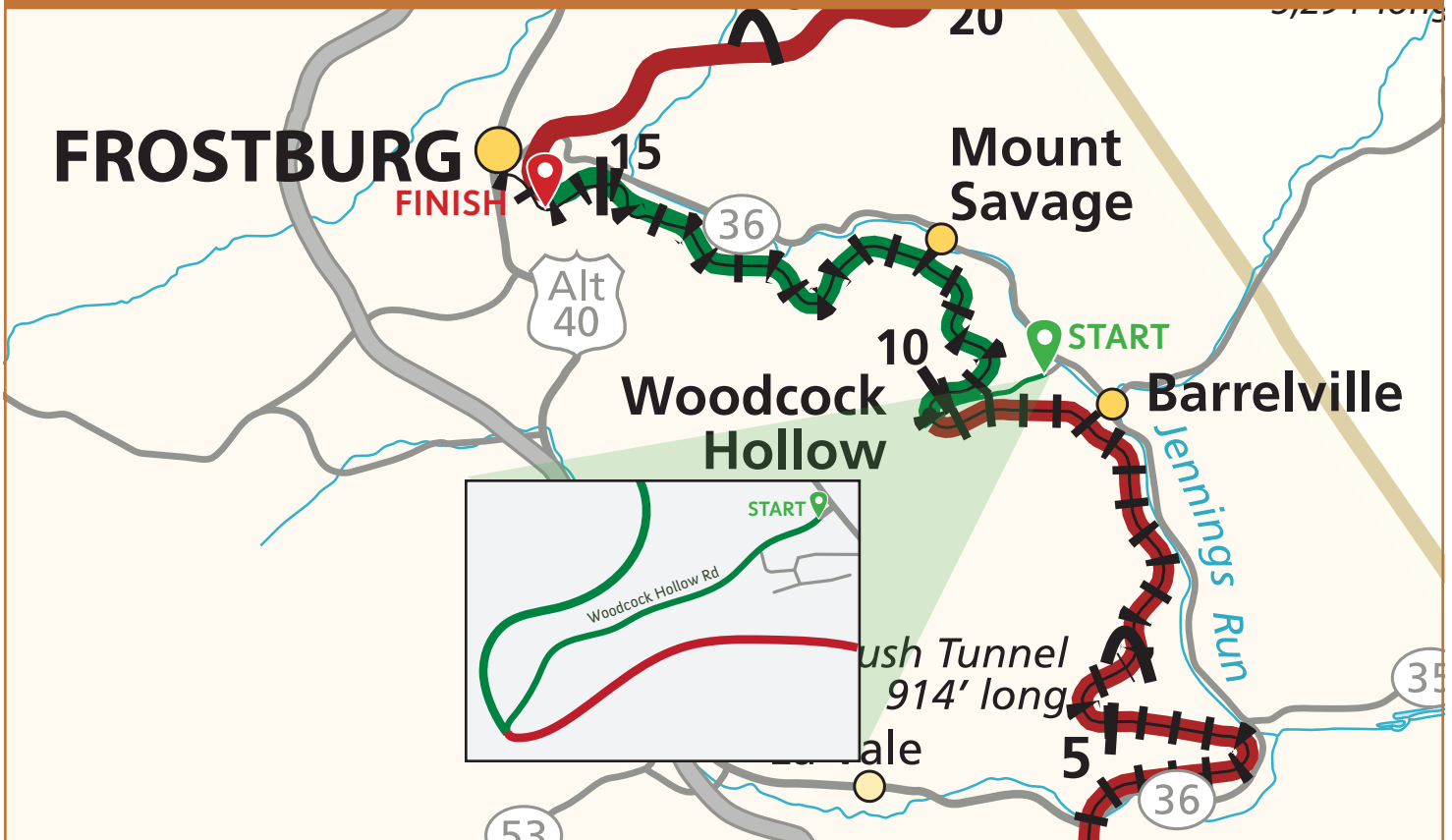




PRESENTED BY:  
UPMC HEALTH PLAN

## LEG 3/VAN 1



Map Courtesy of TrailGuide

### WOODCOCK HOLLOW TO FROSTBURG

**Distance:** 6.98 mi

**Elevation:** 340.2m -552.9m (+212.7m)

**Difficulty:** Hard

**Runner Information:** This leg starts with a one mile uphill climb on Woodcock Hollow Rd. Runners will then turn right onto the GAP Trail where the remainder of the leg runs until the Frostburg exchange area.

### VAN DIRECTIONS TO FROSTBURG (39.65929, -78.92172):

- Head north on Woodcock Hollow Rd toward Upper Sunnyside Rd NW (1.2mi)
- Turn left onto MD-36 S (4.5mi)
- Slight left onto New Hope Rd NW (0.7mi)
- Destination will be on the left