

RFT 2020 Medium route

Dist	Type	Note	Next
0.0	📍	Start of route	0.1
0.1	↑	Continue onto West St	0.1
0.2	←	L onto W High St	0.1
0.4	→	R onto Reynolds St	0.2
0.5	←	L onto Springs Ave	0.3
0.8	←	L onto Seminary Ridge	0.1
0.9	↑	Continue onto SW Confederate Ave	2.1
3.0	→	Slight R onto Millerstown Rd	0.6
3.5	↑	Continue onto Pumping Station Rd	0.7
4.3	←	L onto Waterworks Rd	0.7
4.9	→	R onto Red Rock Rd	2.0
7.0	←	L onto Schriver Rd	1.0

7.0 miles. +272/-320 feet

Dist	Type	Note	Next
8.0	←	L onto Cunningham Rd	1.2
9.2	→	R onto US-15 BUS S	0.2
9.4	←	L onto Marsh Creek Rd	2.0
11.4	→	R onto Ridge Rd	0.5
12.0	↑	Continue onto Natural Dam Rd	0.6
12.5	←	Slight L onto Mason Dixon Rd	1.6
14.2	←	L onto Clubhouse Dr	0.5
14.7	←	L onto Mason Dixon Rd	1.0
15.7	↑	Continue onto Spangler School Rd	1.3
17.0	←	Slight L onto Basehoar Roth Rd	0.4
17.4	→	R onto Yingling Rd	0.9

10.5 miles. +577/-594 feet

Dist	Type	Note	Next
18.3	→	R onto Orphanage Rd	0.4
18.7	←	L onto Furney Rd	0.6
19.4	↑	Continue onto White Church Rd	1.8
21.1	←	L onto Goulden Rd	0.7
21.8	↑	Continue onto Sachs Rd	1.5
23.3	→	R onto PA-134 N	0.1
23.4	←	L onto Wheatfield Rd	0.2
23.6	→	R onto Sedgwick Ave	0.5
24.1	↑	Continue onto Hancock Ave	1.1
25.2	←	L onto Cyclorama Dr	0.1
25.3	←	L onto US-15 BUS S	0.1
25.4	→	R onto Long Ln	0.2
25.6	→	Long Ln turns R and becomes Sunset Ave	0.1

8.2 miles. +416/-339 feet

Dist	Type	Note	Next
25.8	←	L onto King St	0.0
25.8	→	R onto Long Ln	0.5
26.3	📍	End of route	0.0

0.7 miles. +7/-17 feet