

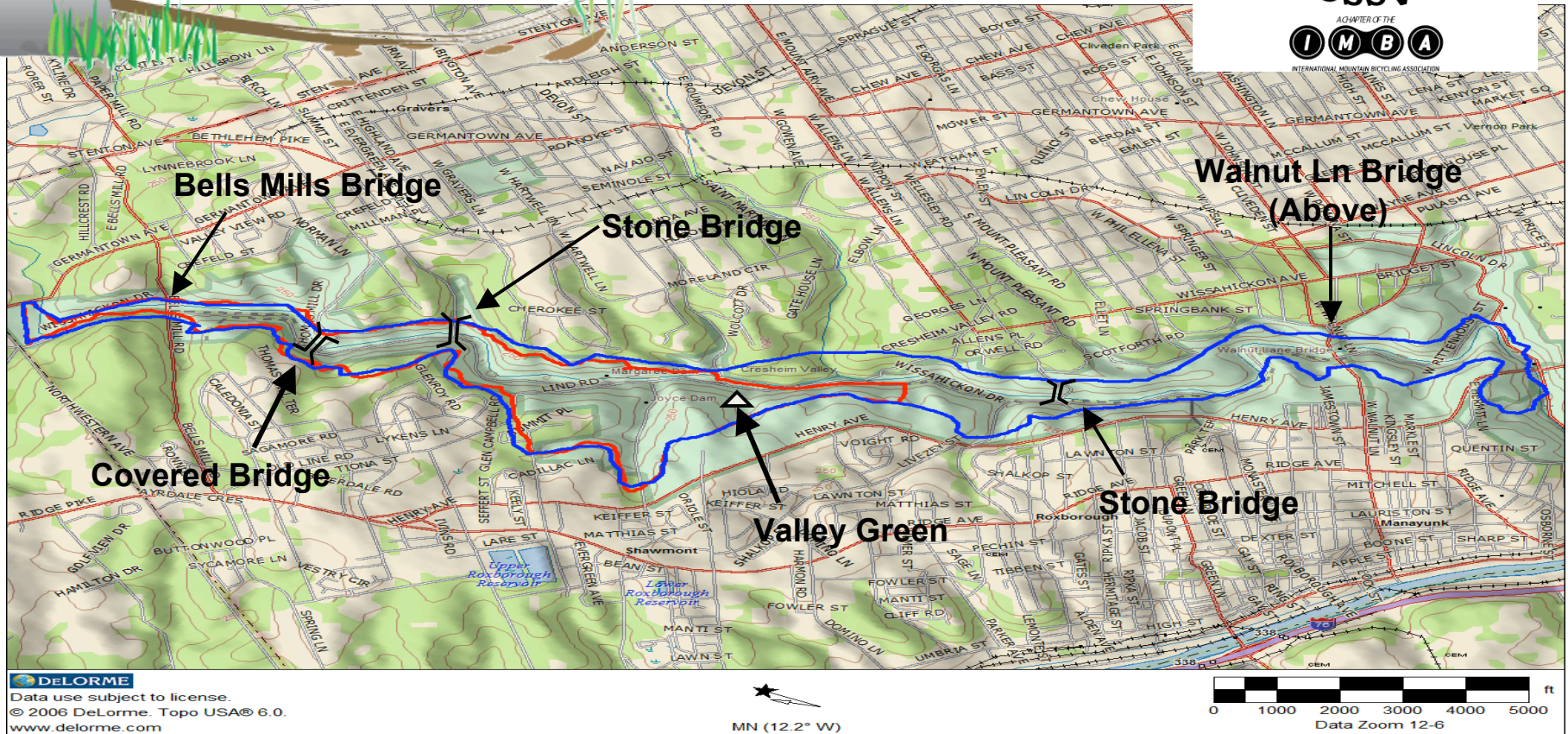


“Intro to Wissahickon Trails” Route

- 2 miles over typical trails; 3 miles on Forbidden Drive
- Moderate cross-country route over small rocks and roots
- Short downhill over waterbars and sm
- 540 foot elevation change
- Several moderate climbs
- Steep downhill at the end
- Mountain bikes only – no hybrids



