

LEG 7 “KELLY’S CONUNDRUM”

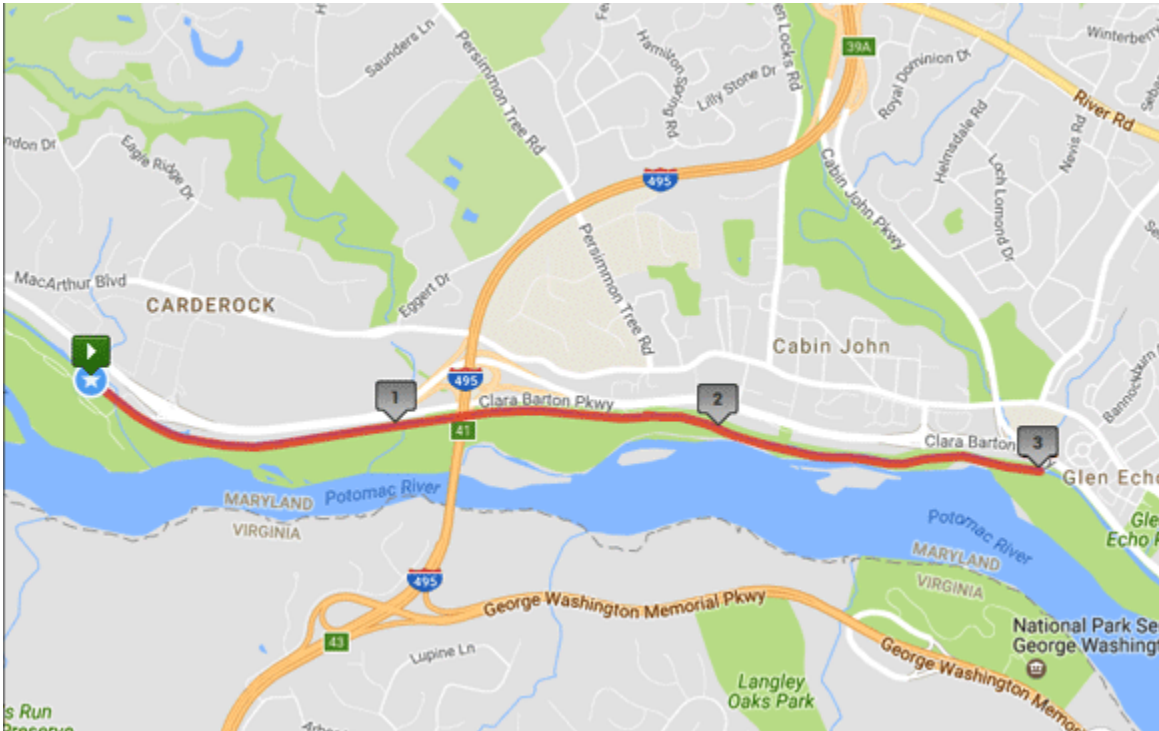
3.0 MILES | EASY



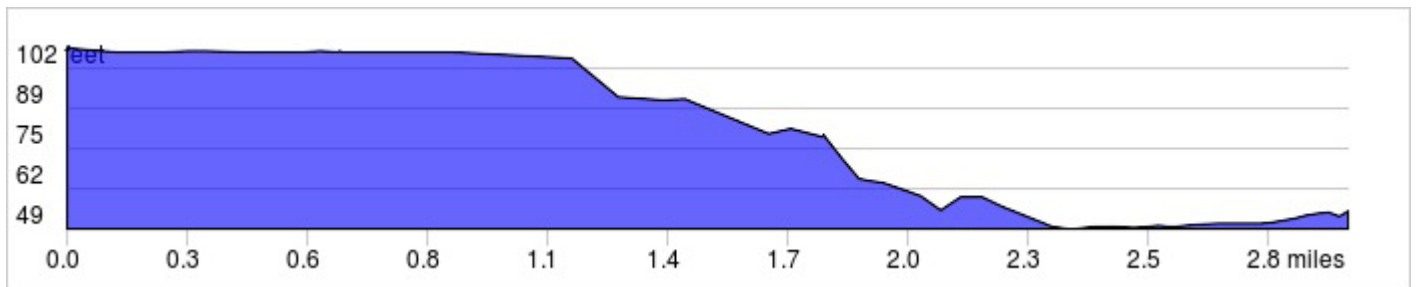
RUNNERS

Mileage is per segment, not cumulative

1. C&O Canal Carderock Picnic Area to Wilson Lane.



ELEVATION: min: 49ft | max: 142ft | ascent: 98ft | descent: -129ft



POTOMAC ODYSSEY RELAY

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3.0 MILES | EASY



VANS

Leave parking lot for .4 to first left. Wind around to eventual left onto Clara Barton Parkway West towards Potomac (returning the same way you just came - not heading towards DC) .6 to the end. Right on MacArthur Blvd. 3.3 to cross the one lane bridge. Park on either side of the bridge.

TRANSITION 34: 7400 MacArthur Blvd., Bethesda, MD

POINTS OF INTEREST:

Relay partner, Kelly Cameron, really wanted to be involved, but injuries kept getting in the way. So, she took over the coordination of the volunteers and all aspects of the Oasis. Since she's involved, she probably doesn't really have a conundrum, but it fit so well!

PLEASE NOTE: From the place where you park to where you meet your runner is a 7-10 minute walk down a dirt path. Yes, we know you're tired, but this is the safest way to run into DC!