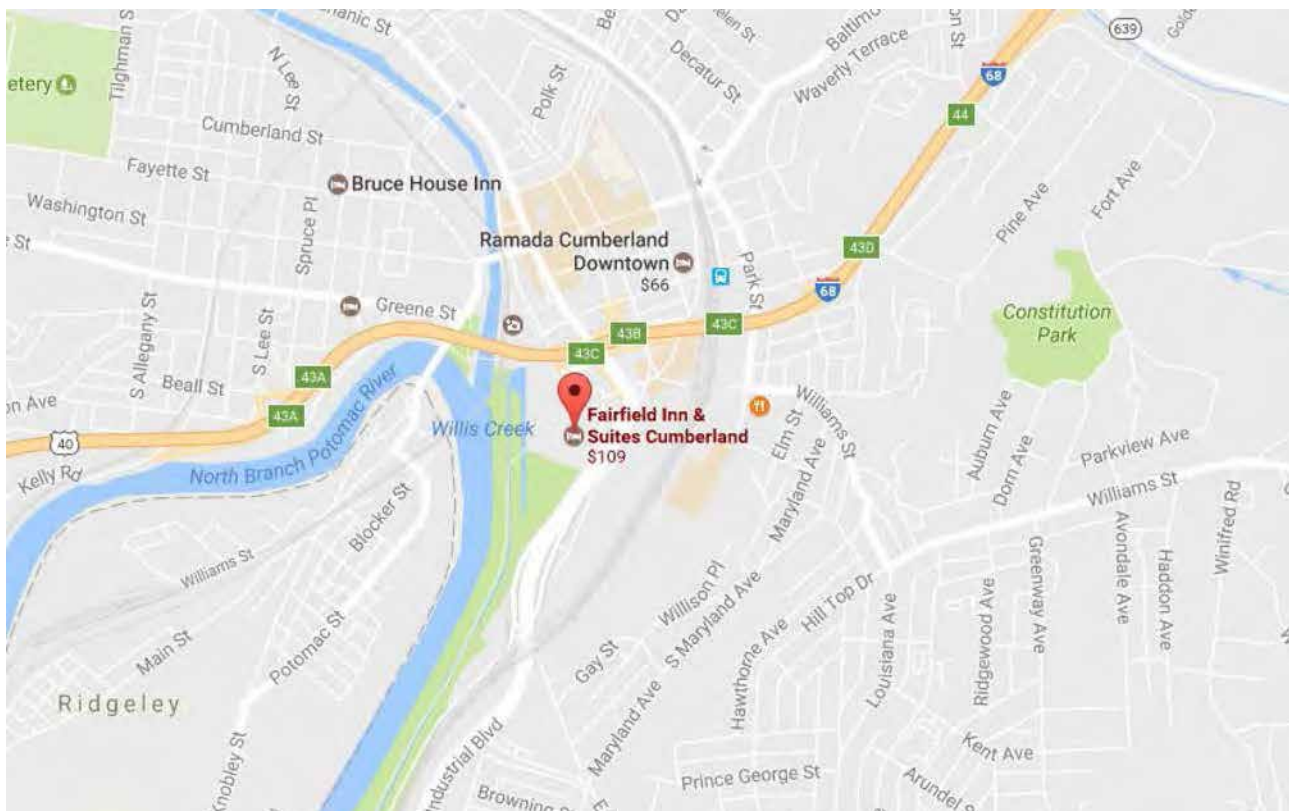


# Tom's Run Course Map



**Fairfield Inn and Suites**  
**21 N Wineow Street**  
**Cumberland, MD 21502**  
**Phone: 1-301-722-0340**



## Useful Information

National Park Service C & O Canal Web site: <http://www.nps.gov/choh/index.htm>

C and O Canal Access Points GPS Coordinates: <http://www.candocanal.org/access.html>

Tom's Run Website: <http://tomsrunrelay.org>



*This is a mile marker on the C&O Canal towpath. They can be hard to spot, particularly at night.*

**IMPORTANT!** Runners and bikers should **STOP** at their designated transition point, even if their team is not there. If you do not stop, it can be very challenging for your team to meet up with you at a later point. At a minimum, bikers should be carrying a cell phone and water.

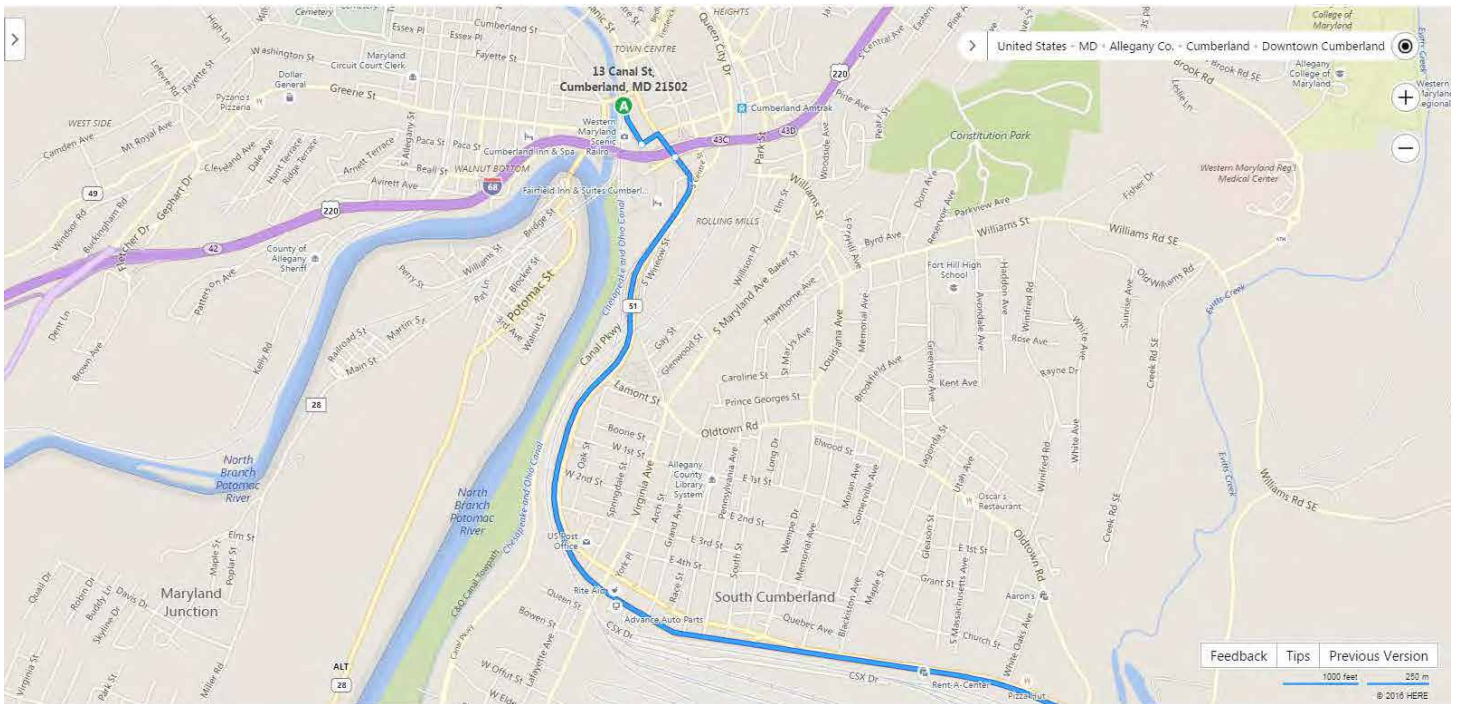
If needed, ask another team for help or call the race director: Roger Butturini, 703-969-9106.

