

AMERICAN ODYSSEY RELAY

LEG 16

"The Leg Formerly Known as Coach Becky's Kick Butt Workout!"

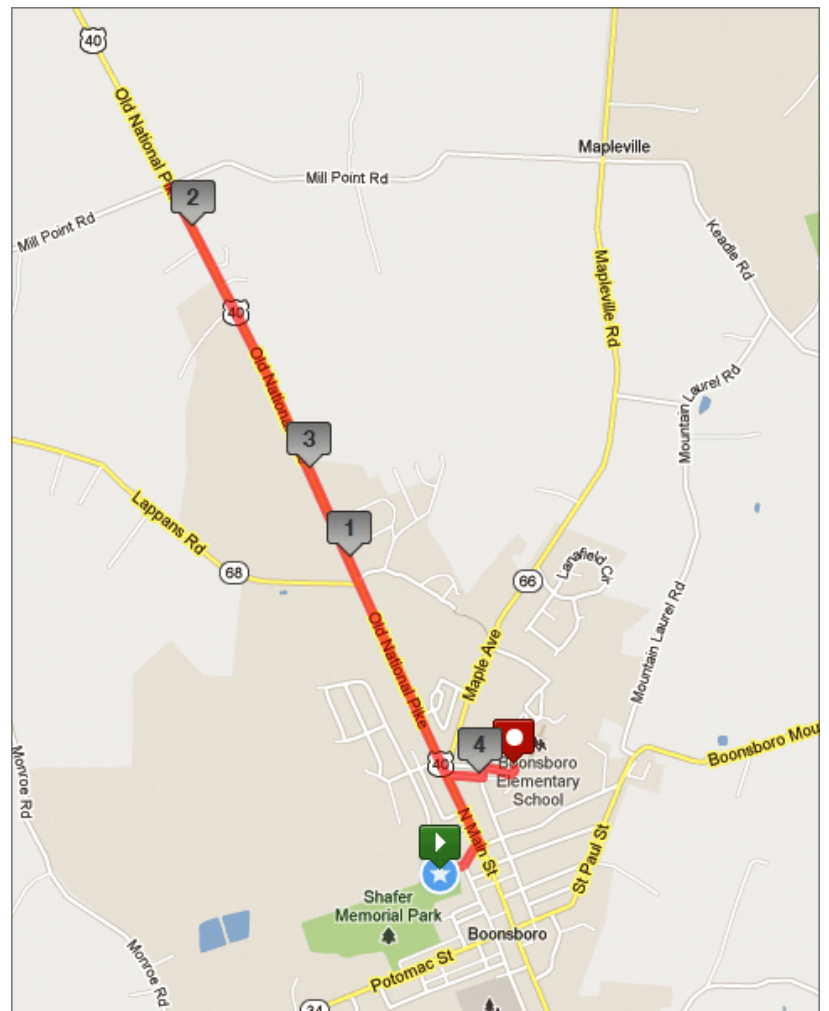


4.2 MILES | EASY

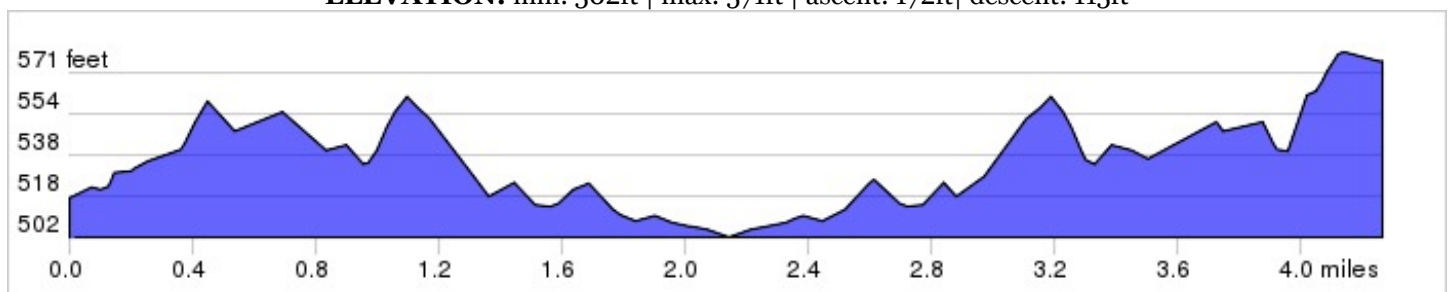
RUNNERS

Mileage is per segment, not cumulative

1. Leave Shafer Park up Orchard .1 to
2. Left on Main Street (BR Alternate 40) 2.0 to
3. Mill Point where you cross over to the other side of the road and head back the way you just came for 1.7 to
4. Cross Maple and make an immediate
5. Left on Schoolhouse Ct. .1 to
6. Left on Center for 50 feet to
7. Right on Campus .2 to transition



ELEVATION: min: 502ft | max: 571ft | ascent: 172ft | descent: 115ft



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as Coach Becky's Kick Butt
Workout!"

4.2 MILES | EASY



VANS

Mileage is per segment, not cumulative

1. Leave Shafer Park up Orchard .1 to
2. Left on Main Street (BR Alternate 40) 2.0 to
3. Mill Point where you cross over to the other side of the road and head back the way you just came for 1.7 to
4. Cross Maple and make an immediate
5. Left on Schoolhouse Ct. .1 to
6. Left on Center for 50 feet to
7. Right on Campus .2 to transition

TRANSITION 16: 10 Campus Ave, Boonsboro, MD