

LEG 5

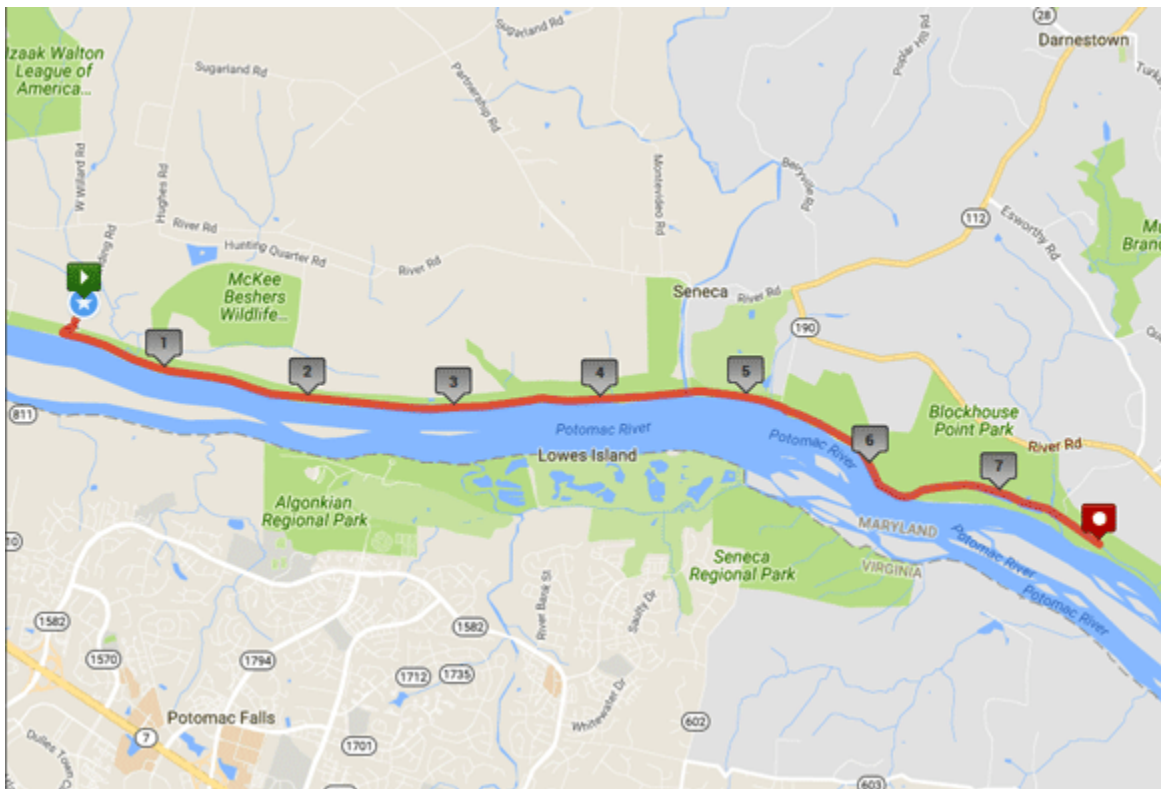
“JAN’S JAUNT”
7.8 MILES | MEDIUM



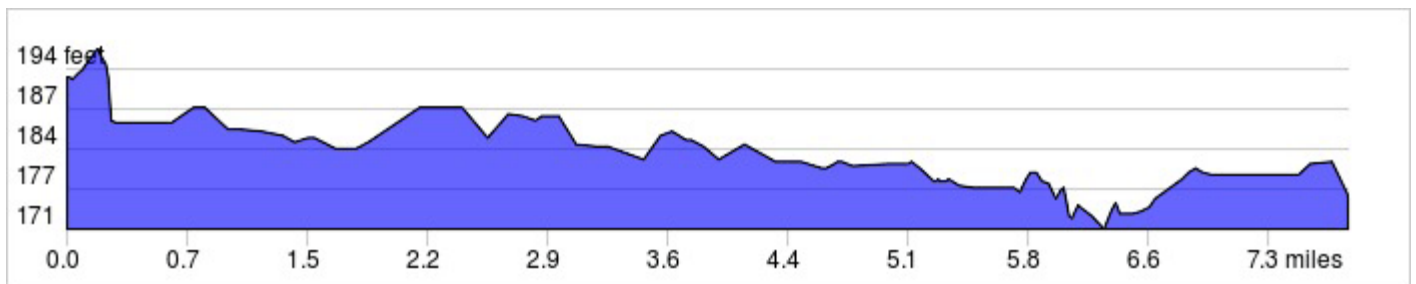
RUNNERS

Mileage is per segment, not cumulative

1. Continue down Sycamore Landing Road for .4 to
2. Left at the end of gravel road to enter C&O Canal for 7.4 - Potomac River should be on your right as you run



ELEVATION: min: 180ft | max: 215ft | ascent: 83ft | descent: -38ft



POTOMAC ODYSSEY RELAY

LEG 5 “JAN’S JAUNT”

7.8 MILES | MEDIUM



VANS

Mileage is per segment, not cumulative

1. Return back up Sycamore Landing .4 miles to
2. Right on River Road for approximately 7.5 miles to
3. To right on Pennyfield Lock Road to the end.
4. The transition can be reached by going to the far left end of the parking lot and walking on the path until you cross over the C&O Canal.

TRANSITION 32: Pennyfield Lock Road, Potomac, MD