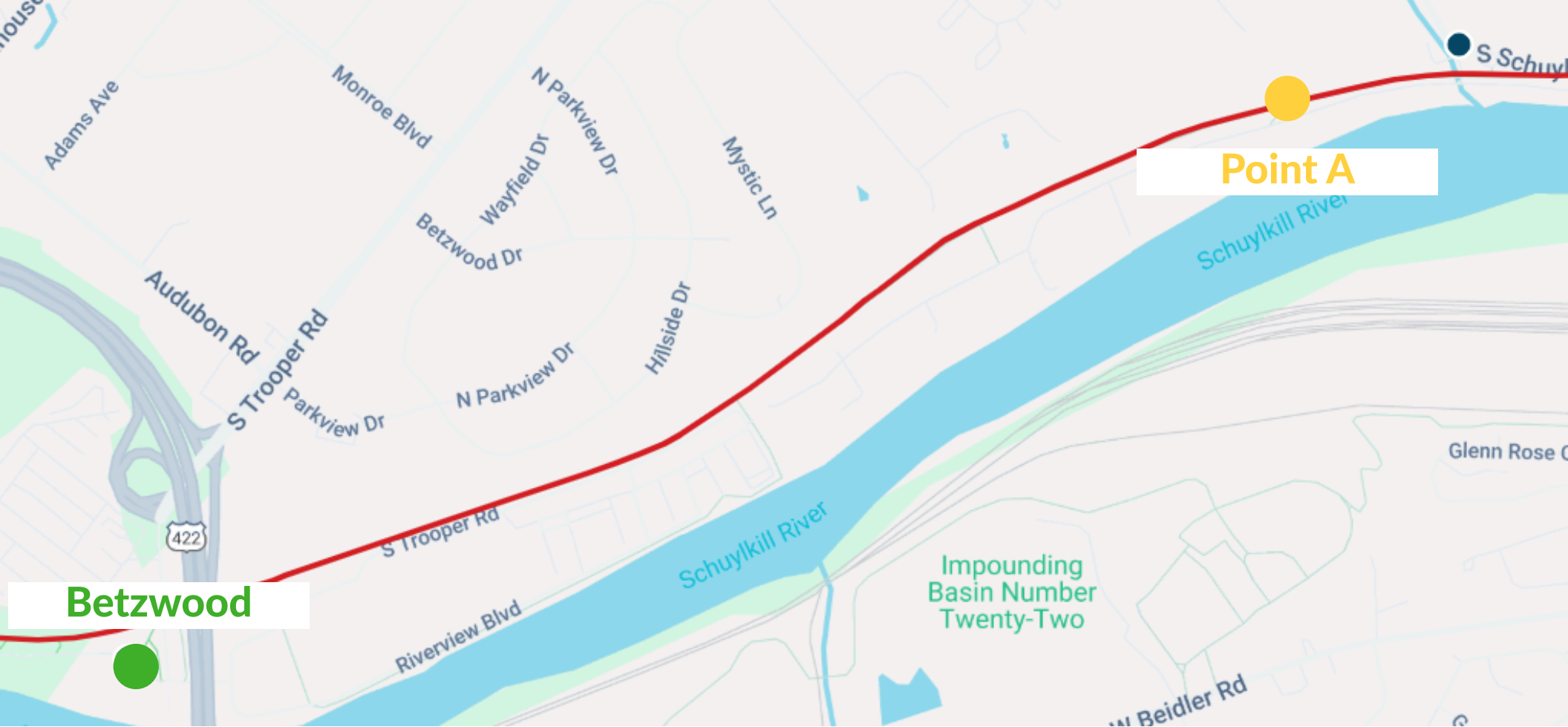




**30mi Ride: Betzwood to Spring Mill and back; continue on to Port Providence and loop back to Betzwood.**

**15mi Ride: Betzwood to Conshohocken and loop back to Betzwood.**

There are bathrooms located at Conshohocken, Betzwood, and Port Providence. There will also be volunteers stationed with waters at each of these locations.



## 5k Walk/Run: Betzwood to “Point A” and loop back to Betzwood

There are bathrooms located at Betzwood. There will also be volunteers stationed with waters at both Betzwood and “Point A.”

