

Aid Station 3 (Bittering) to Aid Station 5 (Big Run State Park)

22.7 Miles; +1503 Feet Gain

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| ▶ 0.0 | ▶ Depart AS3 east on Brenneman Rd | 55.4 |
| ② 0.1 | ↖ Slight left onto Maynardier Ridge Rd | 55.5 |
| ③ 0.9 | ← Left onto Bear Hill Rd | 56.4 |
| ④ 4.0 | → Right onto Jennings Rd | 60.4 |
| ⑤ 0.2 | → Right to stay on Jennings Rd | 60.6 |
| ⑥ 0.1 | ↗ Slight right onto Miller Rd | 60.7 |
| ⑦ 1.7 | ← Left onto Maynardier Ridge Rd | 62.4 |
| ⑧ 0.7 | ↑ Continue on Otto Lane | 63.1 |
| ⑨ 0.5 | ← Left onto West Shale Rd | 63.6 |
| ⑩ 2.5 | → Right onto New Germany Rd | 66.1 |
| ⑪ 0.8 | ← Sharp left onto Twin Churches Rd | 66.9 |
| ⑫ 1.4 | ↗ Continue on Westernport Rd | 68.3 |
| ⑬ 3.6 | → Right onto Savage River Rd | 71.9 |
| END 6.2 | 🚶 Arrive at AS5 - Big Run State Park | 78.1 |

