

LEG 23

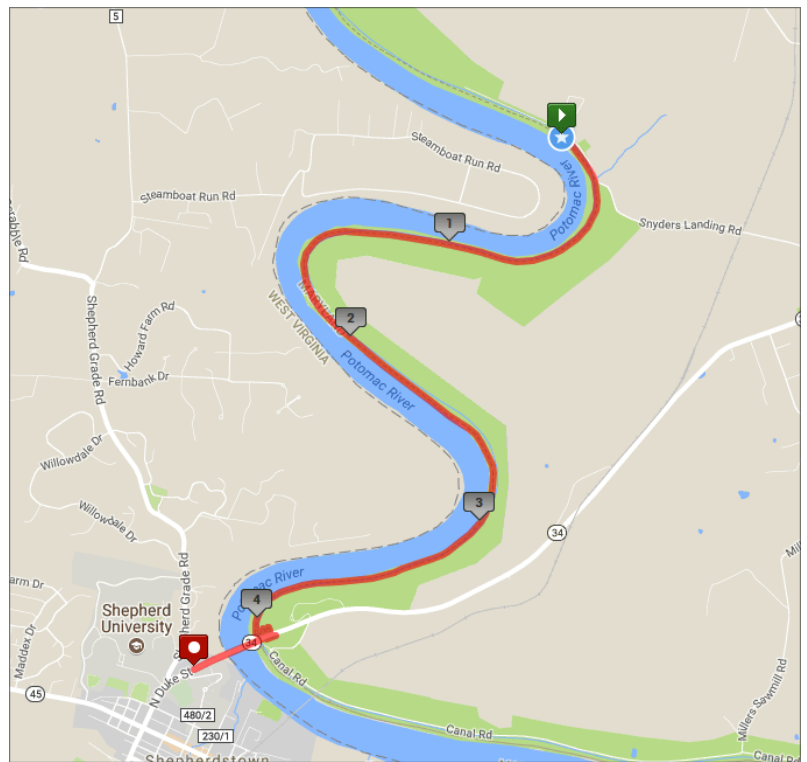
4.7 MILES | EASY



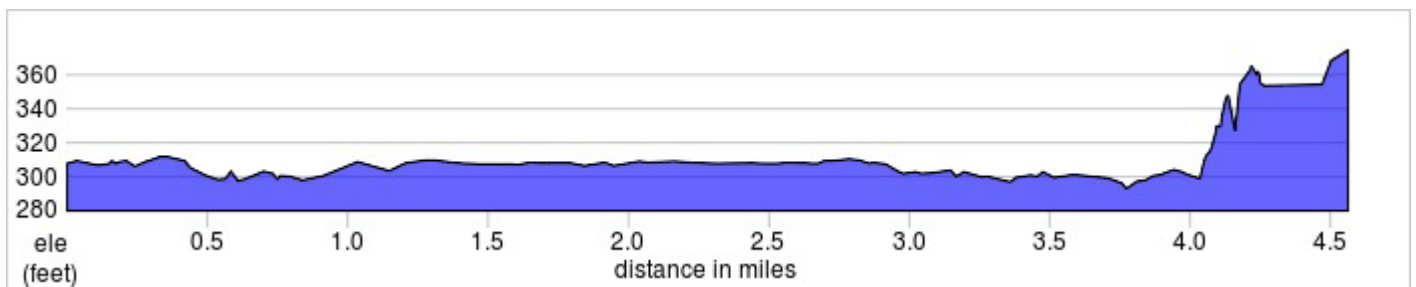
RUNNERS

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. Veer left to ramp to head back to top of James Rumsey Bridge



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



AMERICAN ODYSSEY RELAY

LEG 23

4.7 MILES | EASY



VANS

Mileage is per segment, not cumulative

1. Out of transition make a LEFT and take Snyder's Landing Road for 1.4 miles
2. LEFT on West Champline Street for 233 feet
3. RIGHT on North Potomac Street for 482 feet
4. RIGHT on West Main Street for .2 miles
5. Continue to Sheperdtown Pike for 2.9 miles
6. Continue to North Duke Street for .2 miles
7. RIGHT on Shepherd Grade Road
8. To Transition at 164 Shepherd Grade Road - Bavarian Inn