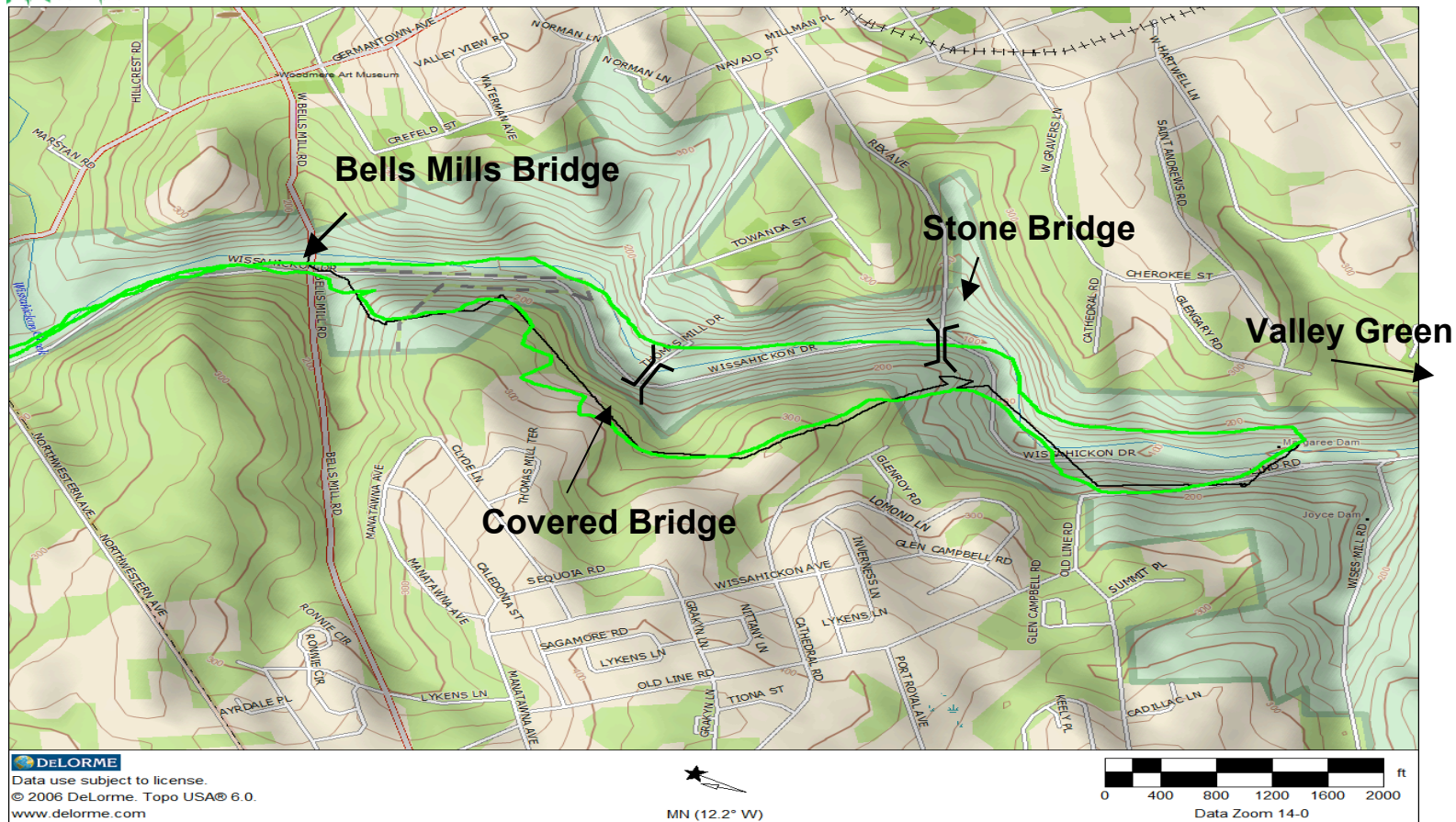
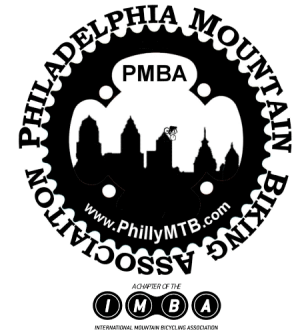
1st Annual RALLY IN THE VALLEY



