

## RACE FOR THEIR LIVES 2010 COURSE DESCRIPTION

Starting on the paved parking lot at the Conewago Day Use area (directly adjacent to Pavilion #2) the course heads east, making an approximately 6/10 of a mile oval on the parking lot before entering the Lakeside Trail at the eastern end of the parking area. The course follows the Lakeside Trail to the Alpine Trail, just past the 1 mile point. The course continues on the Alpine Trail until it meets the Gravel Trail, just south and behind Pavilion #2. It follows the Gravel Trail going parallel to the Conewago Day Use area until it turns left and out to a flat, maintenance area, turning right and going up the only major hill on the course. (Just before the left turn, the walkers will be directed to continue straight on, following the green trail flags and signs until they eventually rejoin the Lakeside Trail, past the Interpretive Center, along the old beach front, and proceed to the finish). After the runners descend the hill, they will continue straight on crossing the Oak Trail just before the 2 mile point. The runners continue on, turning right at the transformer station, going about 100 yards. They will then turn right onto the Lakeside Trail. The course continues on the Lakeside Trail to the old beachfront, past the children's play area just before the 3 mile point, and proceeds to a short, right turn uphill to the finish on the paved, parking road.