

LEG 6 "CYNDI'S CRUNCH"

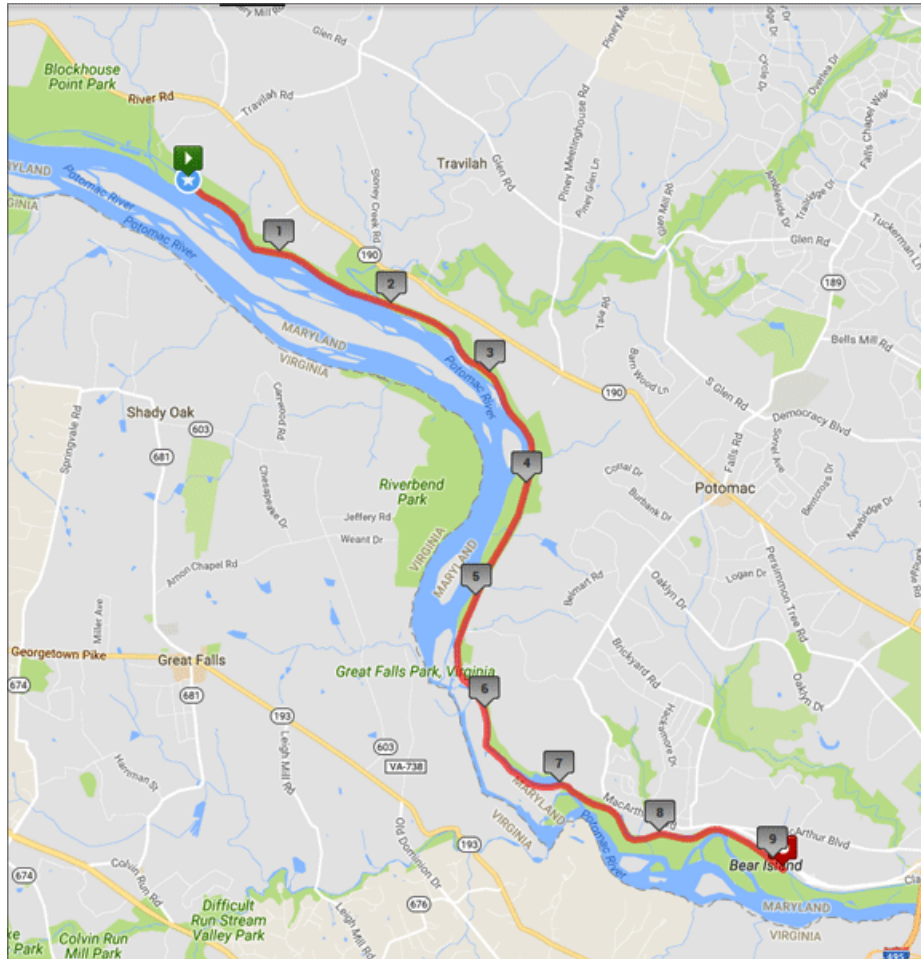
9.1 MILES | HARD



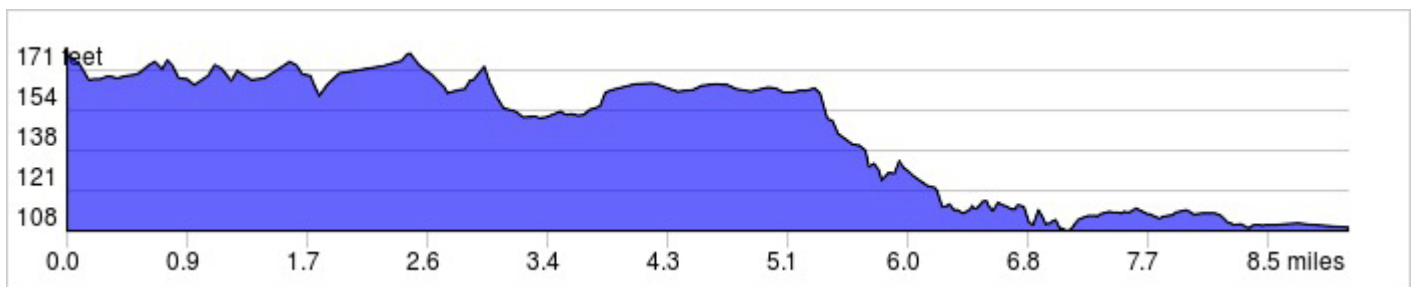
RUNNERS

Mileage is per segment, not cumulative

1. C&O Canal Pennyfield Lock to Carderock Recreation Area.



ELEVATION: min: 144ft | max: 214ft | ascent: 248ft | descent: -121ft



POTOMAC ODYSSEY RELAY

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9.1 MILES | HARD



VANS

Exit Pennyfield Lock Road. Right on River Road for 5.25 to Falls Road (189). Make a right on Falls Road. Major intersection just past the Giant Food store on the right and the Post Office on the left. Take Falls for 2.0 miles to the end. Turn left at the stop sign onto MacArthur Blvd. for 2.2 miles to right onto Clara Barton Pkwy. .6 to first exit on the right (Carderock Picnic Area). Bear right to the Yield Sign as you reach the first intersection. At the stop sign at the end of the next road turn right to the end into the parking lot. There are toilets to the left and the trail is directly across the lot from those rest rooms on the right side.

TRANSITION 33: Carderock Recreation Area, Potomac, MD