washington Ave.	0.1	0.4
4	R @ Light	Cherry Ln.	0.5	0.4
5	BC	Leidy Rd.	0.9	0.5
6	L @ Light	Cowpath Rd.	1.4	0.3
7	R	Minninger Rd. Deviation from PRO Course	1.7	1.2
8	L @ T	Allentown (Caution!)	2.9	0.4
9	1st R	Wambold Rd. Back on PRO Course	3.3	0.3
10	R	Schoolhouse Rd.	3.6	1.9
11	L after Overpass	Kulp Rd.	5.5	0.5
12	R @ T	Yoder Rd.	6.0	0.5
13	L @ SS	Maple Ave.	6.5	0.7
14	X	Rt. 63 (Caution!)	7.2	0.1
15	PRO SPRINT!!	PRO SPRINT- BikeWorks	7.3	0.4
16	L @ SS	Oak Dr.	7.7	0.6
17	R	Moyer Rd.	8.3	0.7
18	L @ SS	Landis Rd.	9.0	0.5
19	R @ T	Morris Rd.	9.5	0.6
20	R @ T	Moyer Rd.	10.1	0.1
21	L	Old Morris Rd.	10.2	0.8
22	L @ T	Rt. 113 (Harleysville Pk.) Sign Missing (Caution!)	11.0	0.4
23	BR	Cross Rd. After Lederach Store	11.4	0.8
24	R	Bergey Mill Rd.	12.2	0.5
25	X	Bridge (Caution!)	12.7	0.4
26	S	Becomes Haldeman Rd. DO NOT TURN L!	13.1	0.8
27	R @ T	Haldeman/ WaWa Camp Rd.	13.9	0.1
28	1st L	Haldeman Rd. Sign Missing	14.0	0.7
29	L @ T	Salfordville Rd.	14.7	1.5
30	FEED ZONE & PRO SPRINT!!	SALFORD FIREHOUSE Cyclo Feed Zone PRO SPRINT	16.2	0.5
31	L	Salford Sign also says Municipal Building	16.7	1.2
32	R @ SS	Old Church Rd. (at bottom of hill at the road closed signs)	17.9	0.1
33	QL	Hendricks Rd.	18.0	0.8
34	BL @ T	Hendricks Station Rd.	18.8	1.1
35	R	Colonial Dr.	19.9	0.4
36	X	Rt. 29 (Caution!)	20.3	1.0
37	R @ SS	Perkiominville Rd. Caution! Rough Road	21.3	1.1

		Deep Creek Rd. Sign Missing! Deviation from PRO/100K COURSE		
38	R @ T		22.4	0.2
39	L	Rt. 29	22.6	0.4
40	R	Upper Ridge Rd	23.0	0.5
41	BL	Upper Ridge Rd	23.5	0.6
42	X	Rt. 63 (Sumneytown Pike)	24.1	0.7
43	R	Geryville Pike Rejoin PRO/100k COURSE	24.8	0.8
44	L	Magazine Rd	25.6	0.2
45	S @ SS	Magazine Rd. (over Stone Bridge) Caution!	25.8	2.2
46	R	Knockel Rd. Sign Missing! Caution- Gravel!	28.0	0.4
47	BL @ Y	Knockel Rd. (Sign Missing)	28.4	0.4
48	KOM!!	Top of Knockle Rd.	28.8	0.1
49	L @ SS	Hill Rd.	28.9	0.3
50	R @ SS	N Dietz Mill Rd.	29.2	0.5
51	Caution	Stone Bridge (Caution!)	29.7	0.5
52	X	Rt. 563 (Ridge Rd.) Caution!	30.2	0.0
53	QL	S. Dietz Mill Rd.	30.2	0.4
54	BL	S. Dietz Mill Rd.	30.6	1.2
55	R @ T	Allentown Rd.	31.8	0.3
56	L after Bridge	Green Hill Rd. Immediately After Bridge	32.1	1.1
57	R @ T	Cowpath Rd.	33.2	0.5
58	L	Forrest Rd.	33.7	0.3
59	R	Fourth St.	34.0	1.2
60	L	Erie Ave.	35.2	0.2
61	R	North Third St. Caution Railroad Tracks!!!	35.4	0.3
62	R	East Reliance Rd. (CAUTION!)	35.7	0.0
63	QL	North 4th St. Caution; Uneven Pavement!!!	35.7	0.2
64	R	E. Summit St. (faded sign)	35.9	0.4
65	L	Main St. (Rt. 113) Caution!	36.3	0.5
66	Finish	Main St. Finish Line	36.8	0