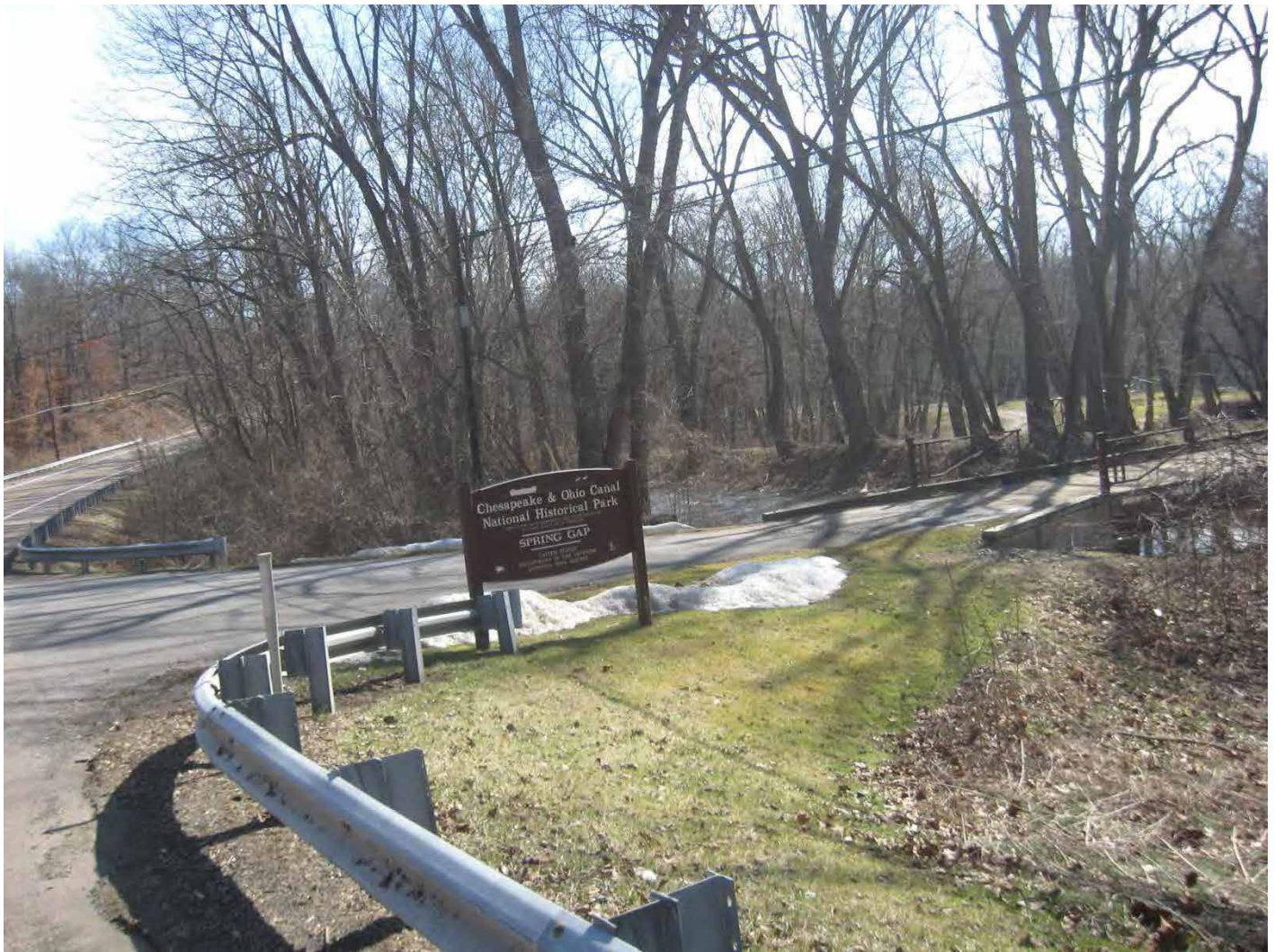
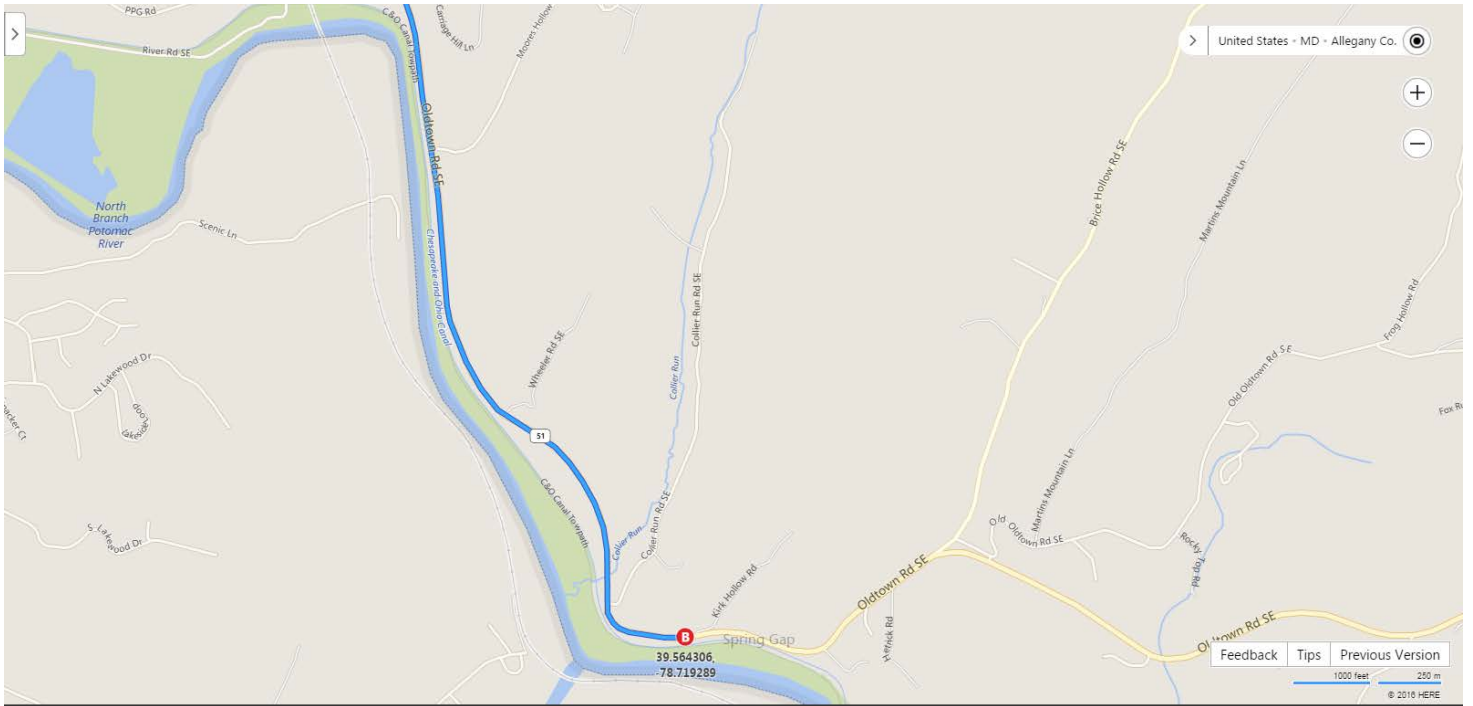
# C & O Canal Trail Start to Spring Gap (39.564306, -78.719289)

Run Distance: 11.0 miles

From parking lot, turn <b>Left</b> onto <b>Canal St</b>	95 feet
Turn <b>Left</b> onto <b>Howard St</b>	328 feet
Turn <b>Right</b> onto <b>S Mechanic St</b>	.1 miles
Continue onto <b>MD-51 S/Industrial Blvd</b>	7.6 miles
Turn <b>Right</b> shortly after passing Kirk Hollow Road on the left	230 feet
Turn <b>Right</b> into parking lot	361 feet
End at Spring Gap (Total Distance)	7.9 miles

**NOTES:** Grills, bathrooms, and camping are available at Spring Gap





## Spring Gap to Town Creek Aqueduct (39.523862, -78.543122) Run Distance: 11.4 miles

From the parking area, head back in the direction you came from

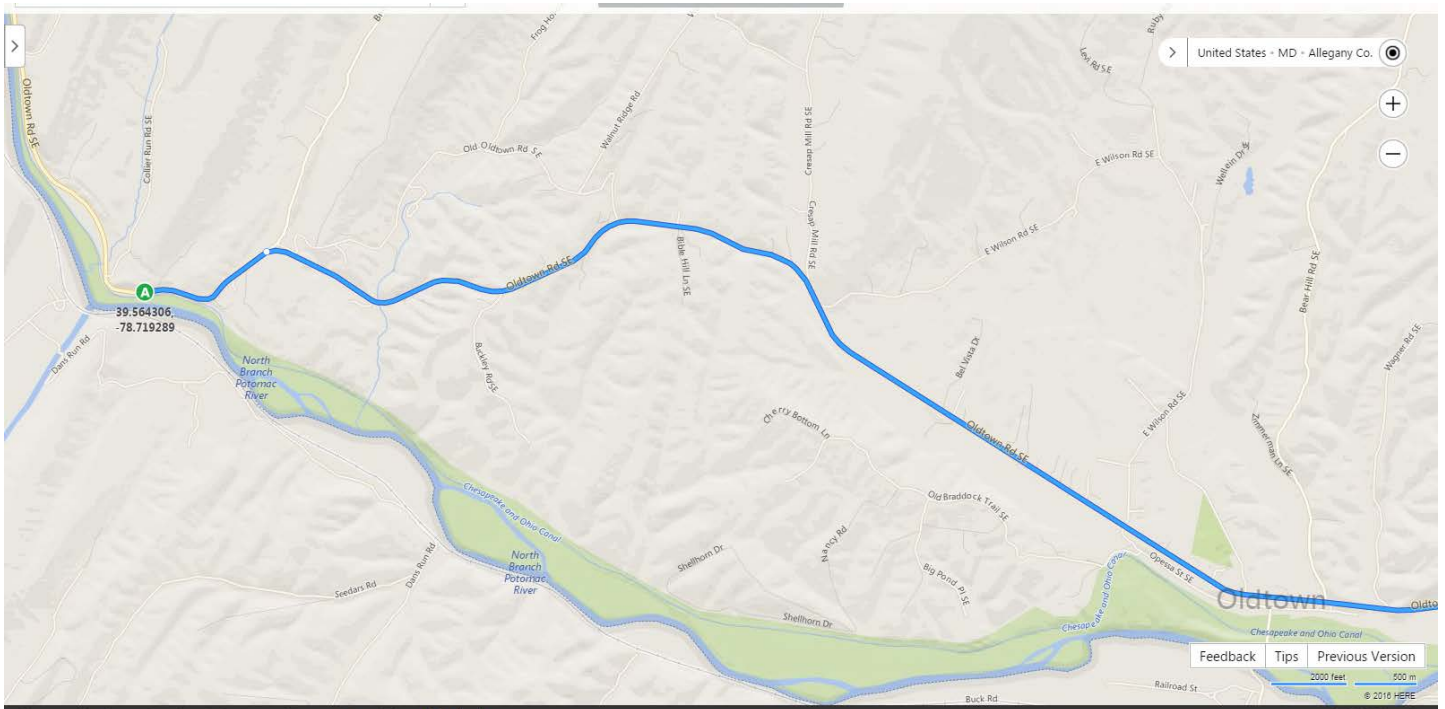
Turn **Right** onto **MD 51 S (Oldtown Road)** 12.5 miles  
*You will cross over the Town Creek Bridge*

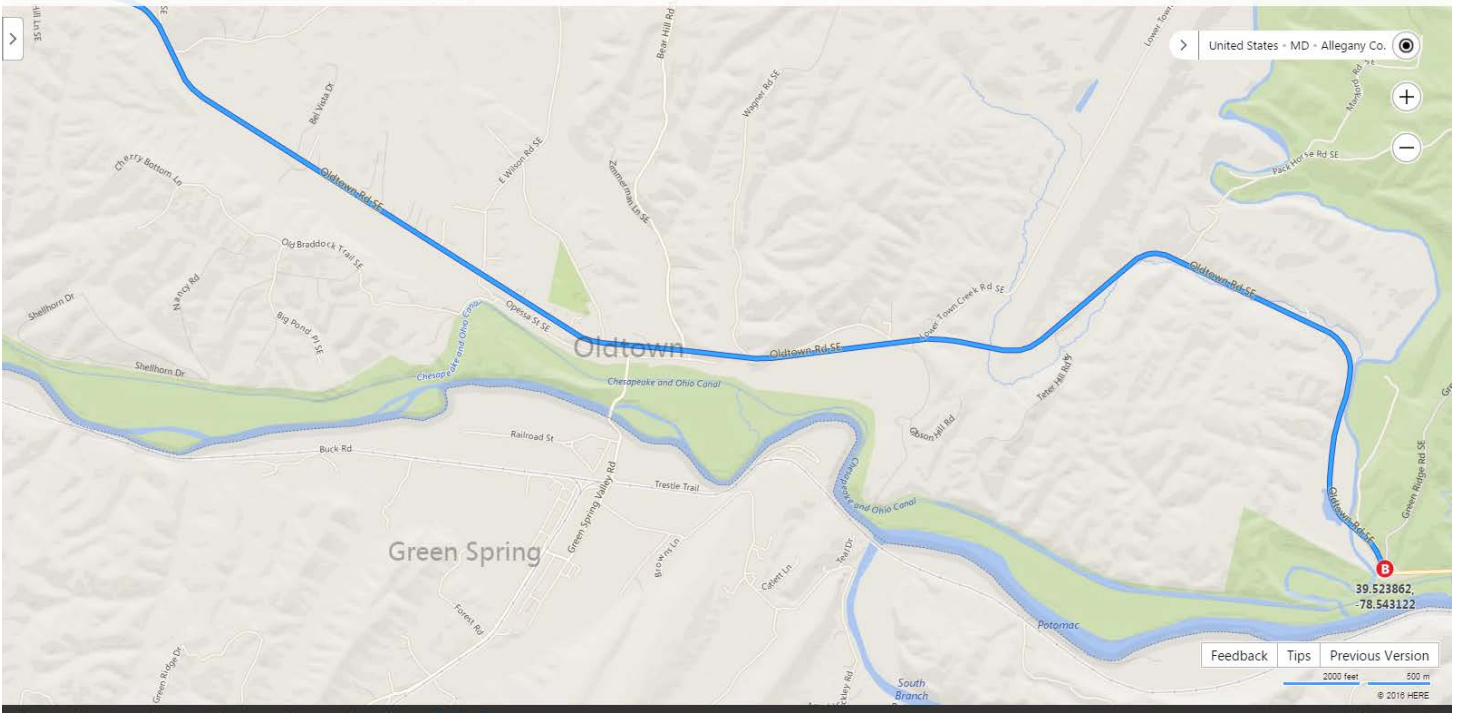
Turn **Right** onto **Town Creek C&O Aqueduct Road** .2 miles