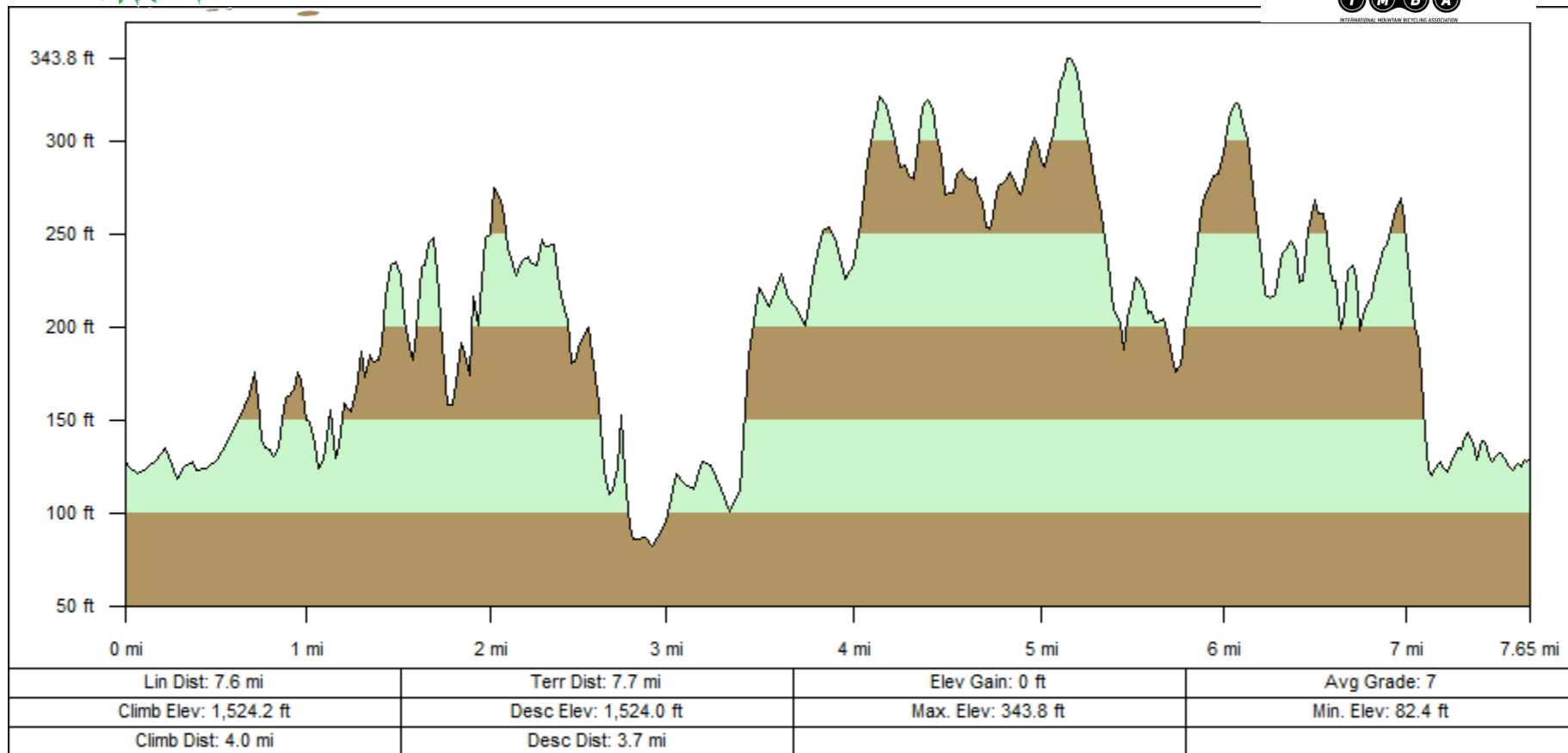
Intermediate Route – 7.6 miles – 1524 foot elevation change

