

LEG 23

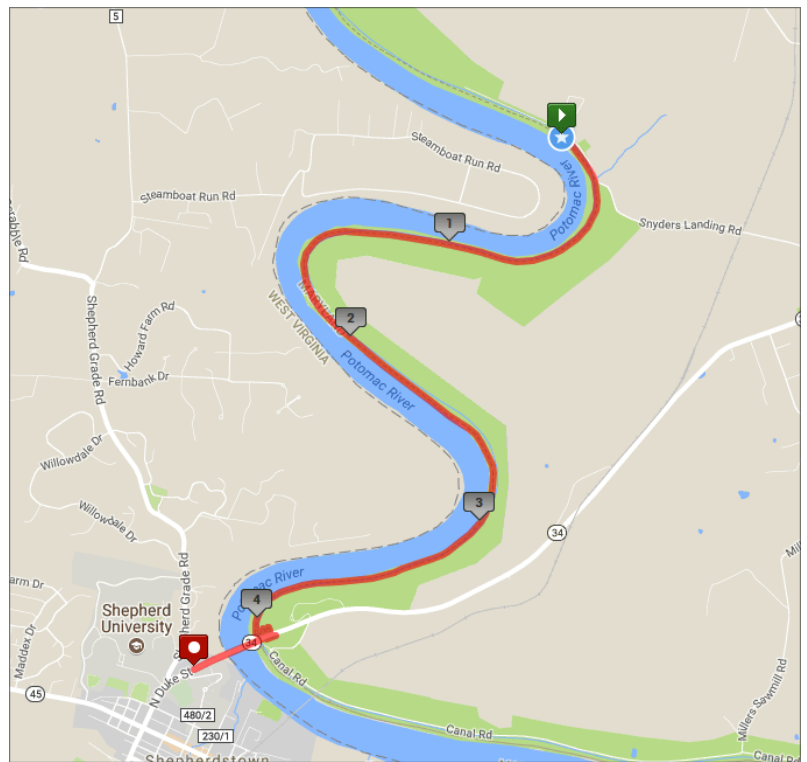
4.6 MILES | EASY



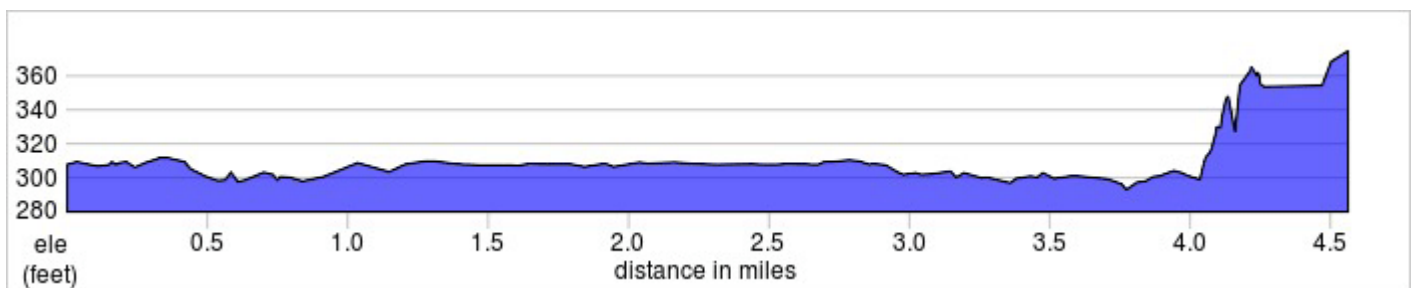
RUNNERS

Mileage is per segment, not cumulative

1. Runners leave Snyder's Landing and head back towards West Virginia (River should be on your right)
2. Continue 1.4 miles. At the split, take a left back up the path to the bridge
3. Veer left to ramp to head back to top of James Rumsey Bridge
4. Continue across bridge to transition (gravel lot across from Bavarian Inn)



ELEVATION: min: 295ft | max: 375ft | ascent: 114ft | descent: -57ft



AMERICAN ODYSSEY RELAY

LEG 23

4.6 MILES | EASY



VANS

Mileage is per segment, not cumulative

1. Veer right at the split to Alley 9 482 feet
2. Turn right on West Main Street 0.2 miles
3. Continue on Shepherdstown PIke 2.9 miles
4. To north Duke Street .2 miles
5. Right to Shepherd Grade Road to Bavarian Inn - 164 Shepherd Grade Road

TRANSITION 23: Just past the bridge on the WV side at RAMS STADIUM, West Virginia 480, Shepherdstown, WV