Drive past the first access point .4 miles

End at Town Creek Aqueduct (Total Distance) 12.6 miles

**NOTES:** There is no bathroom and a small parking lot at Town Creek Aqueduct





*This is the turn from MD 51 S onto Town Creek C&O Aqueduct Road*



## Town Creek Aqueduct to Paw Paw (39.544450, -78.460806)

Run Distance: 5.8 miles

From the parking area, head back to **Town Creek C&O Aqueduct Road** .5 miles

Turn **Right** onto **MD 51 S (Oldtown Road)** 4.8 miles

Turn **Left** at **Paw Paw** sign .1 miles

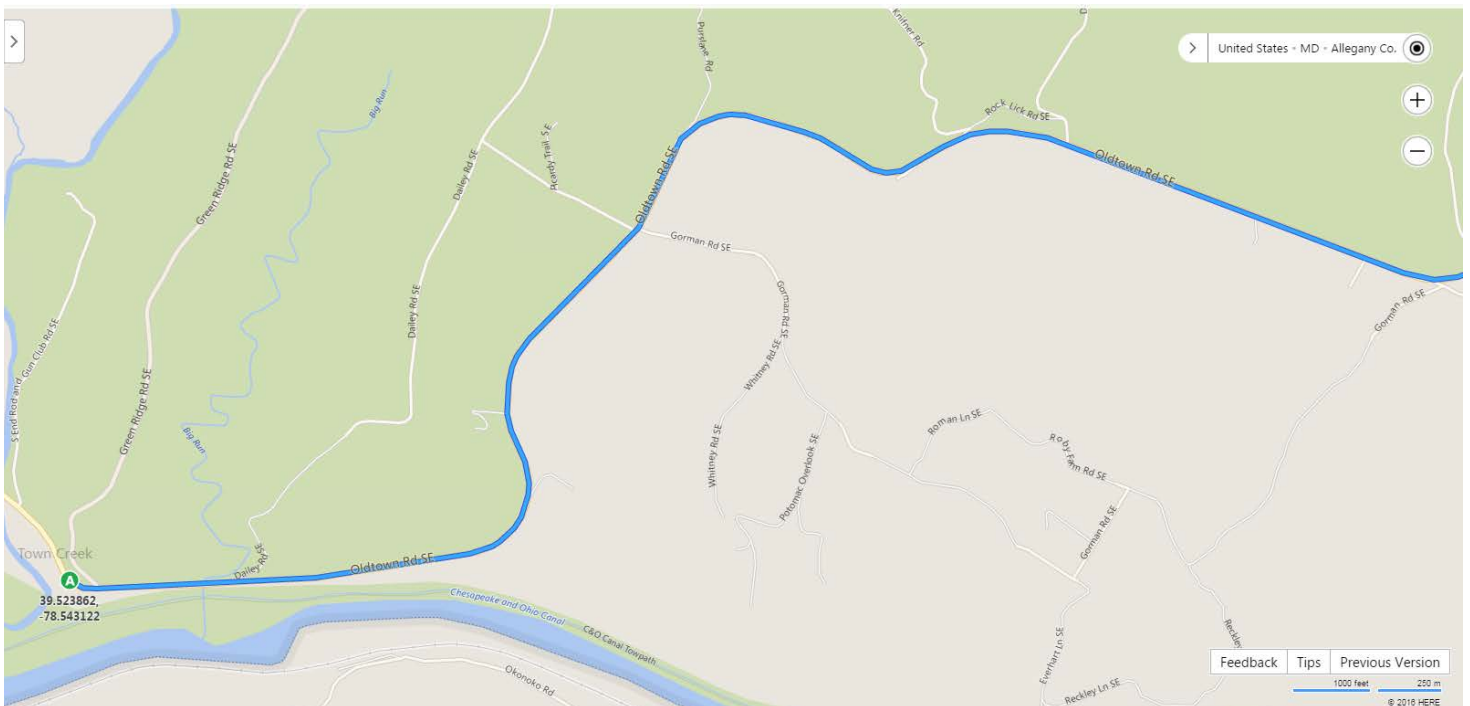
*Do not pass under the railroad bridge just past the turn*

End at Paw Paw (Total Distance) 5.4 miles

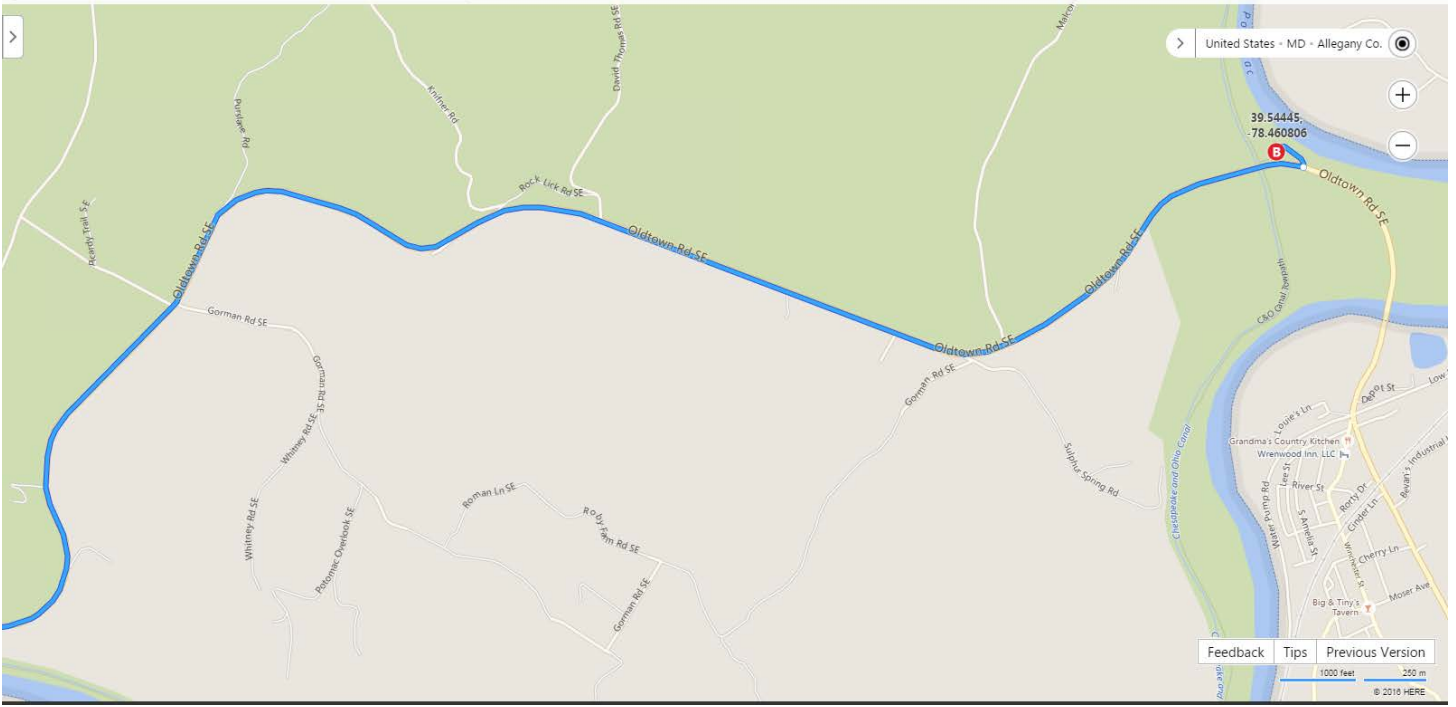
**NOTES:** Runner and biker will each need a light for the tunnel along the towpath.

Paw Paw has port-a-potties and camping.

If you drive past the left turn into Paw Paw, there is a Liberty Gas station with a convenience store about 1 mile down the road. You'll cross into West Virginia shortly before arriving at the gas station.







*This is the railroad bridge just past the left turn for Paw Paw*

## Paw Paw to Bond's Landing (39.582848, -78.411246)

**Run Distance: 6.5 miles**

From the Paw Paw parking lot, head back towards **MD 51**

Turn **Right** onto **MD 51 N (Oldtown Road)** .9 miles

*Drive past the **Green Ridge Forest** sign*

Turn **Right** onto **Malcolm Road** (dirt/gravel road) 1.2 miles

*There is no street sign; instead you should look for the **United Methodist Church** sign*

