

LEG 23

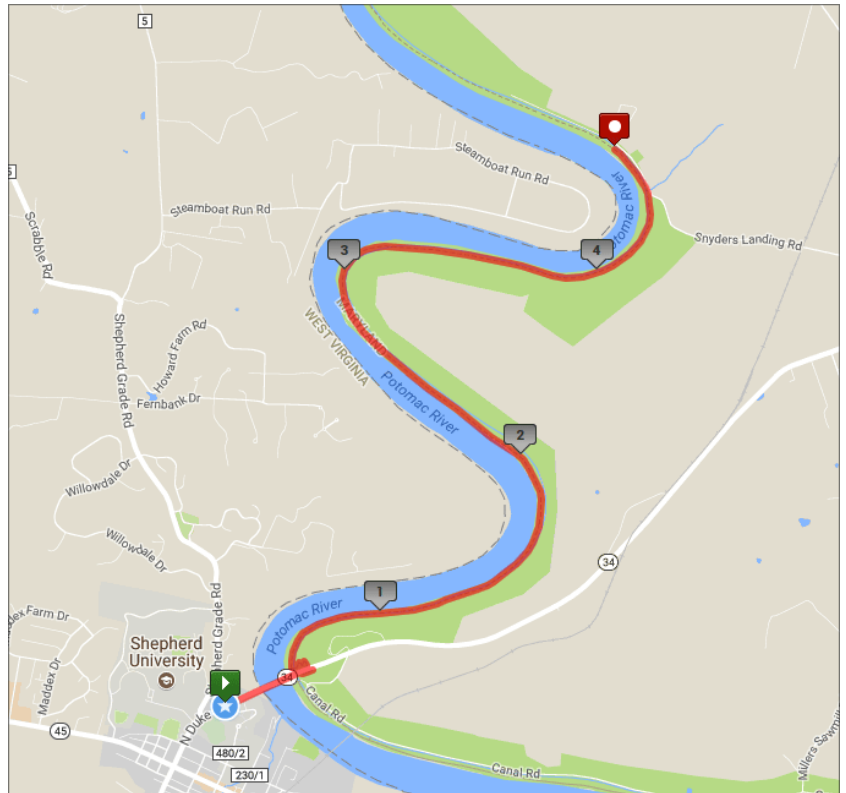
4.6 MILES | EASY



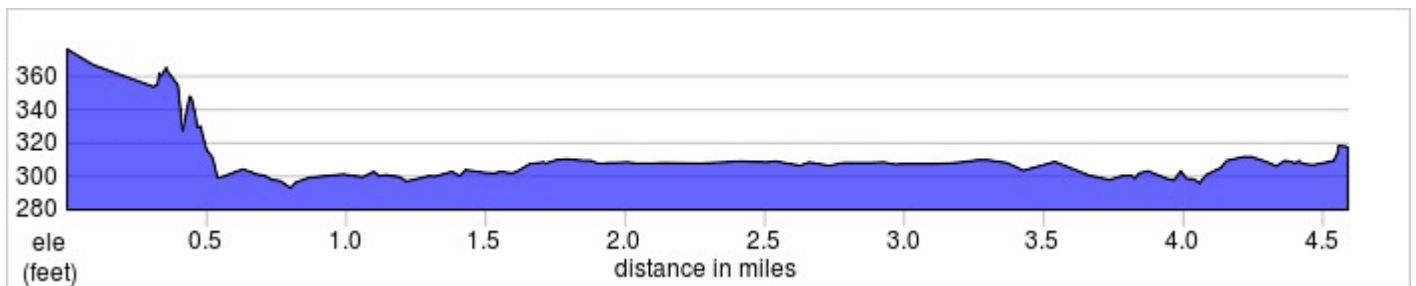
RUNNERS

Mileage is per segment, not cumulative

1. Start WV side of James Rumsey Bridge where leg 21 ends.
2. Cross back over bridge to MD.
3. Take immediate right to towpath.
4. Make a right at the split toward Synder's Landing. This is the only time the river will be on your left.
5. Continue 1.4 miles to transition on right.



ELEVATION: min: 295ft | max: 375ft | ascent: 57ft | descent: -114ft



AMERICAN ODYSSEY RELAY

LEG 23

4.6 MILES | EASY



VANS

Mileage is per segment, not cumulative

STARTING FROM BAVARIAN INN (164 Shepherd Grade Road)

1. Head South on Shepherd Grade Road toward North Duke Street .2 miles
2. Left to North Duke Street .2 miles
3. Continue to Shepherdtown Pike 2.9 miles
4. Continue onto West Main Street .2 miles
5. Left to North Potomac Street 482 feet
6. Left to West Champline Street 233 feet
7. Right to Snyder's Landing Road For 1.4 miles
8. Transition on Right

TRANSITION 23: 164 Shepherd Grade Road, Shepherdstown, WV