Advanced Route – 12.2 miles – 2700 foot elevation change

1st Annual
**RALLY IN THE
 VALLEY**



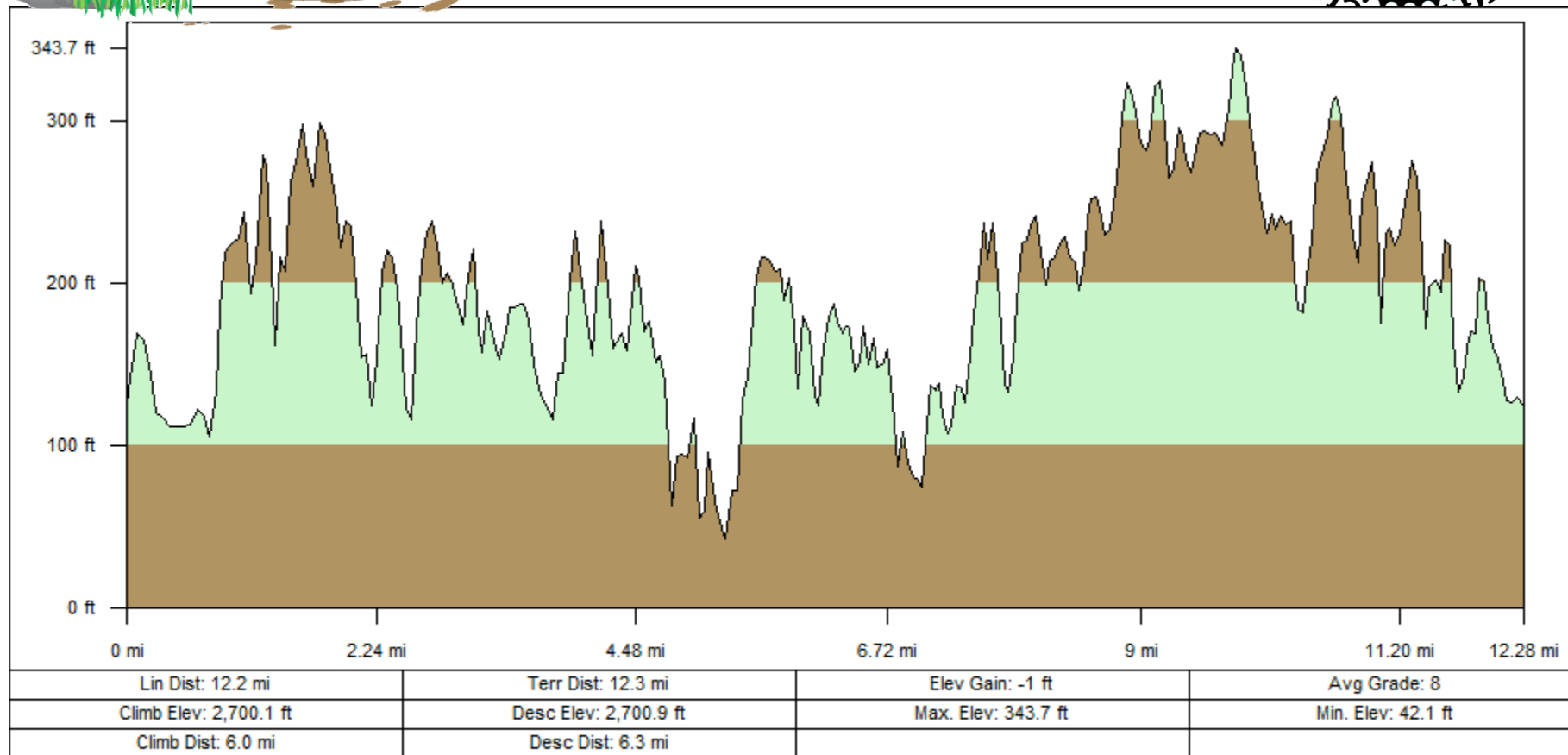
“Intro to Wissahickon Trails” Route



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Intermediate Route Profile and Statistics

1st Annual
**RALLY IN THE
VALLEY**



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Advanced Route Profile and Statistics



Intermediate Route

- 7.6 mile ride
- 1525 foot elevation change
- Several rocky and technical sections
- Moderate climbing
- Several bailout points to Forbidden Drive





Advanced Route

- Continuation of Intermediate Ride
- 12 mile total distance
- 2,700 feet elevation change
- Additional bailouts to Forbidden Drive throughout the course





Forbidden Drive

- Gravel trail along Wissahickon creek
- 16 mile round trip; turn around at any time
- Gradual downhill about half-way through the course; uphill on the way back
- Appropriate for road or hybrid bikes
- Good for kids

