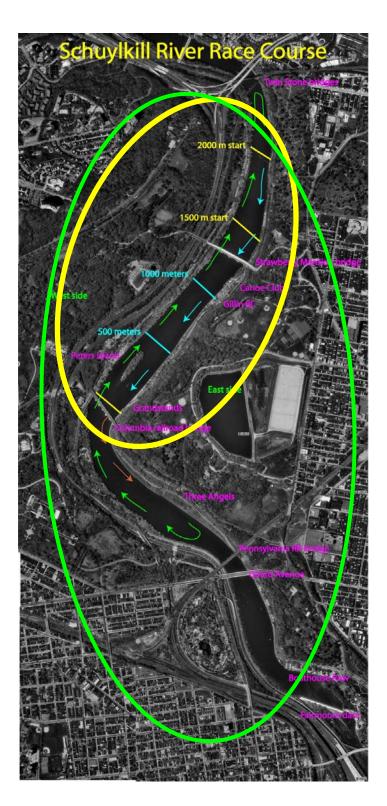
## **Course Map**



## 2K Races:

<u>Start:</u> 2000 m mark (just below Twin Stone bridges) <u>Finish:</u> Grandstands, near the Columbia Railroad Bridge

## 6K Head Races:

<u>Start:</u> 2000 m mark (just below Twin Stone bridges) <u>Finish:</u> Viking Statue, near the end of Boathouse Row

## Directions to the Schuylkill River Philadelphia, PA

**From New York/New England**: From southbound New Jersey Turnpike (NJTP) take exit 6 to Pennsylvania Turnpike (I-276 West). Follow PA Turnpike to exit 25A (Mid County). Take this exit (keeping to the left) and follow signs to I-476 South (Chester). Travelers from Scranton: pick up I-476 at same exit from Route 9 South (PA Turnpike Northeast Extension.) After toll, take I-476 South to exit 6 (junction with I-76 East, the Schuylkill Expressway). Take this exit and follow signs for Philadelphia. Now follow NORTHERN APPROACH directions below. Travelers from Harrisburg on PA Turnpike East, take Exit 34 and transfer to I-76 East (Schuylkill Expressway.) Proceed towards Philadelphia, noting there is construction between Exits 29 and 31.

**NORTHERN APPROACH**: Take I-76 East to exit 32 (warning, this exit is on the left side of the road.) Take this exit and get into the LEFT lane as you go over the bridge across the Schuylkill River. Look for sign on left for Kelly Drive. The ramp will spiral downwards in a counter-clockwise direction and will merge you onto Kelly Drive, southbound (switch to right lane after merging at bottom of spiral). Consult the local area map for further directions.

**From Washington, DC, Baltimore, Wilmington**: Take I-95 North through Wilmington or I-495 North (Port of Wilmington) until it re-joins I-95 at the Delaware-Pennsylvania line. Continue north on I-95 to Exit 7 (marked I-476 Plymouth Meeting.) Instead of continuing north on I-95 past the airport and into central Philadelphia, consider taking I-476 (known as the "Blue Route") northwards to Exit 6, then I-76 East (Schuylkill Expressway.) Then follow NORTHERN APPROACH directions above. This route will be longer but possibly faster than the alternative, which is to follow I-95 to I-676 West (or Route 291 to I-76 West) into Philadelphia and pick up SOUTHERN APPROACH directions below.

**From South Jersey**: Via the Walt Whitman Bridge, take I-76 (Schuylkill Expressway) to Exit 32. Then follow SOUTHERN APPROACH directions below. Via the Ben Franklin Bridge, take I-676 West (cross-town expressway) to I-76 West (Schuylkill Expressway to Valley Forge) then follow SOUTHERN APPROACH directions below. Via the Betsy Ross Bridge, take I-95 South to I-676 West, to I-76 West (Schuylkill Expressway to Valley Forge) then follow SOUTHERN APPROACH directions below.

**SOUTHERN APPROACH**: Follow I-76 West towards Exit 32. As you approach Exit 34 (U.S. Route 1 North - Roosevelt Expressway) take care to be in the CENTER lanes (follow the sign to Valley Forge.) Do not be lured off to the right or the left, or you will miss Exit 32. After rounding a left curve, you will see the sign for Exit 32 (Kelly Drive/Ridge Avenue.) The exit will take you off to the right, but get into the left-most lane as you go over the bridge across the Schuylkill River. Look for sign on left for Kelly Drive. The ramp will spiral downwards in a counter-clockwise direction and will merge you onto Kelly Drive, southbound (move to right lane after merging at bottom of spiral). Consult the local area map for further directions.