Bear **Left** at the fork to stay on **Malcolm Road** 2.1 miles

**Road**

*You will be driving up a very steep hill*

Turn **Right** onto **Oldtown Orleans Road** 2.3 miles

*Look for the stop sign*

Turn **Right** onto **Mertens Avenue** 2.6 miles

Turn **Sharp Right** onto **Kasekamp Road** 1.4 miles

*You will drive through two creeks*

Turn **Sharp Right** onto **Bond's Landing Road** .1 miles

**Road**

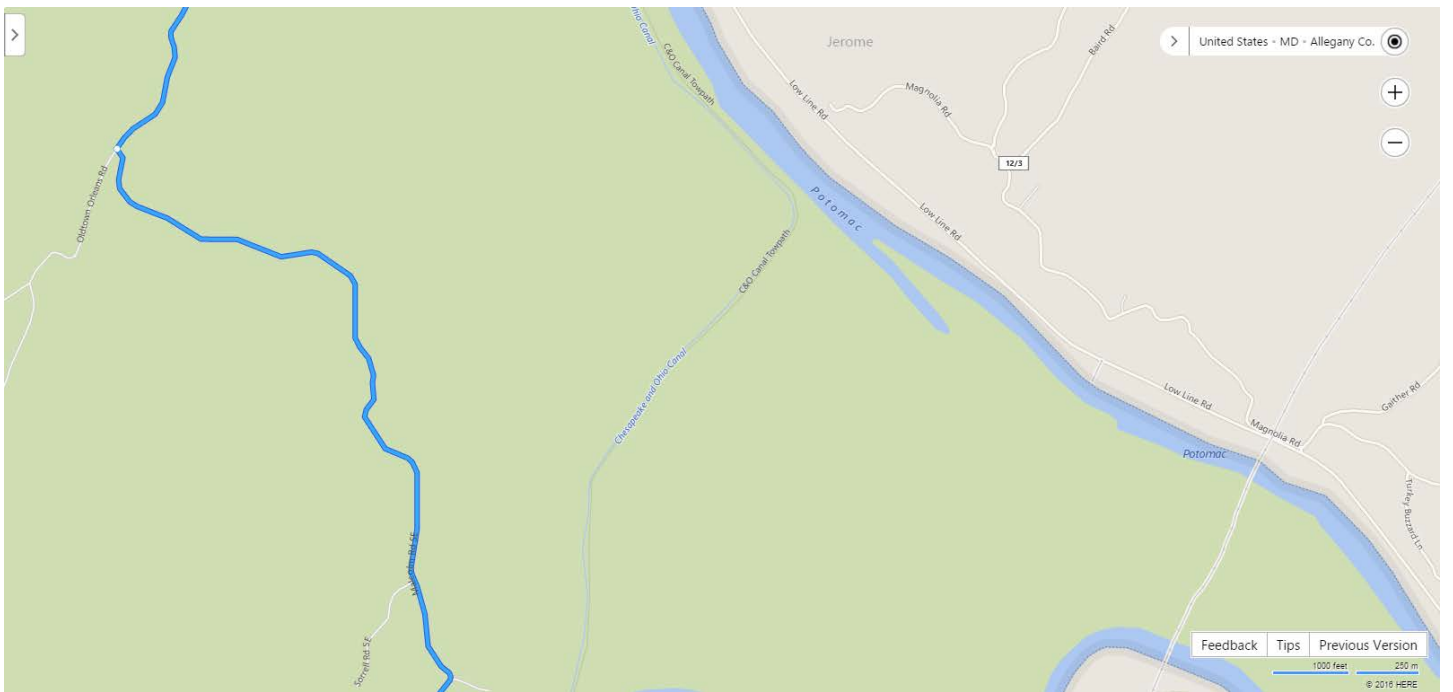
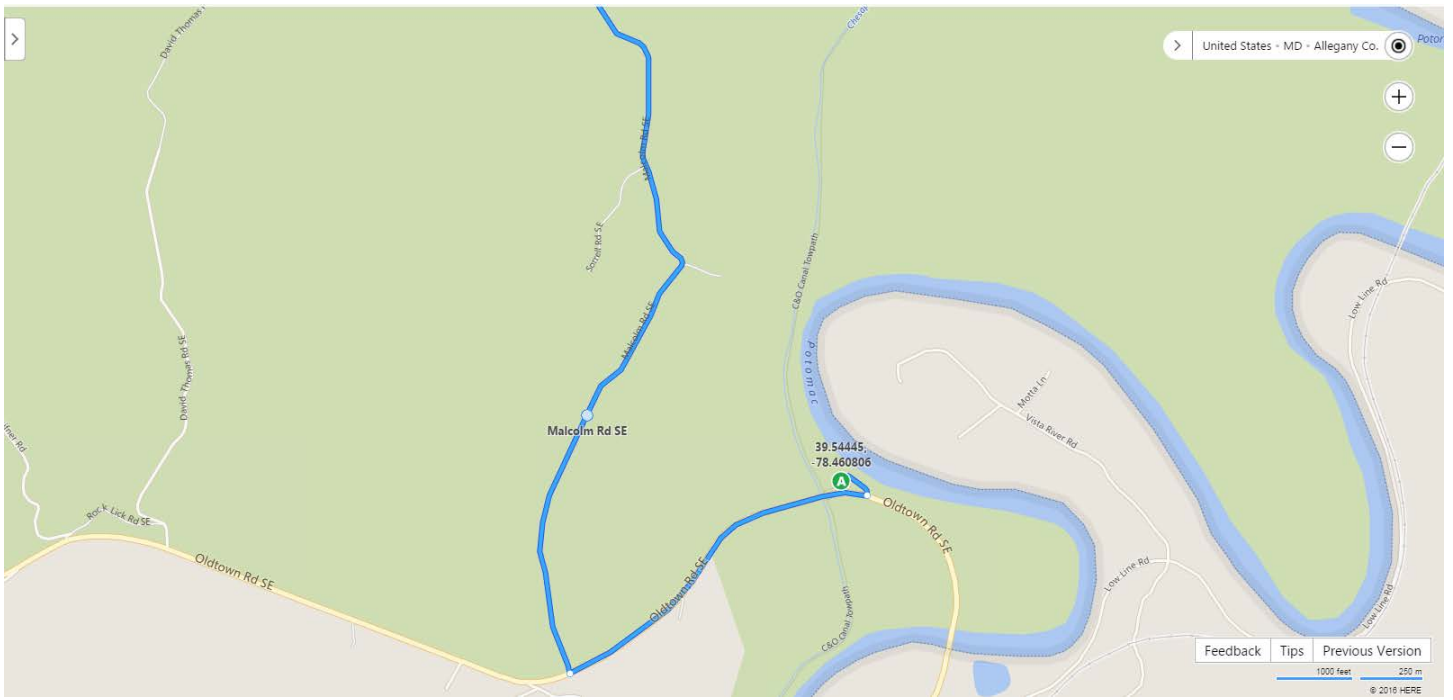
*There is no street sign, instead look for the **Bond's Landing** sign*

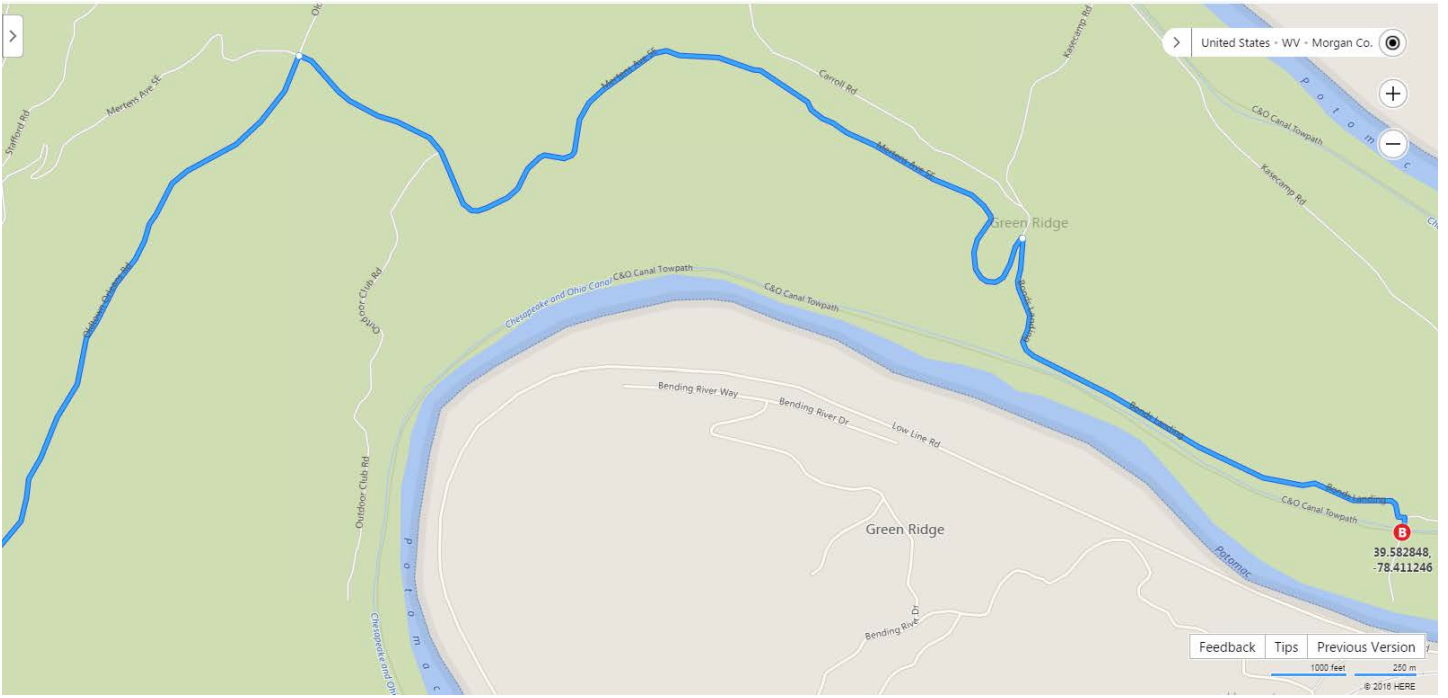
End at Bond's Landing (Total Distance) 10.6 miles

*The towpath crosses the road*

**NOTES:** A 4WD or AWD vehicle is recommended for driving to Bond's Landing. Bond's Landing is very difficult to find for both drivers and runners/bikers. It also has very limited parking. Teams may want to have their runners/bikers continue on to 15 Mile Creek.

There are no bathrooms at Bond's Landing.





*This is the sign where you turn right onto Malcolm Road*



*This is the sign at the turn for Bond's Landing Road*

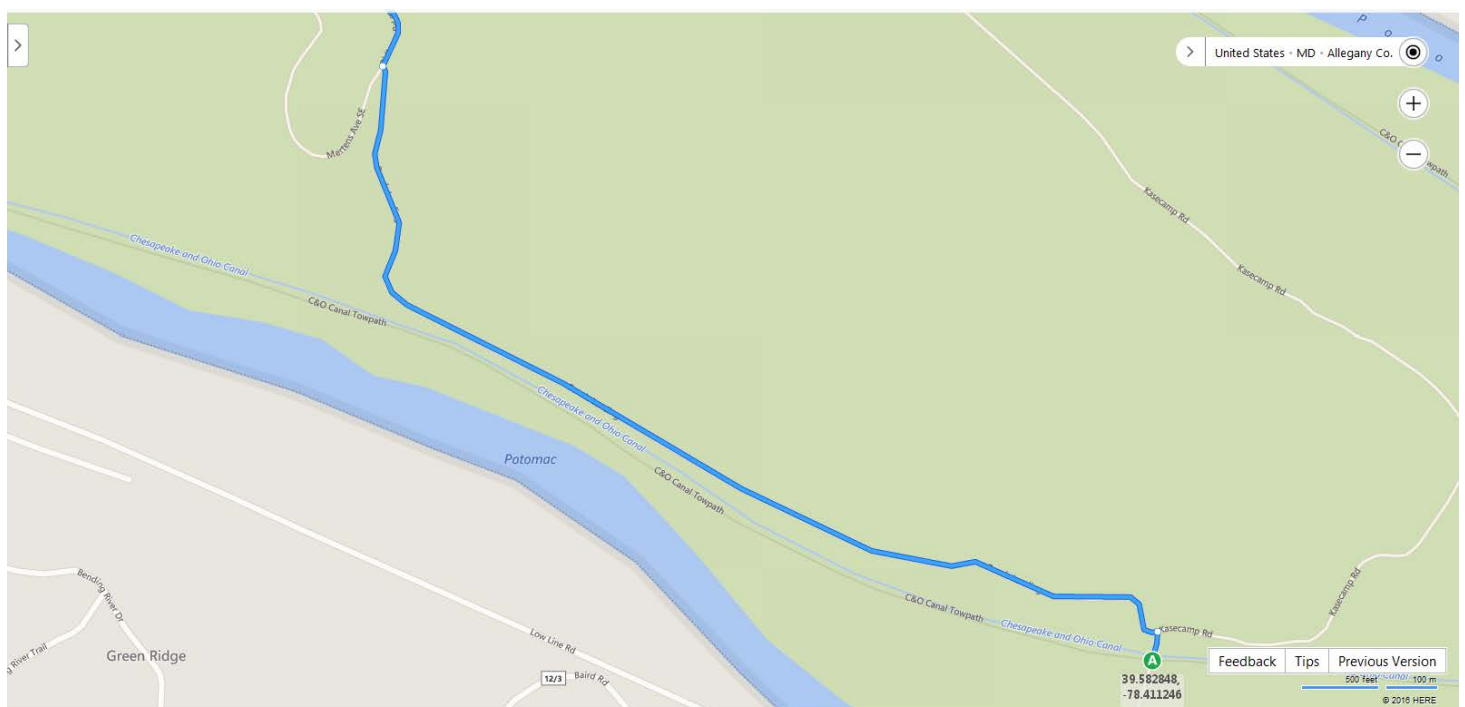
## Bond's Landing to 15 Mile Creek (39.625648, -78.385868)

