

# LEG 25

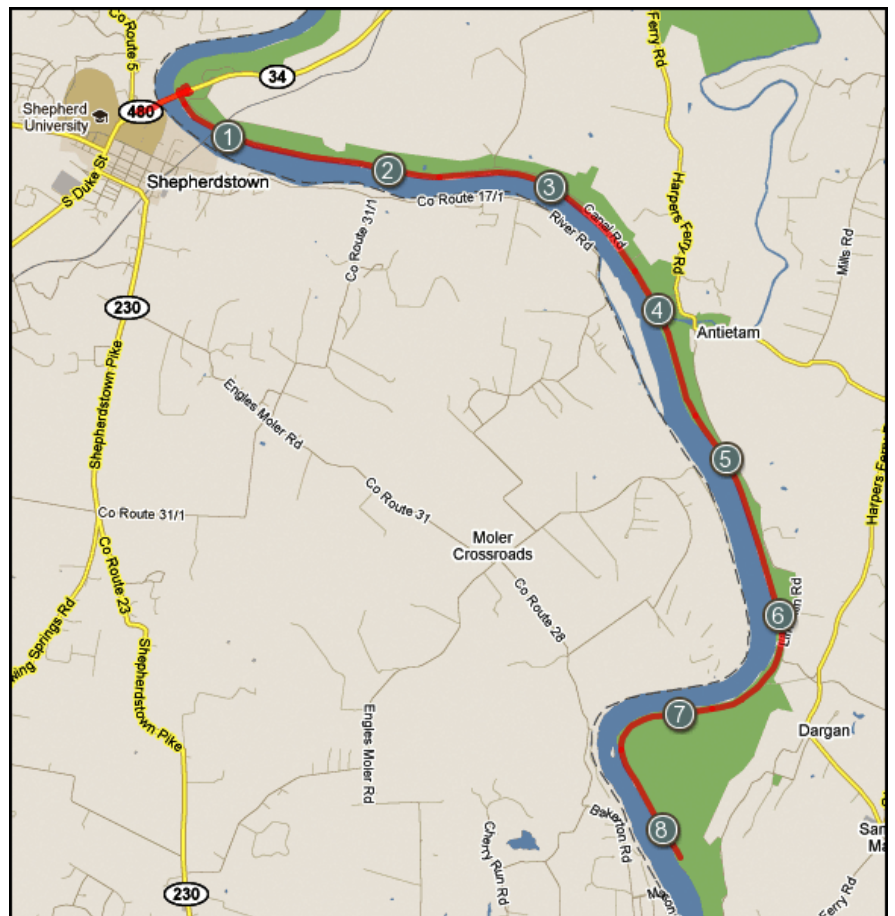
8.6 MILES | HARD



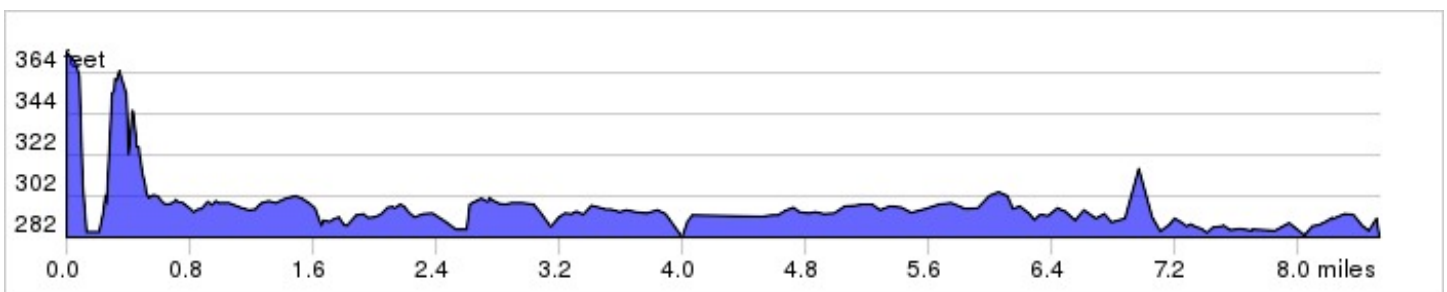
## RUNNERS

Mileage is per segment, not cumulative

1. Runners leave Rams Stadium and turn right on Rte 34. Run back across James Rumsey Bridge into Maryland.
2. Turn right onto pedestrian ramp and follow to Towpath.
3. Turn left and follow towpath to Transition 25 (Dargan Bend)
4. The river should be on your right!



**ELEVATION:** min: 282ft | max: 364ft | ascent: 149ft | descent: -224ft



AMERICAN ODYSSEY RELAY

# LEG 25

8.6 MILES | HARD



## VANS

Mileage is per segment, not cumulative

1. Come out of parking area and turn left on rt. 34. Cross the bridge over the Potomac and make an immediate hard right onto Canal Road. At approximately 2 miles stay right to stay on Canal. Go 0.2 miles to end of Canal Road and make a right onto Harpers Ferry Road. Go over the Antietam Bridge and continue straight up hill on Limekiln (do not bear left over the bridge!)
2. At about 2.2 miles along Limekiln there is a parking lot on the right where you can pull over and wait for your runner.
3. Continue 0.3 on Limekiln and make a right on
4. Harpers Ferry Road 0.3 to Dargan (sign for New Fellowship Church) and turn right.
5. Take Dargan 0.4 to Back Road and turn right. Transition is approximately 1.0 on right.

TRANSITION 25: Dargan Bend 11, Sandy Hook, MD

### POINTS OF INTEREST:

This is the start of the C & O Canal portion of the race. The C&O Canal formally opened its 184.5 mile expanse in October of 1850 as a means of transporting cargo west. The Canal competed for commerce with the B&O Railroad, but did well during the 1850s mostly as a result of coal transport. Many troops crossed the Potomac River and the Canal during the Civil War.