

AMERICAN ODYSSEY RELAY

# LEG 8

“FAIGEN'S FROLIC”

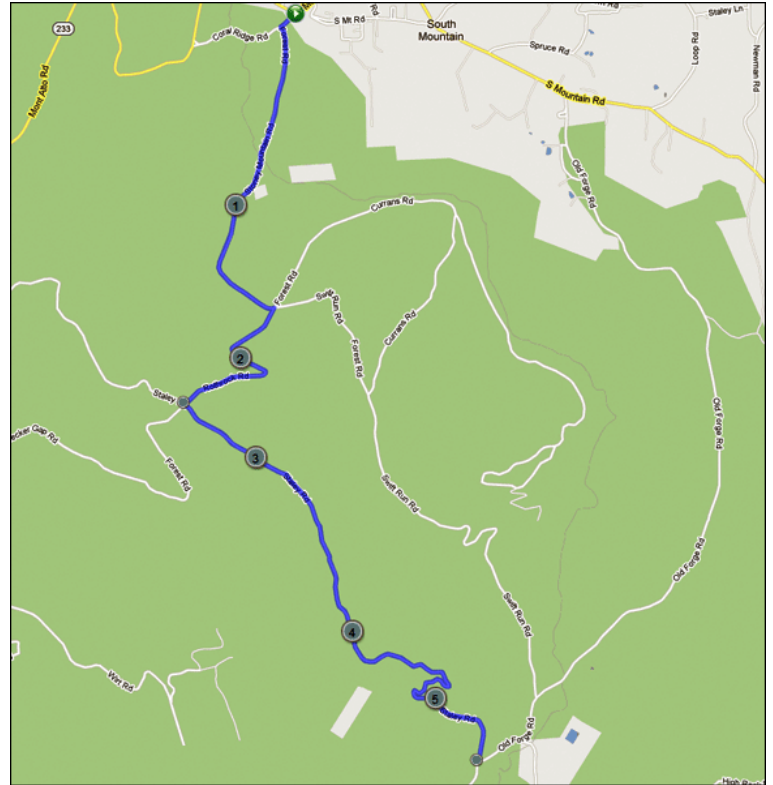
5.5 MILES | HARD



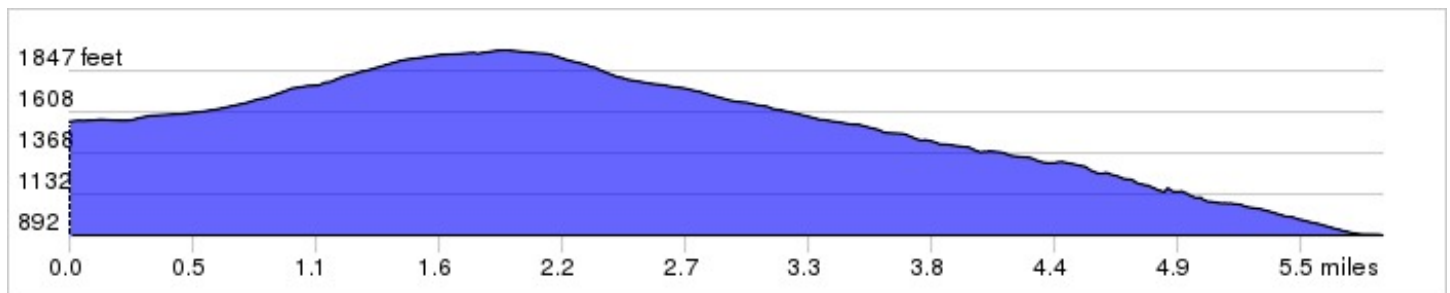
## RUNNERS

Mileage is per segment, not cumulative

1. Follow dirt road .1 to
2. Left on Snowy Mountain (dirt road) for 1.6 to
3. Right on Rothrock Road for .9 to
4. Left on Staley Road for 2.9 to
5. Cross over Old Forge into the Camp Penn transition area



**ELEVATION:** min: 892ft | max: 1847ft | ascent: 400ft | descent: -1054ft



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## VANS

Mileage is per segment, not cumulative

NOTE: If your runner wants company then you may follow him/her. Drive behind runner to avoid kicking up lots of dust. . . . or go ¼ to ½ mile ahead. If you do this, make certain to immediately drive ahead once you reach the paved road (Old Forge) as it's only .3 and your runner will be there quickly!

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4. Left on Staley Road for 2.9 to
5. Cross over Old Forge into the Camp Penn transition area

Following your runner here can cause dust for other runners too. If your runner feels comfortable on his/her own through here, an alternate way to get to transition 8 is to back track down South Mountain the way you just came and drive 1.5 miles and make a right on Old Forge. Take Old Forge 4.5 miles to the transition on your left.

TRANSITION 8: 8005 Old Forge Road, Waynesboro, PA

### POINTS OF INTEREST:

This is a beautiful run on a rugged dirt road through Michaux State Forest. Trail shoes are strongly suggested. It's almost all uphill and then all downhill. No flat terrain to speak of.

This leg is named after our running partner, Gary Faigen. I have no idea why.