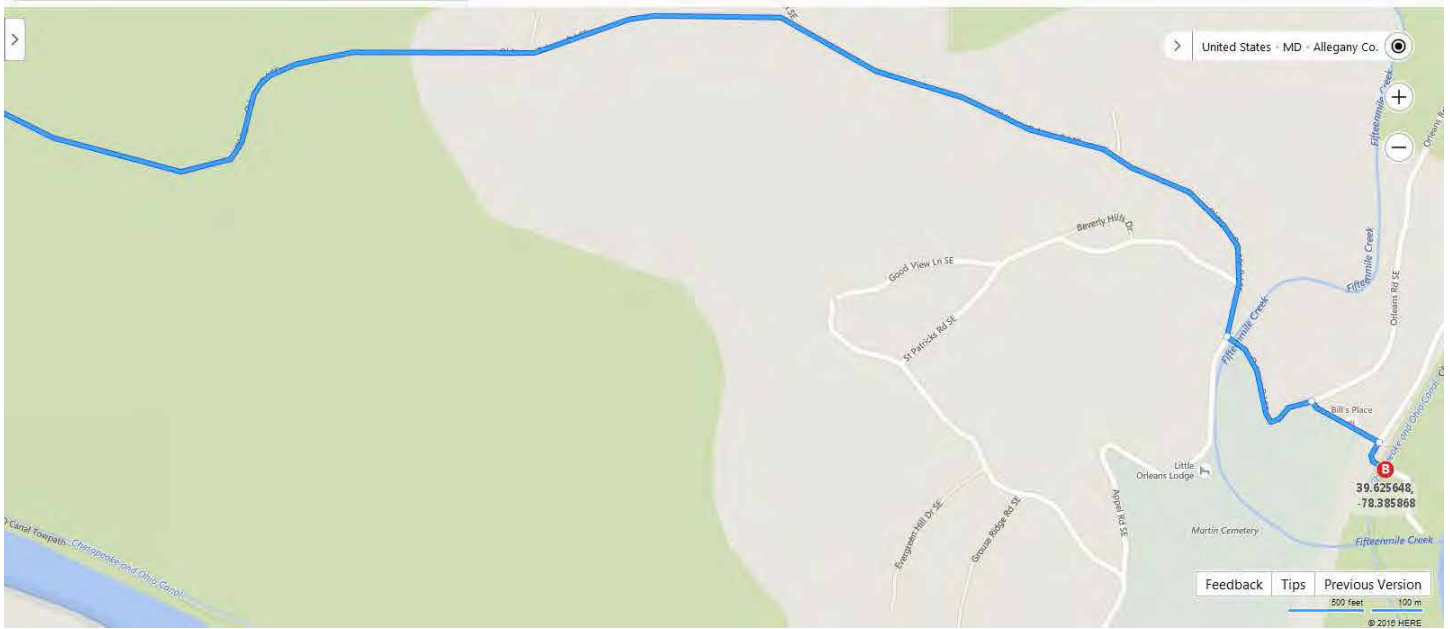
Run Distance: 9.0 miles

From Bond's Landing, follow <b>Bond's Landing Road</b> back towards <b>Kasekamp Road</b>	.1 miles
Turn <b>Right</b> onto <b>Kasekamp Road</b>	2.4 miles
Turn <b>Left</b> onto <b>Mertens Avenue</b>	2.6 miles
Turn <b>Right</b> onto <b>Oldtown Orleans Road</b> <i>Look for the stop sign</i>	2.4 miles
Bear <b>Right</b> at the fork to stay on <b>Oldtown Orleans Road</b> <i>Drive past the Little Orleans Campground</i>	3.3 miles
Turn <b>Left</b> onto <b>Orleans Road</b> <i>You will cross a bridge</i>	.1 miles
Turn <b>Right</b> onto <b>High Germany Road</b>	.1 miles
Turn <b>Right</b> immediately after crossing under the bridge and follow the road into the parking lot	>.1 miles
End at 15 Mile Creek (Total Distance) <i>The towpath crosses the road</i>	11 miles

**NOTES:** Just after turning onto High Germany Road, there is a full-service restaurant that also offers to-go snacks and drinks.

There are bathrooms in the restaurant and the parking lot as well as grills.





*This is the sign at the right turn onto High Germany Road*

## 15 Mile Creek to Deneen Road (39.645446, -78.251711)

Run Distance: 10.8 miles

From the parking lot, head back to **High** 1.3 miles

**Germany Road**

*Do NOT cross under the bridge; stay straight*

Turn **Right** onto **Ziegler Road** 4.3 miles

*Ziegler Road changes names to Pearre Road at the Aaron Straus National Guard Base*

*You will cross over a one-lane bridge after the road changes names*

Bear **Left** onto **Woodmont Road** 6.2 miles

*You will be driving uphill*

Turn **Right** onto **MD 144 East (Western Pike)**

*You will turn at the stop sign*

Turn **Right** onto **Willow Road** 2.8 miles

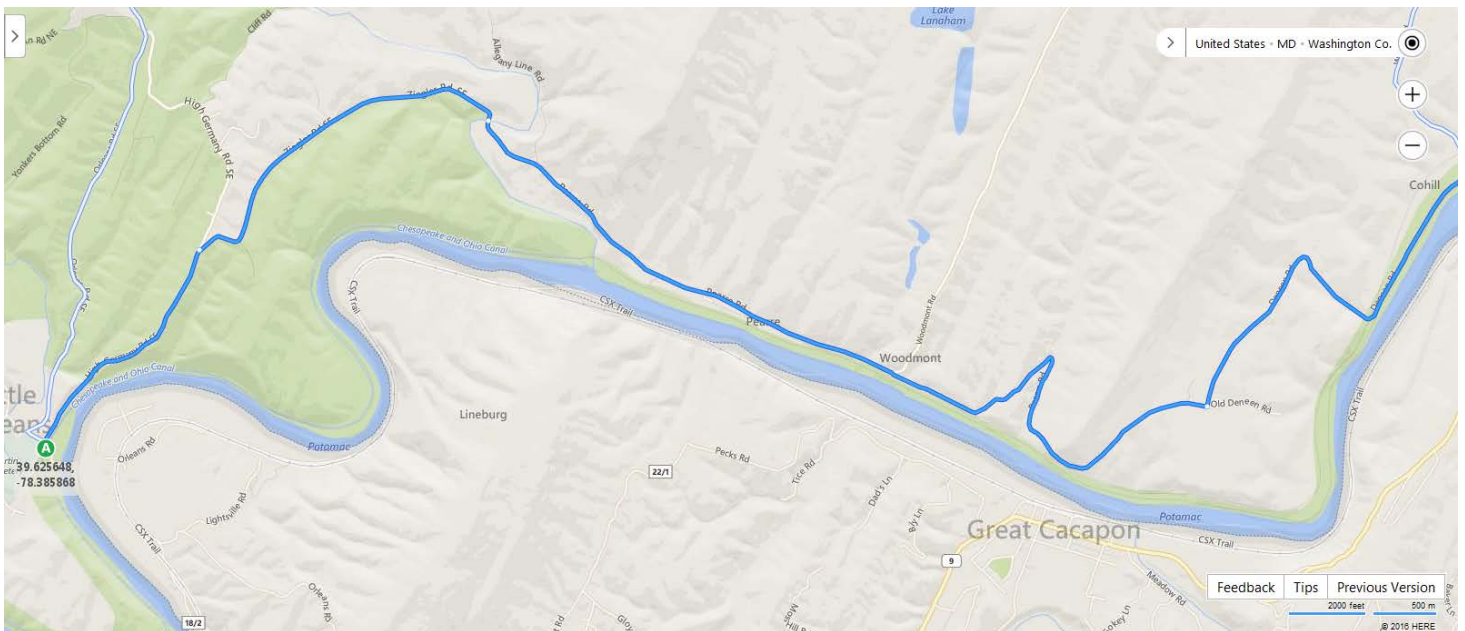
Bear **Right** at the fork to stay on **Willow Road** 1.7 miles

