

LEG 36

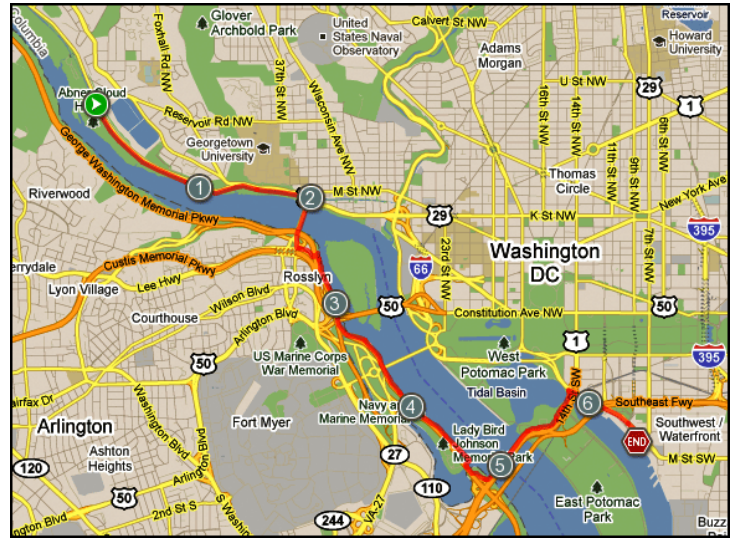
6.9 MILES | MEDIUM



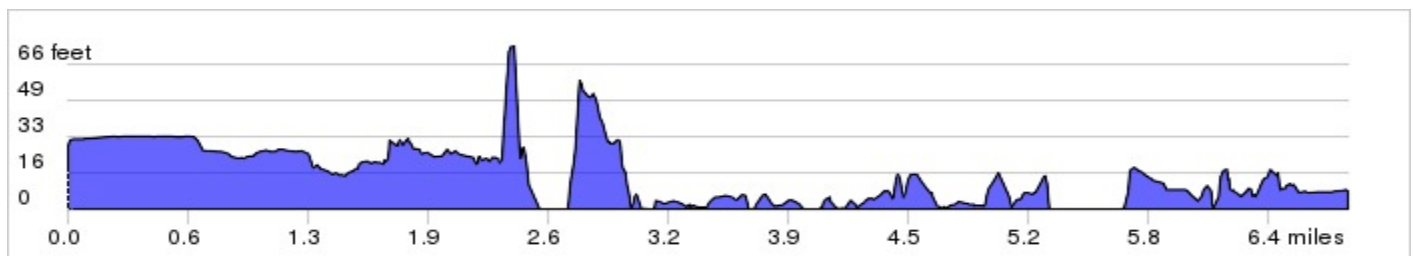
RUNNERS

Mileage is per segment, not cumulative

1. Leave Fletcher's Cove and head down the Canal approximately 2.1 miles. Go under the overpasses for the Whitehurst Freeway and the Key Bridge and almost immediately bear
2. Left up ramp over the Canal then make an immediate left and run .1 up the bike path towards M Street and then immediately turn left again onto the sidewalk at the Key Bridge for .5 past the first street once the bridge ends to
3. Left onto Mt. Vernon Bike Trail, which is immediately adjacent to the second street after the bridge ends - the asphalt path with the yellow line down the middle. Don't go on the dirt path before the bike path. You are essentially turning left on what appears to be the sidewalk and then turns into the bike path.
4. At approximately .5 after starting on the bike path you will come to the Roosevelt Island parking area. The path crosses over the parking lot and continues on the right side of the parking area. Do not run through the parking lot. Soon after the parking area and the footbridge on the left to Roosevelt Island, the path splits and YOU MUST STAY LEFT along the river on the boardwalk like surface. Continue for another .7 after this point to go under the Memorial Bridge and continue for an additional 1.2 to
5. Right up short hill (before the bridge—sign will say “to DC”) that will bring you up onto the 14th Street Bridge walkway (left side of bridge only) into D.C. Continue over bridge for .5 to
6. Over crosswalk onto sidewalk with Jefferson Memorial on your left for .3 to
7. Make a right at the first crosswalk to cross over this street and then left onto the sidewalk on the other side of the road essentially continuing in the same direction for .2 to bear
8. Right on Maine Ave., go under the underpass (Rte. 395) and continue straight on right side for .3 to the end of the sidewalk at the Clark Construction sign. This is the start of the construction site.
9. Cross the street at the light (second light after the underpass) and continue in the same direction you were running (so turn right after you cross the street) for .2 to 7th St. to
10. Cross back over Maine Ave. and continue in the same direction (so turn left after you cross the street) for .1 to
11. Right on 6th to the finish.



ELEVATION: min: 0ft | max: 66ft | ascent: 154ft | descent: -177ft



LEG 36

6.9 MILES | MEDIUM



VANS

Mileage is per segment, not cumulative

Come out of Fletcher's and bear to the right to continue on Canal Road (this is not the way you just came in). Go to the end (1.5 miles) and bear right to stay on Canal, which becomes M St. Pass Georgetown University on the left. Stay in the right hand only turn lane and bear right on Whitehurst Freeway immediately before the second light (.5 miles). There will be an Exxon station on your left. Take the Whitehurst approximately .7 of a mile and bear right onto the E Street Expressway. Then follow signs for Independence Ave. which will have you on the left side of the road. At the Stop sign—with the Lincoln Memorial in front of you, go straight ahead. The road will become Independence Ave. Follow Independence past 17th Street, (the Tidal Basin and Jefferson Memorial will be on your right.) Bear off to the right onto Maine Ave. under 395 to a right on 6th Street and the finish line.

TRANSITION 36: 601 Water Street, SW, Washington, DC

POINTS OF INTEREST:

Not only does this runner get to finish, but he/she gets to run over the Key Bridge into VA and then back over the 14th St. Bridge into the District! Even DC area natives can't help but feel moved by the scenery along this leg. Monuments, the Potomac River, The Tidal Basin, two bridges. . . . Wow!

Because of the construction, we will be using 4 or 5 different lots this year. You should have received two different parking permits. Van one. . . you've had the best of it the entire race, admit it. So, you will be parking in the lots that aren't quite as convenient. They are no more than a few blocks away and you have plenty of time.

We have no doubt that there may be a hiccup or two with this broken up parking situation. We will do our very best to minimize the annoyance factor, but, please, don't be cranky with our volunteers!