

# Bethany's A HOME FOR EVERY CHILD 5K

## Fort Washington State Park

### Fort Washington, Whitmarsh Township, PA

USATF Certificate  
**PA15028WB**  
 Effective: 06/01/2015 to 12/31/2025

#### NOTES & PARAMETERS:

Course has been measured in accordance with USATF requirements, using the Shortest Possible Route (SPR) Method, to within 12" of all road edges and centerlines, and in accordance with the following restrictions to avoid runner interference:

1. On Main Park Road, eastbound runners shall keep to their right of the centerline; returning (westbound) runners (after the counterclockwise Turnaround #1) shall keep to their right of the centerline until the counterclockwise turn at Turnaround #2, after which they shall keep right of the centerline until the right turn to the FINISH.

Elevations shown are as observed on Google Earth.com, and are expressed in meters in accordance with current USATF/RRTC protocol.

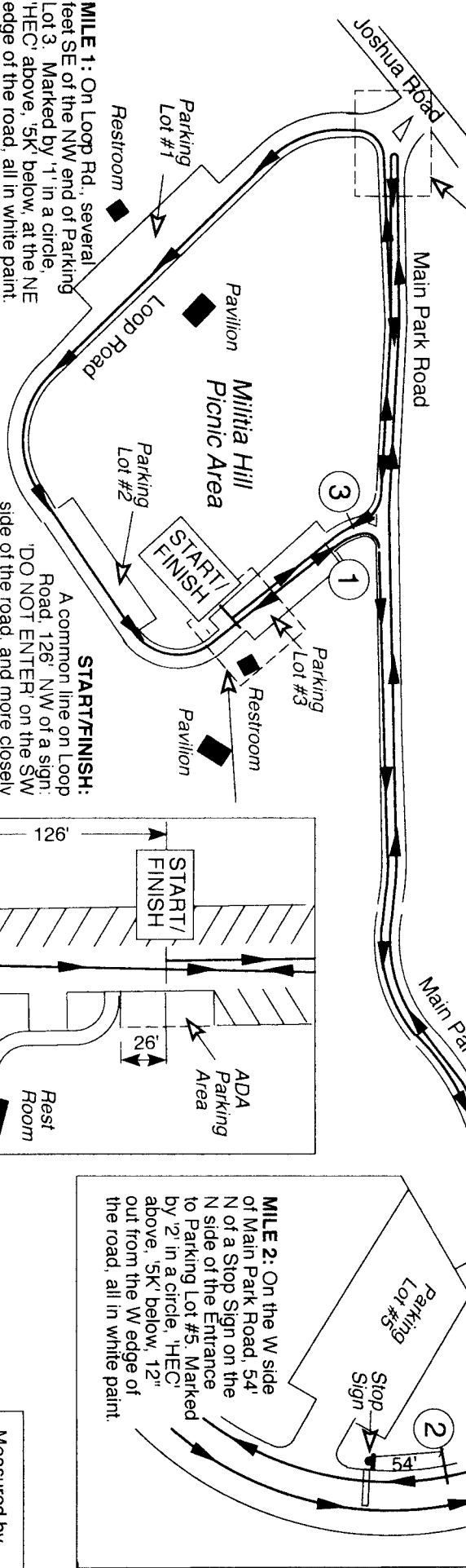
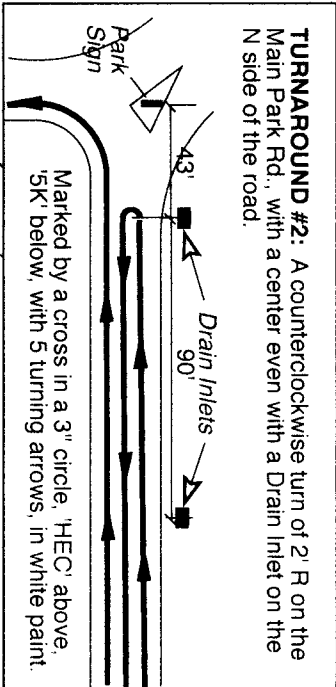


**TURNAROUND #1:** A counterclockwise turn of 2° R, with its center in Main Park Rd., approx. 135° S (uphill) of the Gate at Millita Hill Rd. and more accurately 52' N (downhill) of a Drain Inlet on the W side of the road. Marked by a cross in a 3" circle. 'T/A #1' above, 'HEC' 5K' below, with five CCW turning arrows, all in white paint.

**ELEVATIONS:**  
(in meters)

Start:	60.6
Finish:	60.6
Highest:	81.1
Lowest:	48.2

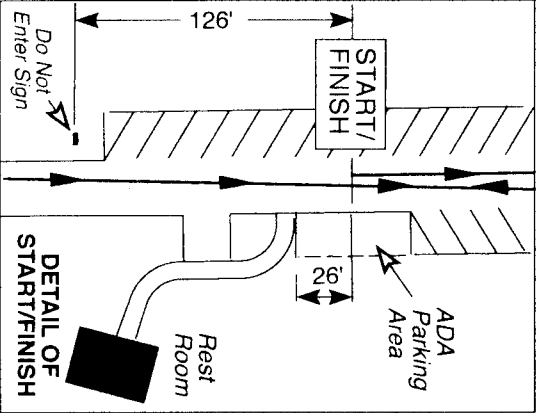
**TURNAROUND #2:** A counterclockwise turn of 2° R on the Main Park Rd., with a center even with a Drain Inlet on the N side of the road.



**MILE 1:** On Loop Rd., several feet SE of the NW end of Parking Lot #3. Marked by '1' in a circle. 'HEC' above, '5K' below, at the NE edge of the road, all in white paint.

**START/FINISH:** A common line on Loop Road, 126' NW of a sign: 'DO NOT ENTER' on the SW side of the road, and more closely 26' NW of the SE edge of Parking Lot #3 (on the NE side). Marked by 'S' and 'F' in individual circles, in the center of travelled way, all in white paint.

**MILE 2:** On the W side of Main Park Road, 54' N of a Stop Sign on the N side of the Entrance to Parking Lot #5. Marked by '2' in a circle, 'HEC' above, '5K' below, 12" out from the W edge of the road, all in white paint.



Measured by  
 Bill Belleville  
 Ardmore, PA  
 05/18/15  
 CS-1558