*You will be driving up hill*

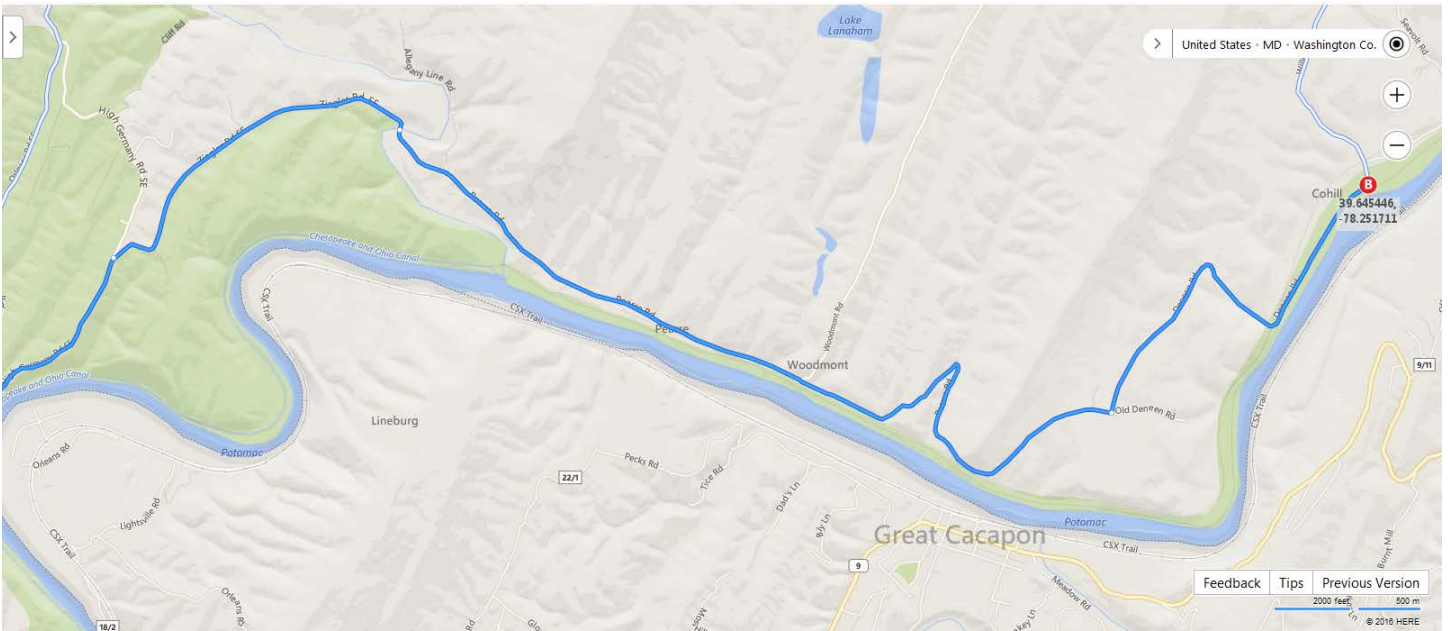
*You will cross under a bridge*

End at Deneen Road (Total Distance) 17.2 Miles

**NOTES:** No bathrooms







*This is the parking area at Deneen Road. The towpath is just across the wooden bridge.*

## Deneen Road to Little Tonolaway (Hancock) (39.698253, -78.181036)

Run Distance: 5.7 miles

From the parking lot, head back up **Deneen Road** and cross under the bridge .1 miles

Stay straight to get onto **Willow Road** 1.5 miles

Bear **Left** to stay on **Willow Road** 2.8 miles

Turn **Right** onto **MD 144 East (National Pike)** 3.0 miles

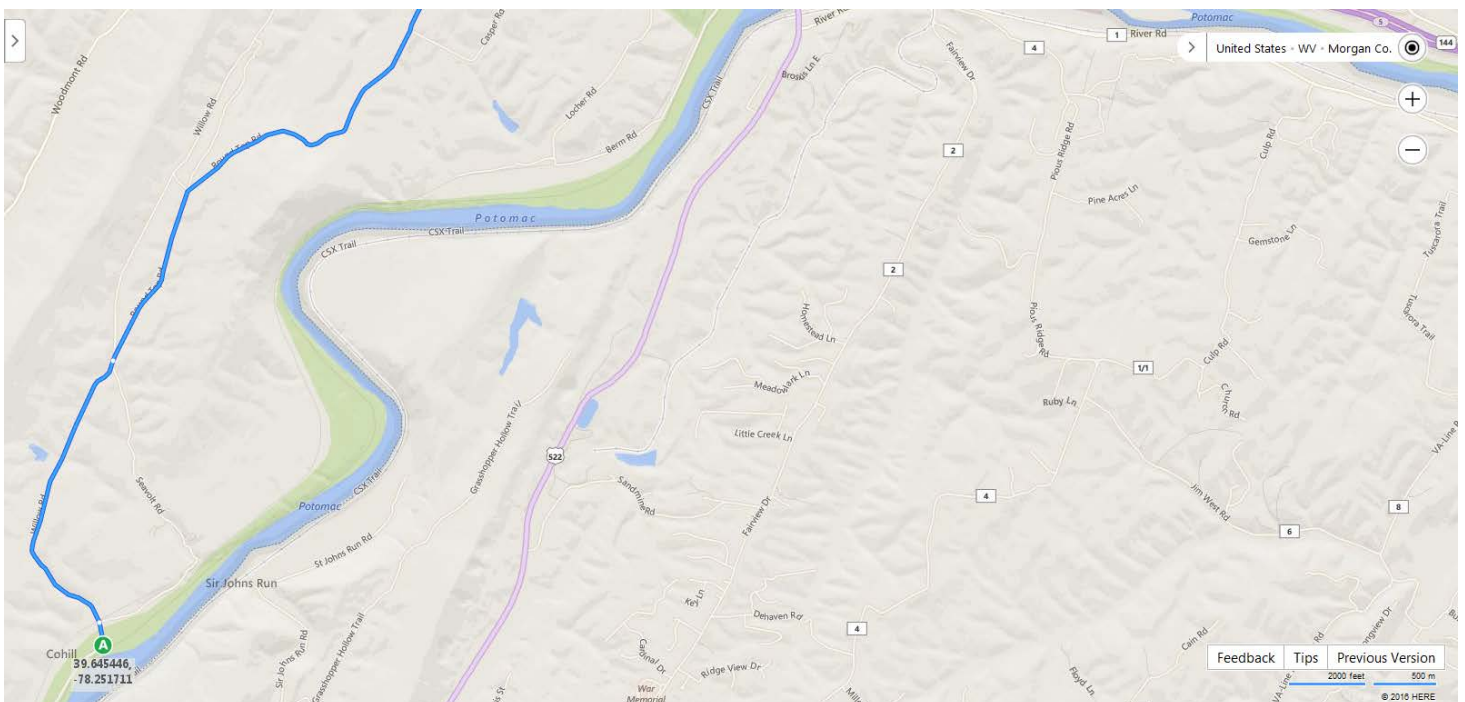
Turn **Right** onto **Pennsylvania Avenue** .1 miles  
*The turn is at a stop light and there is a sign for the C&O Canal*

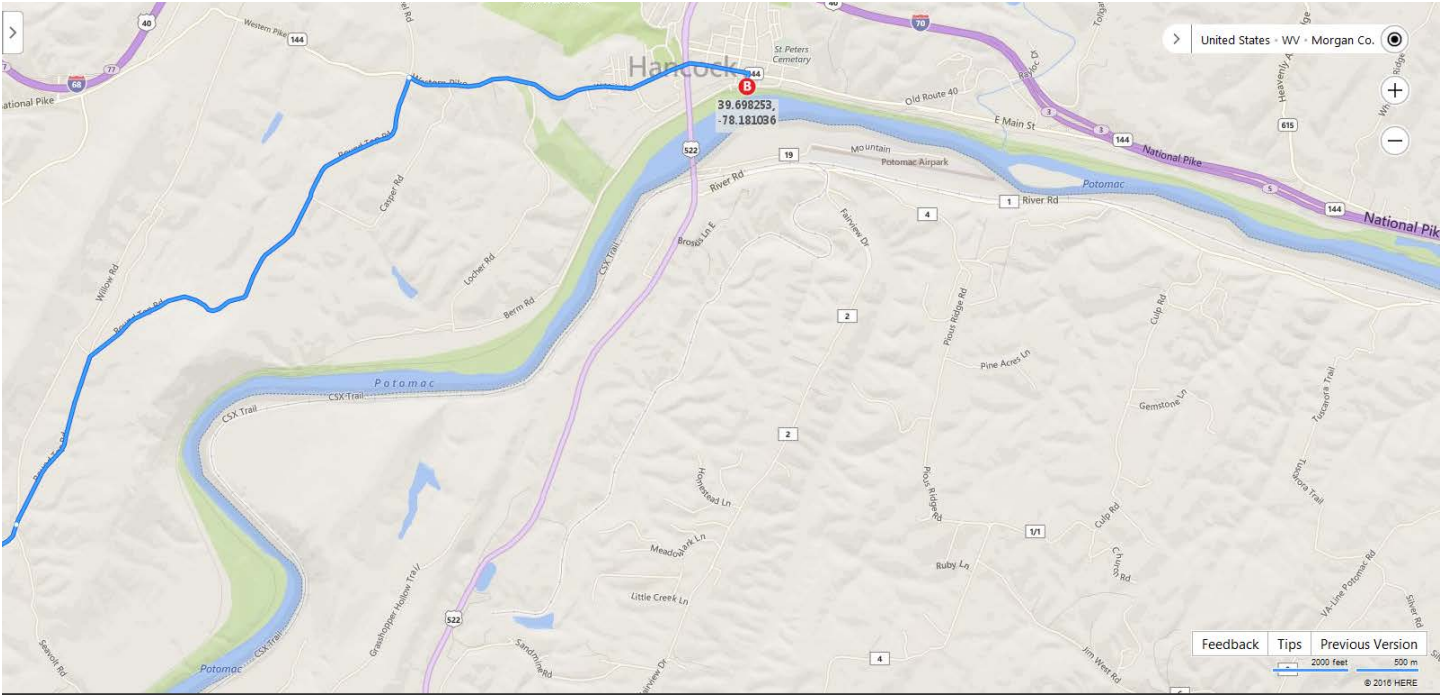
Turn **Right**, then **Left** to cross over the wooden bridge into the parking lot .1 miles

End at Little Tonolaway (Hancock) (Total Distance) 7.6 Miles

**NOTES:** There are bathrooms and grills at Little Tonolaway. There is also a bike shop on Pennsylvania Avenue by the wooden bridge into the parking lot.

Shortly before the turn onto Pennsylvania Avenue, you will pass a Sheetz with a gas station on your left.





# Little Tonolaway (Hancock) to Licking Creek (39.655987, -78.053946)

Run Distance: 8.3 miles

From the parking lot return to **Pennsylvania Avenue** .2 miles

Turn **Right** onto **MD 144 East** 1.2 miles

Merge onto I70 East 5.5 miles

Take the **Left Exit** to **US 40 Indian Springs** .3 miles  
*Exit is for southbound only*

Turn **Right** onto **Mile Marker Road** .7 miles  
*Turn immediately before bridge*

