

LEG 1

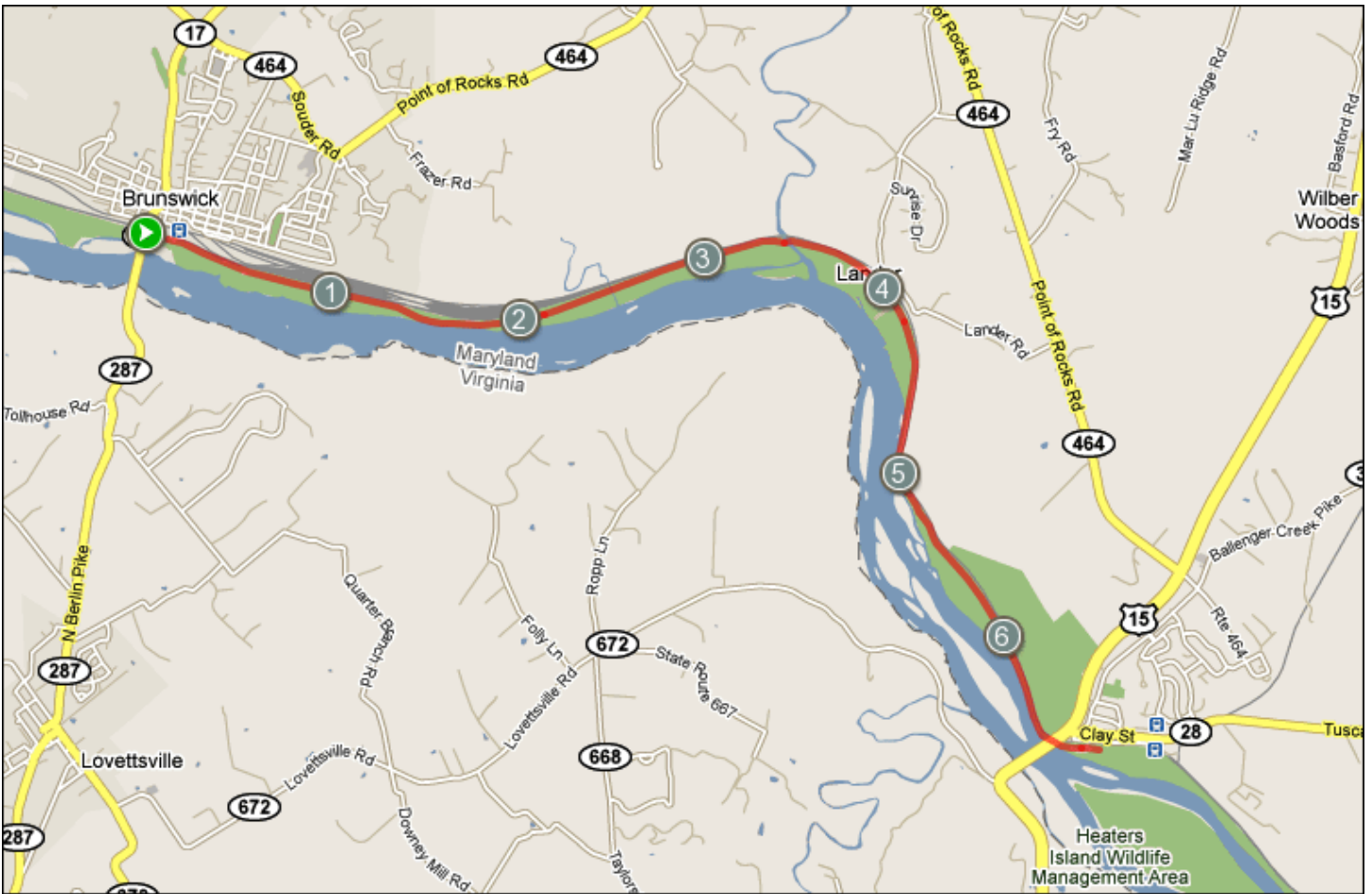
6.6 MILES | MEDIUM



RUNNERS

Mileage is per segment, not cumulative

1. C & O Canal Brunswick to Point of Rocks



ELEVATION: min: 217ft | max: 240ft | ascent: 79ft | descent: -93ft



LEG 1

6.6 MILES | MEDIUM



VANS

Mileage is per segment, not cumulative

1. Leave MARC lot to light.
2. Right on East Potomac for about 0.5 to stop sign.
3. Left on Park. Name changes to Gum Spring. Drive a total of .6 to the end and then turn
4. Right on H Street to quick
5. Right on Souder to quick
6. Left on 464/Point of Rocks Rd/9th Ave. (yeah, it has a lot of names!)
7. Take for approximately 7 miles to right on Rte. 15 for 1 mile to first light (don't cross the Potomac!) and turn
8. Left on Clay (Rte. 28) for 0.2 miles following signs for MARC to
9. Right on Monroe to end to
10. Park in the MARC lot on the left.

TRANSITION 1: 4000 Clay St. Point of Rocks, MD

PLEASE NOTE: The transition is upriver to the right of the lot (when you drive in you will park on your left, but you will need to walk to the right). A few hundred feet up the dirt road you will turn left and cross the railroad tracks and the one lane bridge. The transition is directly over the bridge to your left. There are National Park Service portable toilets to the right of the lower parking area. Wait, you are saying. Lower parking area? Why don't we just park down there? Please don't. There are only a very limited number of spots and there is a boat ramp. And a one lane bridge. So, let's not clog things up unnecessarily please.