

LEG 29

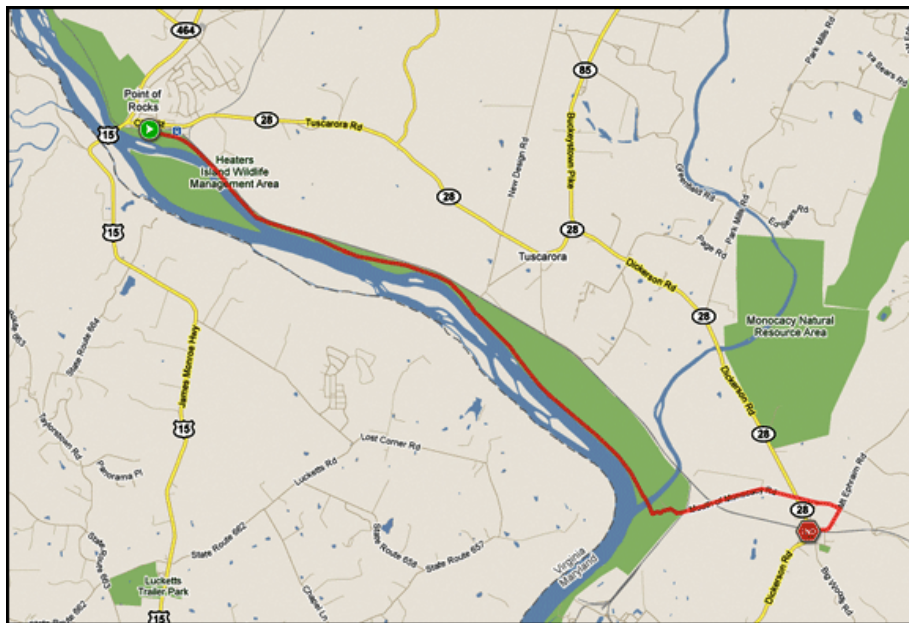
8.3 MILES | HARD



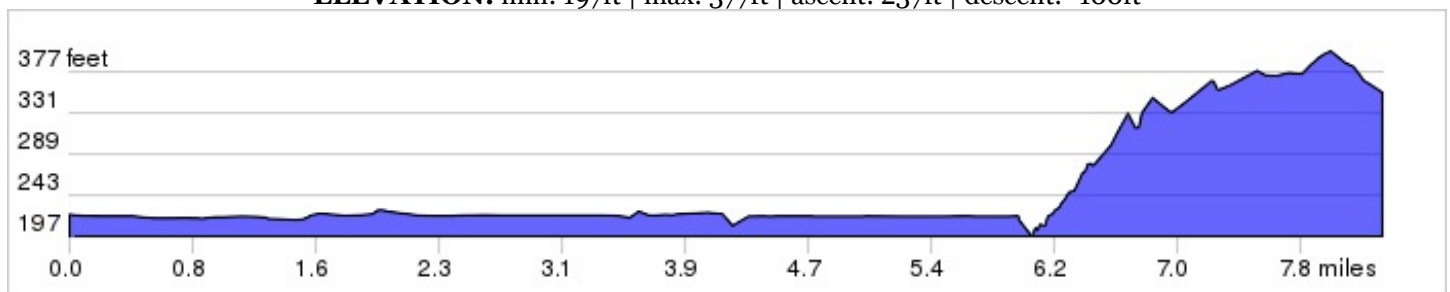
RUNNERS

Mileage is per segment, not cumulative

1. C & O Canal Pt. of Rocks. Pass Noland's Ferry at approximately 3.8 and continue to 5.8 to Monocacy Aqueduct
2. Turn left to come out of Canal on Aqueduct Lane to connect with and continue on Mouth of Monocacy Rd. for a total of 1.4 to cross over Rt. 28 for .4 to second
3. Right on Mt. Ephraim Road for .3 to transition at MARC train station



ELEVATION: min: 197ft | max: 377ft | ascent: 237ft | descent: -100ft



AMERICAN ODYSSEY RELAY

LEG 29

8.3 MILES | HARD



VANS

Mileage is per segment, not cumulative

1. Out of MARC lot to light.
2. Bear right to stay on 28 for 8.1 miles to left on Mt. Ephraim for .1 by following signs for MARC lot

TRANSITION 29: 22211 Mt. Ephraim Road, Dickerson, MD

(Please note: If you would like to meet your runner coming off the canal, make a right off of Rt. 28 onto Mouth of Monocacy and follow it to bottom where you bear left into the parking area.)