*Mile Marker Road is only wide enough for one car*

*You will cross under I70*

End at Licking Creek (Total Distance) 7.9 miles

**NOTES:** The parking lot is very small.







*This is the parking area at Licking Creek.*

## Licking Creek to Four Locks (39.615311, -77.947494)

Run Distance: 7.0 miles

From the parking lot, take **Mile Marker Road** .7 miles towards **US 40**

Turn **Right** onto **US 40 East** 2.5 miles

Turn **Right** onto **MD 56 East (Big Pool Road)** 5.7 miles

*Cross over I70*

*Pass the sign for McCoy's Ferry Road (C&O Canal)*

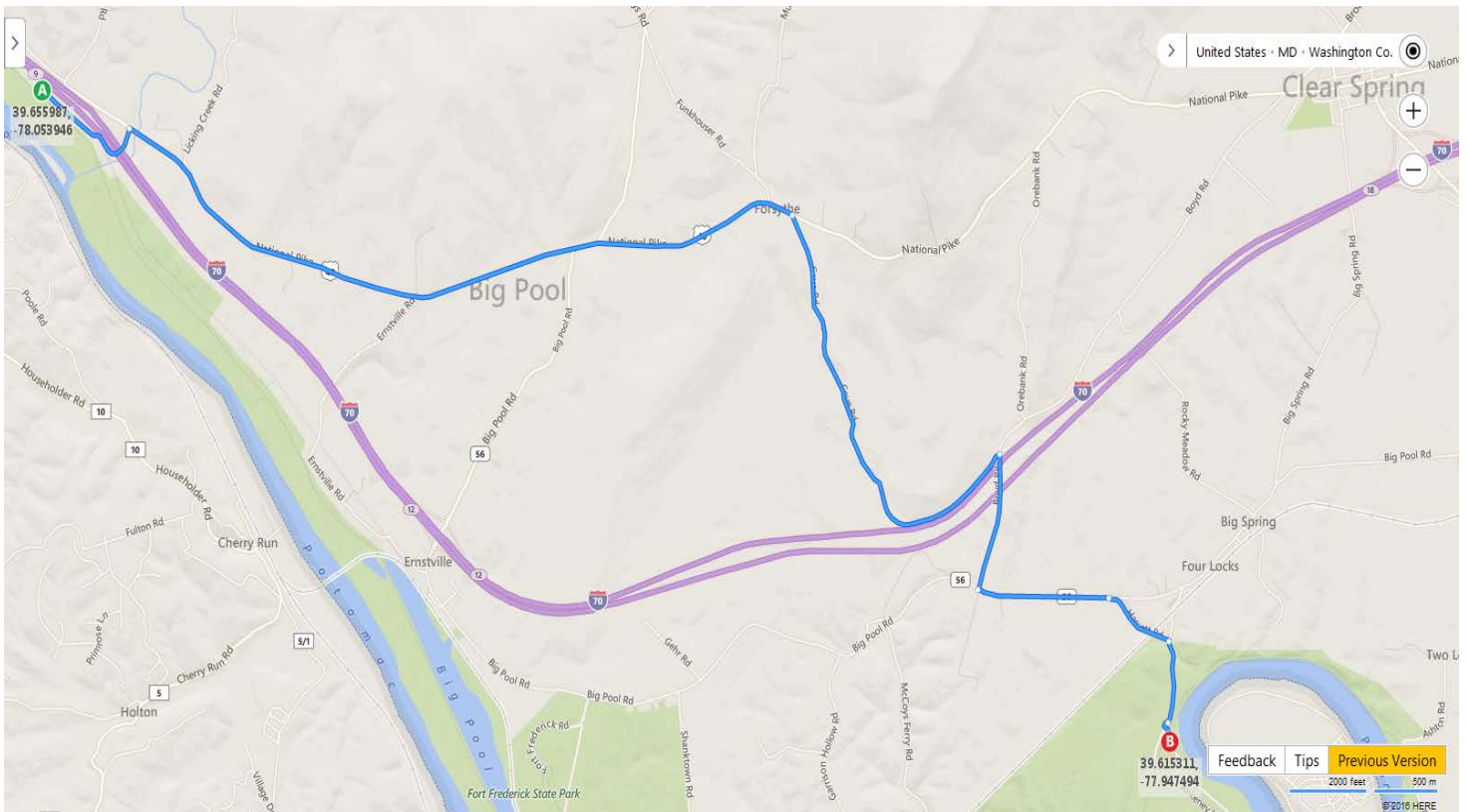
Turn **Sharp Right** onto **Four Locks Road** .7 miles

Bear **Right** onto **Hasset Road** .2 miles  
*Follow sign for the boat ramp*

*Pass through the tunnel*

End at Four Locks (Total Distance) 9.8 miles

**NOTES:** There are grills and a bathroom at Four Locks







## Four Locks to Dam 5 (39.607079, -77.921117)

Run Distance: 2.5 miles

From the parking lot, head back through the tunnel to Four Locks Road .9 miles

Turn **Right** onto **MD 56 East (Big Pool Road)** .5 miles

Bear **Right** at the fork to stay on **MD 56 East** 2.3 miles

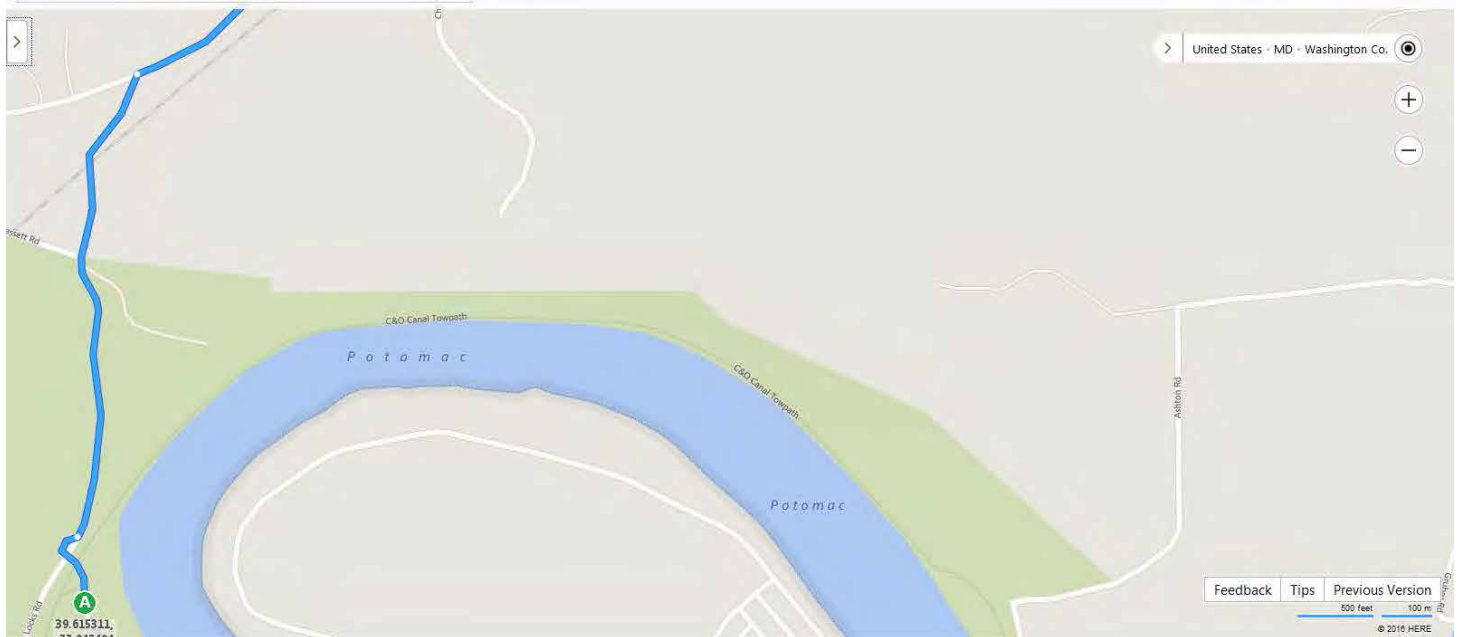
Turn **Right** onto **Dam 5 Road** 2.7 miles  
*Cross a one-lane bridge*

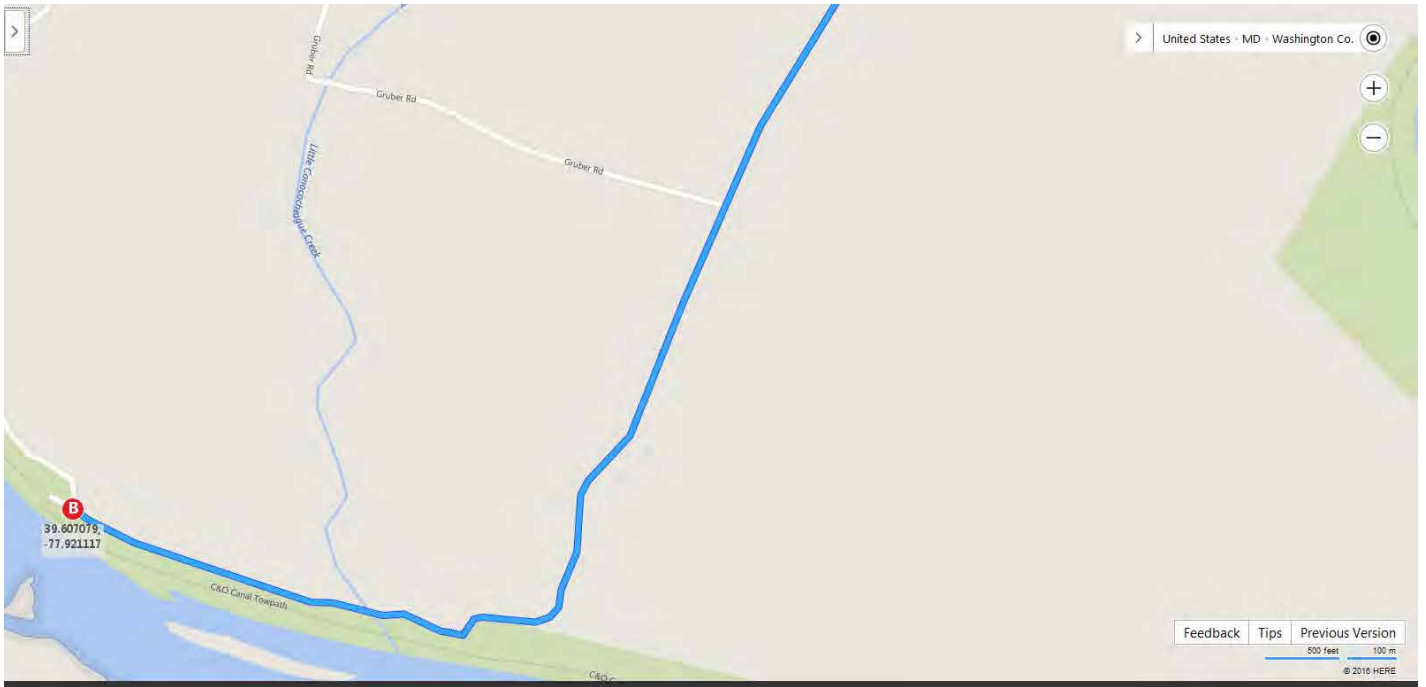
*There is a country market at the stop sign*

