

Description: **Firefighter Century Upper Half** Starting Point: **Loys Station Park, north of Frederick**
 Distance: **50 miles** Difficulty: **Rolling with 3 long climbs**
 Elevation: **+2895** Ft/mile: **58.5** Max Grade: **11.0%**

b/c.....becomes	POI.....Point of Interest	SS.....Stop Sign	TRO.....To Remain On
BL.....Bear Left	R.....Right Turn	ST.....Straight Thru	UM.....Unmarked
BR.....Bear Right	RL.....Right then immediate Left	T.....Intersection	X.....Cross
L.....Left	LR.....Left then immediate right	TL.....Traffic Light	Y.....Y Intersection

Go	Cum Miles	ACT	DESCRIPTION
0.0	0.0	L	From Park onto Old Frederick Rd
0.8	0.8	BR	Appolds Rd
1.6	2.4	L	MD-76 S/Motters Station Rd
0.5	2.9	R	Bollinger Rd
2.0	4.9	L	T: Sixes Bridge Rd
0.2	5.1	R	Y: 4 Points Rd
1.1	6.2	R	Keysville Rd
0.1	6.3	L	Simmons Rd
0.8	7.1	L	Toms Creek Church Rd
0.9	8.0	R	Bollinger School Rd
1.1	9.1	L	Shriver Rd - may be unmarked
0.2	9.3	R	Shriver Rd bends to the R
1.0	10.3	L	T: Harney Rd
1.6	11.9	R	Welty Rd
0.7	12.6	R	Old Gettysburg Rd (don't X US-16)

Go	Cum Miles	ACT	DESCRIPTION
0.6	28.0		Top: +815', 8% max
0.8	28.8	ST	b/c Charmain Rd
0.5	29.3	L	Monterey Lane
0.7	30.0		Break:* R on PA-16/Buchanan Tr
0.5	30.5	L	Sabiliasville Rd
0.1	30.6		Enter MD, b/c Old Sabiliasville Rd
0.5	31.1	BR	TRO Old Sabiliasville/Naylor Rd
0.1	31.2	L	MD-550
1.2	32.4	L	Harbaugh Valley Rd
1.0	33.4	R	TRO Harbaugh Valley Rd
0.9	34.3	R	Sunshine Trail
0.3	34.6	L	Friends Creek Rd
1.7	36.3	R	T: TRO Friends Creek Rd
0.6	36.9	BR	Y: Hornest Nest Rd
0.0	36.9		Begin steepest climb! 5.7% ave

Go	Cum Miles	ACT	DESCRIPTION
0.5	13.1	ST	Enter PA, b/c Emmitsburg Rd
0.4	13.5	L	Boyle Rd
2.3	15.8	L	T: Tract Rd
0.0	15.8	R	T: Orchard Rd
0.8	16.6	R	Topper Rd
0.9	17.5	ST	b/c Pecher Rd
2.3	19.8	L	Tract Rd, in 1.5mi b/c McGinty
0.2	20.0		Begin 1mi climb! 4.3% ave grade
0.9	20.9		Top: +225', 6.7% max grade
1.0	21.9	L	SS: Fairfield Rd/W Main St
0.4	22.3	BR	Iron Springs Rd
1.1	23.4		Begin 4.6mi climb! 3.4% ave
2.2	25.6	R	Lower Gum Springs Rd
1.2	26.8		Steep section! (5-8% grade)
0.6	27.4	ST	b/c Furnace Rd

Go	Cum Miles	ACT	DESCRIPTION
1.0	37.9		Top: 1mi +302', 11% max
1.2	39.1	ST	b/c Riffle Rd
0.5	39.6	L	T: Hampton Valley Rd
0.0	39.6	ST	b/c Annandale Rd
1.0	40.6	R	T: Frailey Rd
0.2	40.8	BR	Merge onto W Main St
0.3	41.1	R	S Seton Ave
1.1	42.2	R	Old Emmitsburg Rd
1.0	43.2	ST	b/c John Walsh Way
0.2	43.4	L	onto Walkway**
0.2	43.6	R	Road (no sign)
0.2	43.8	R	College Lane
0.6	44.4	R	T: Old Frederick Rd
5.1	49.5	R	into Loys Station Park

*Break at 30mi: Sunoco Station/Blue Ridge Food Mart, 100m to the right down PA-16/Buchanan Trail.
 **Narrow walkway/bikepath entrance on left (University Dr opposite on right) to cross via tunnel under US-15

Start Location/Directions: 3600 Old Frederick Rd., Thurmont, MD 21788

1. Take US 15 North out of Frederick, in 5.6mi exit right onto Old Frederick Rd.
2. Follow Old Frederick Rd. through flashing caution light.
3. Go through Creagerstown, then bear right, staying on Old Frederick Rd
4. Park will be on left in 2mi.