

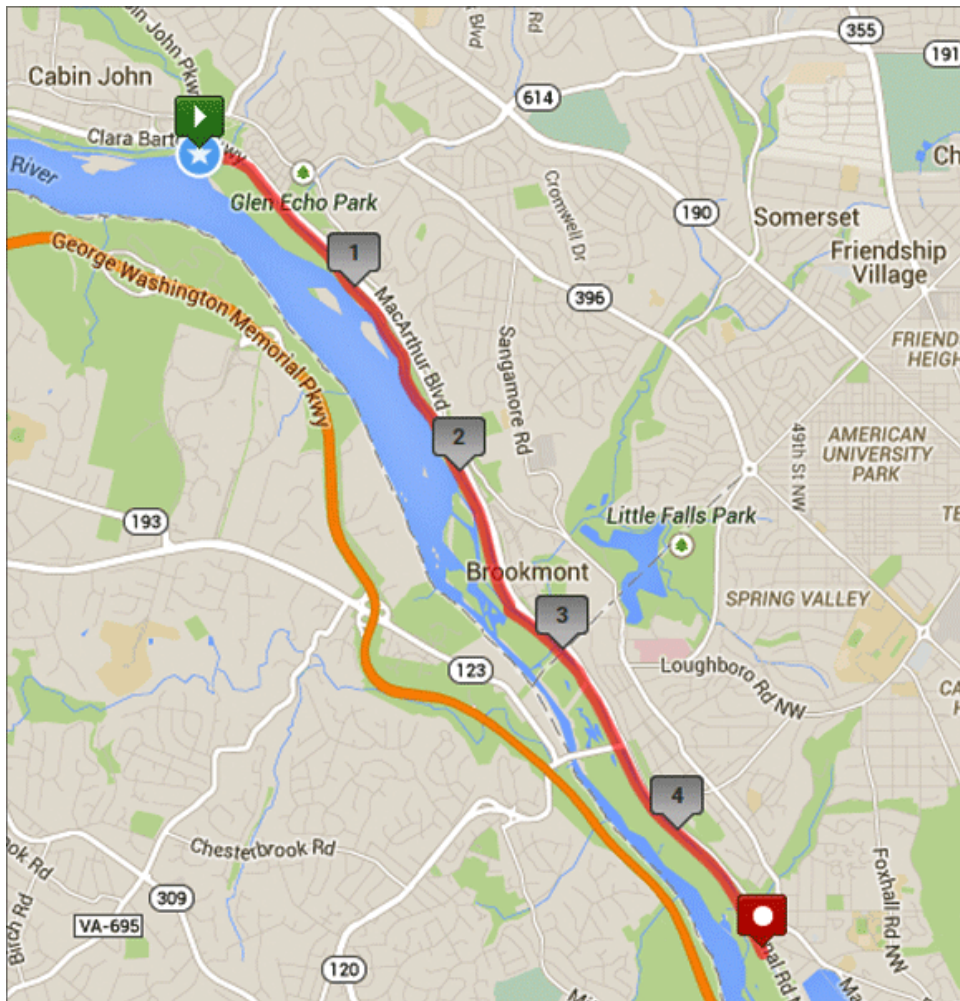
LEG 8 "PHYLLIS' FAVORITE"

4.4 MILES | MEDIUM

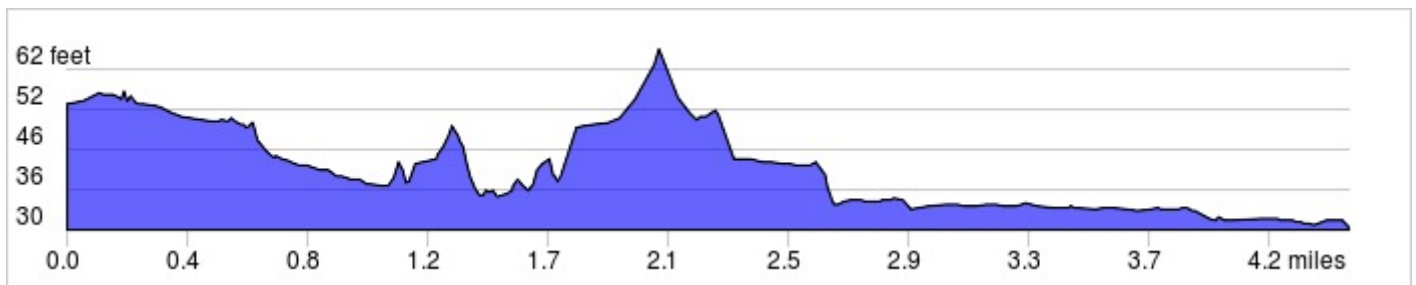


RUNNERS

1. C & O Canal Wilson Lane to Fletcher's Cove



ELEVATION: min: 30ft | max: 62ft | ascent: 46ft | descent: -72ft



POTOMAC ODYSSEY RELAY

LEG 8 “PHYLLIS’ FAVORITE”

4.4 MILES | MEDIUM



VANS

Continue down MacArthur Blvd. being careful to observe the speed limit.

Big speed trap when you hit the DC line! Take MacArthur past Arizona Ave. and the Citibank on your right. Continue a bit farther to the Exxon station on your right. You will then get to Reservoir Road. Make a right on Reservoir and take it to the bottom. Fletcher’s Cove is directly across the street.

If there is no parking in first lot go through tunnel to second large lot on the other side of the Canal.

TRANSITION 8: 4940 Canal Road, Washington, DC

POINTS OF INTEREST:

This is pretty close to where the race director’s wife spends much of her time. Gotta name one after the wife!!

Bathrooms and a small concession stand are available.