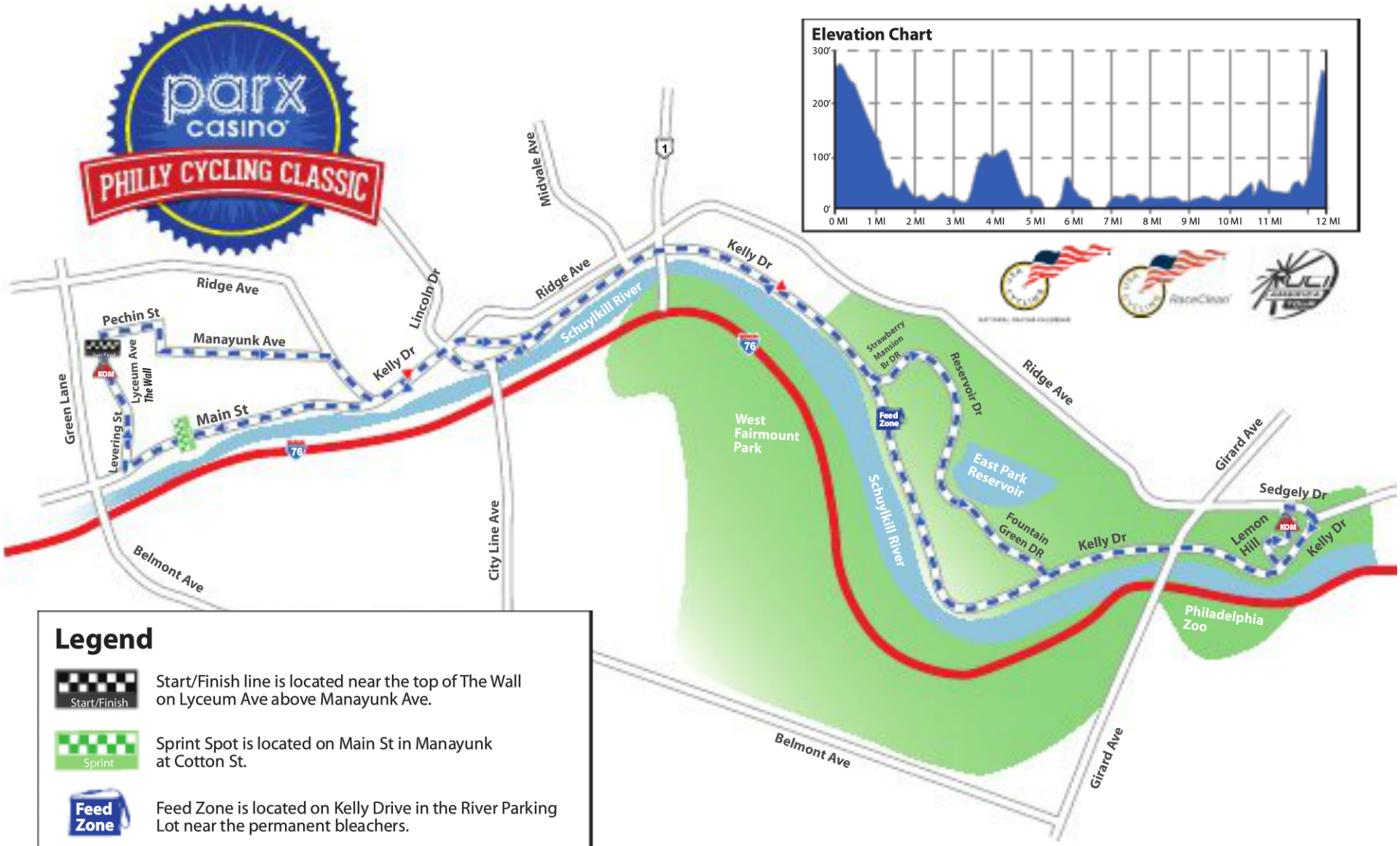

Legend

- Start/Finish line is located near the top of The Wall on Lyceum Ave above Manayunk Ave.
- Sprint Spot is located on Main St in Manayunk at Cotton St.
- Feed Zone is located on Kelly Drive in the River Parking Lot near the permanent bleachers.
- King/Queen of the Mountains is at the top of Lemon Hill in Fairmount Park and at the top of The Wall.
- The race is running inbound and outbound on the same road opposite the normal flow of traffic along these parts of the route.

The Route

The race route is 12 miles long.
The men are doing 10 laps for a total of 120 miles.
The women are doing 5 laps for a total of 60 miles.
The women start at 8:30AM and the men at noon.