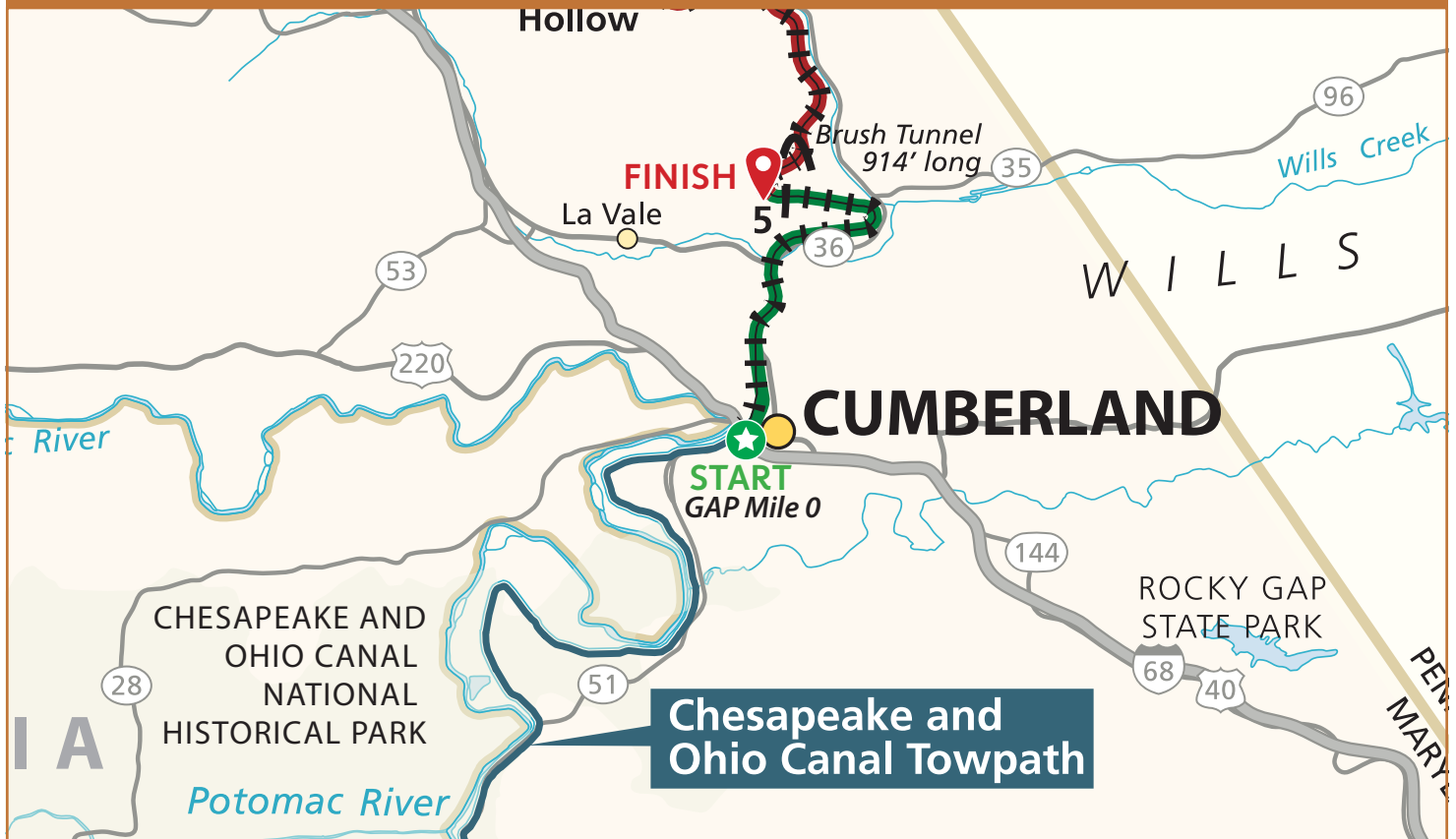




PRESENTED BY:
UPMC HEALTH PLAN

LEG 1/VAN 1



Map Courtesy of TrailGuide

CUMBERLAND (START) TO HELMSETTER'S CURVE

Distance: 5.14 mi

Elevation: 190.3m - 292.1m (+ 101.8m)

Difficulty: Medium

Runner Information: The start line lies at the very beginning of the Great Allegheny Passage in front of the Cumberland Visitors Center. The first leg runs through portions of downtown Cumberland and then weaves its way through wooded areas to the first exchange point along Cash Valley Rd.

VAN DIRECTIONS TO HELMSTETTER'S CURVE (39.677563, -78.805687):

- Take Canal St to Baltimore St (262 ft.)
- Take N Mechanic St to Frederick St (0.1mi)
- Follow N Centre St to N Mechanic St (0.9mi)
- Follow US-40 ALT W/National Hwy SW and MD-36 S/Mt Savage Rd NW to Cash Valley Rd NW in 20, Corriganville/Ellerslie (3.1mi)
- Turn left onto Cash Valley Rd NW (1.4mi)
- Destination will be on the right