Appendix 3. Directions

Directions to Souderton:

From Interstate 78 and Route 309: Follow 309 South to Route 113 South. Continue on Route 113 South until you enter Souderton; follow directions to Spectator Parking.

From PA Turnpike: Take Exit 31 (Lansdale) off the Northeast Extension to Route 63 West. Go four miles to Route 113 and turn right (North). Continue on Route 113 North until you enter Souderton; follow directions to Spectator Parking.

Directions to Souderton Area Senior High School (41 N School Ln. Souderton, PA 18964-1198):

From PA Turnpike: (Northeast Extension Exit #31) After exiting, turn right onto Route 63 West, and follow Route 63 West approximately 5 miles to Route 113 in Harleysville. Turn right onto 113 North and follow Route 113 North approximately 5 miles to School Lane, Souderton. (Be careful of dogleg to the left over railroad tracks in Souderton) At the intersection of Route 113 North (East Broad Street) and school lane, turn left. Souderton Area High School will be on your right.

From North: Follow Route 309 South to the Souderton Exit (Route 113 South) Turn right from the off-ramp onto Route 113 South and go southwest for 0.4 miles to North School Lane, Souderton. Turn right on North School Lane. The school will be on the right.

From South: Follow Route 309 North to the Souderton Exit (Route 113 South) Turn left from the off-ramp onto Route 113 South and go southwest for 0.4 miles to North School Lane, Souderton. Turn right on North School Lane. The school will be on the right.

Directions to Zion Mennonite Church (149 Cherry Lane, Souderton, PA 18964):

From South: Follow Route 309 North.
Proceed through the light at Unionville Pike. Take the next exit marked, "Bethlehem Pike/Sellersville". Pass through two lights close together. Travel 1/10 mile and bear left at the "Y" in the road just before the Indian Valley Camping sign. Proceed to first light turning left onto Cherry Lane. Zion is approximately ½ mile on the right.

From North: Follow Route 309 South.
Take the Souderton exit. At the stop sign, turn right. This is Rt. 113. Go straight through the first light, but be prepared to turn left onto County Line Road at the second light. Travel to the first light and turn right onto Cherry Lane. Zion is on the right hand side of the road about three blocks down.

Directions to Indian Crest Middle School (139 Harleysville Pike (Route 113) Souderton, PA 18964):

From PA Turnpike: (Northeast Extension Exit #31) After exiting, turn right onto Route 63 West, and follow Route 63 West approximately 5 miles to Route 113 in Harleysville. Turn right onto Route 113 North (Harleysville Pike) and follow Route 113 North approximately 4 miles; Indian Crest Middle School will be on your left side after you cross Cowpath Rd.

From North: Follow Route 309 South to the State Road Exit (Route 152)
Turn right from the off-ramp onto Route 152
Turn Left onto County Line Rd/N. Main St.
Turn Right onto E Reliance Rd.
Turn Right onto Harleysville Pike (RT 113)
The school will be on the right.

From South: Follow Route 309 North to the Souderton Exit (Route 113 South)
Turn left from the off-ramp onto Route 113 South
Turn Right onto County Line Rd/S. Main St.
Turn Left on E. Reliance Rd.
Turn Right onto Harleysville Pike (RT 113)
The school will be on the right.

Directions to Fromm Electric Parking Lot from Souderton Area High School:

Start at Souderton High School and Turn right onto East Broad St./PA 113. Turn left onto Washington Ave. and end at the Fromm Electric Supply Corp. 16 Washington Ave, Souderton PA 18964.