*Pass the first C&O access*

End at Dam 5 6.4 miles

**NOTES:** No bathrooms





## Dam 5 to Williamsport (Cushwa Basin) (39.600996, -77.826927)

Run Distance: 6.7 miles

From the parking lot, take **Dam 5 Road** towards **MD 56 East** 2.7 miles

Turn **Right** onto **MD 56 East (Big Pool Road)** .5 miles

Turn **Right** onto **MD 68 (Clear Springs Road)** 4.2 miles

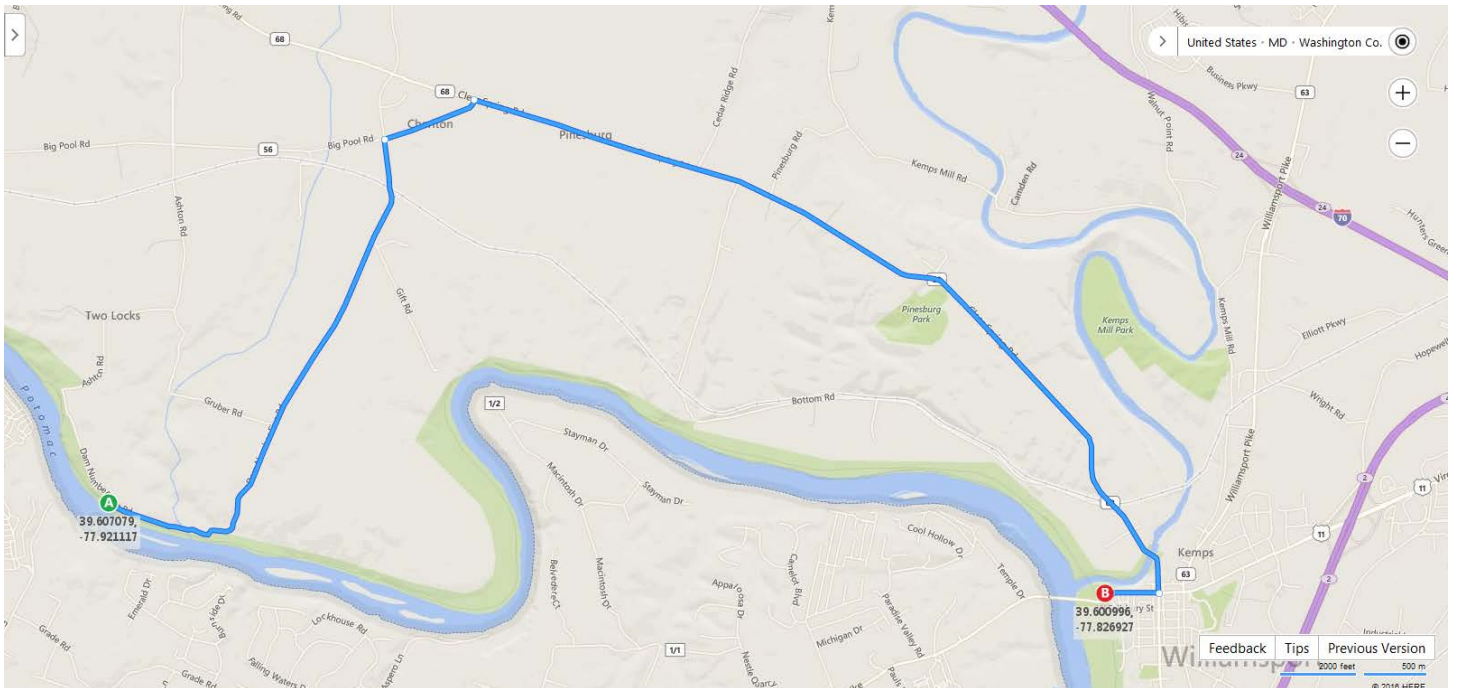
*Look for the stop sign*

Turn **Right** onto **US 11 South** .2 miles  
*Stop light at the turn*

*The entrance to the Williamsport parking lot will be in front of you right before the road curves to the left*

End at Williamsport (Total Distance) 7.6 miles

**NOTES:** There are bathrooms at Williamsport.





*This shows the entrance to the Williamsport parking lot.*

# Williamsprt (Cushwa Basin) to Avis Mill Road (McMahon's Mill) (39.530654, -77.823522)

Run Distance: 11.7 miles

From the Williamsport parking lot, take **US 11** .2 miles  
**North** towards **MD 68**

Turn **Right** onto **MD 68 East** 1.2 miles  
*Pass under I81*

Turn **Right** onto **MD 63 South (Spielman Road)** 2.8 miles  
*Stop light at the turn*

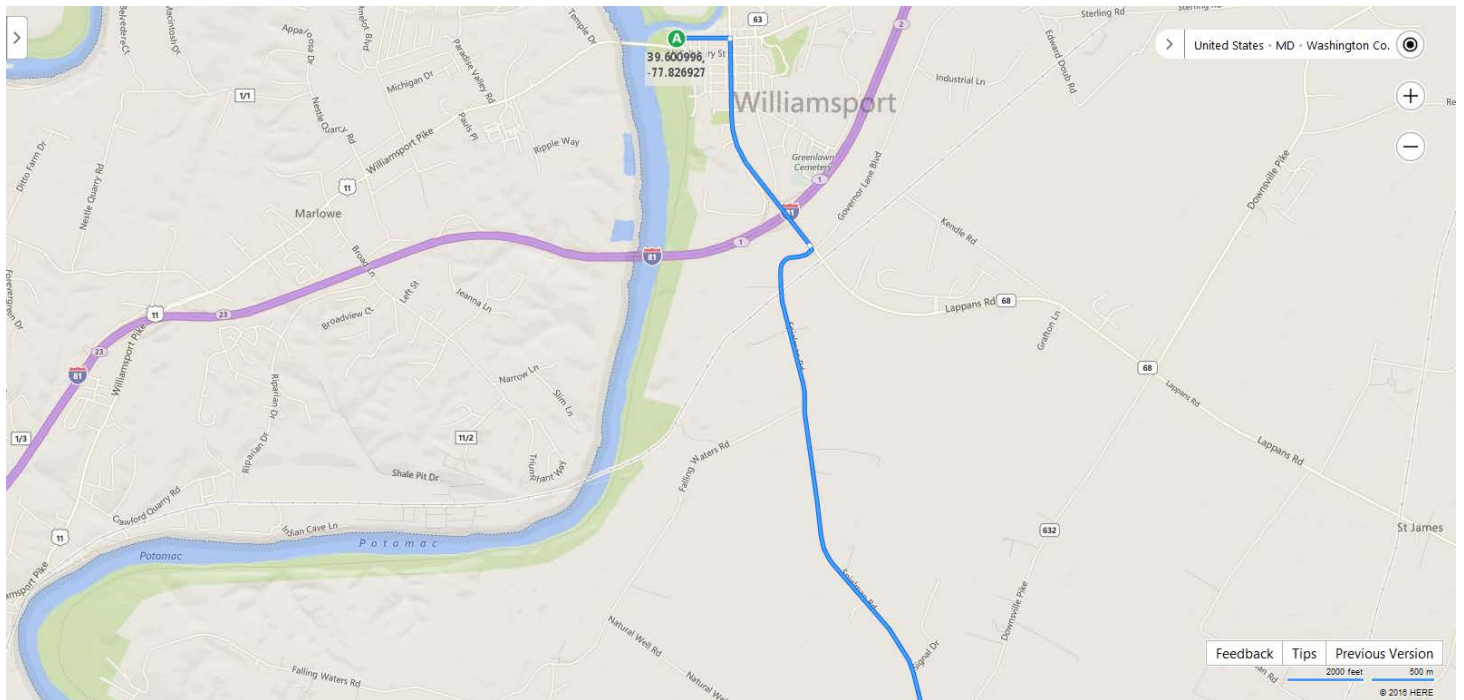
Turn **Right** onto **MD 632 (Dam 4 Road)** .8 miles

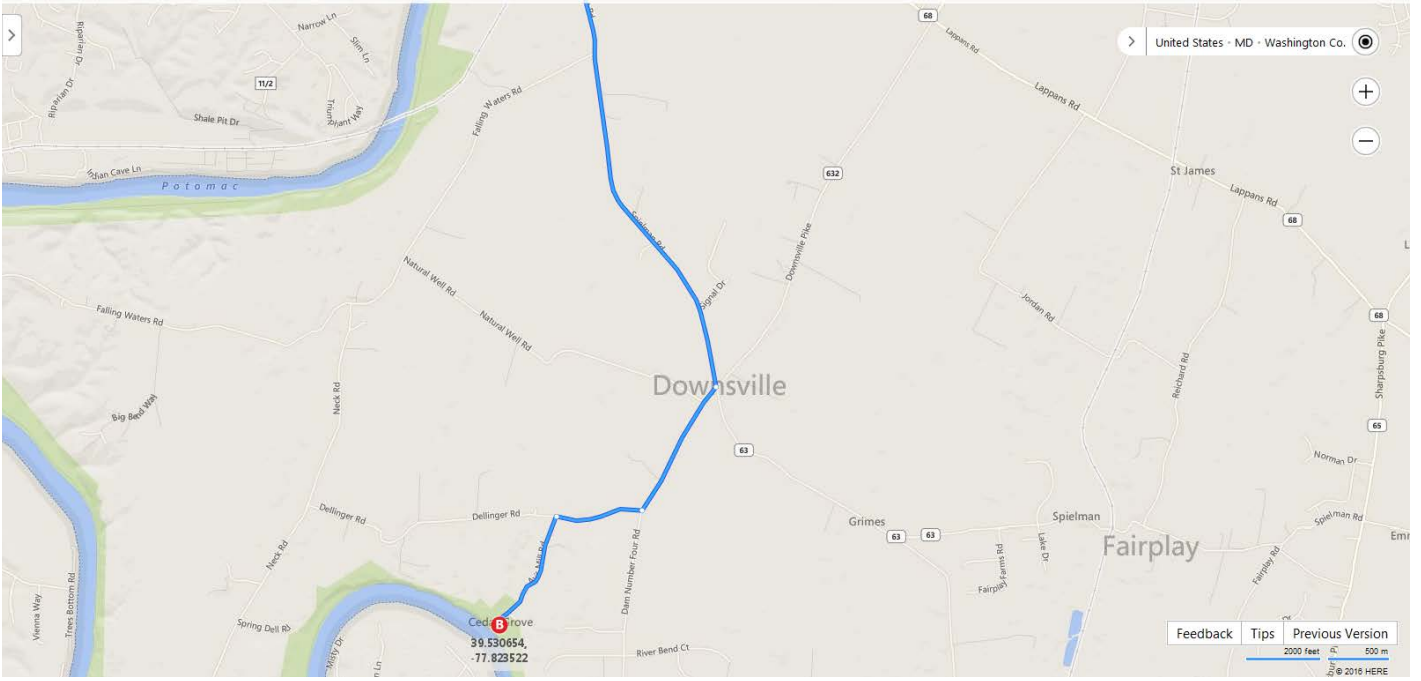
Turn **Right** onto **Dellinger Road** .4 miles

Turn **Left** onto **Avis Mill Road** .7 miles  
*Pass the McMahon's Mill Camping sign to the end of the road*

End at McMahon's Mill (Total Distance) 6.1 miles

**NOTES:** There is a port-a-potty at Avis Mill Road.





## Avis Mill Road (McMahon's Mill) to Big Slackwater (39.501346, -77.845385)

Run Distance: 3.7 miles

From the parking lot, take **Avis Mill Road** .7 miles  
towards **Dellinger Road**

Turn **Right** onto **Dellinger Road** .4 miles

Turn **Right** onto **MD 632 (Dam 4 Road)** 3.6 miles

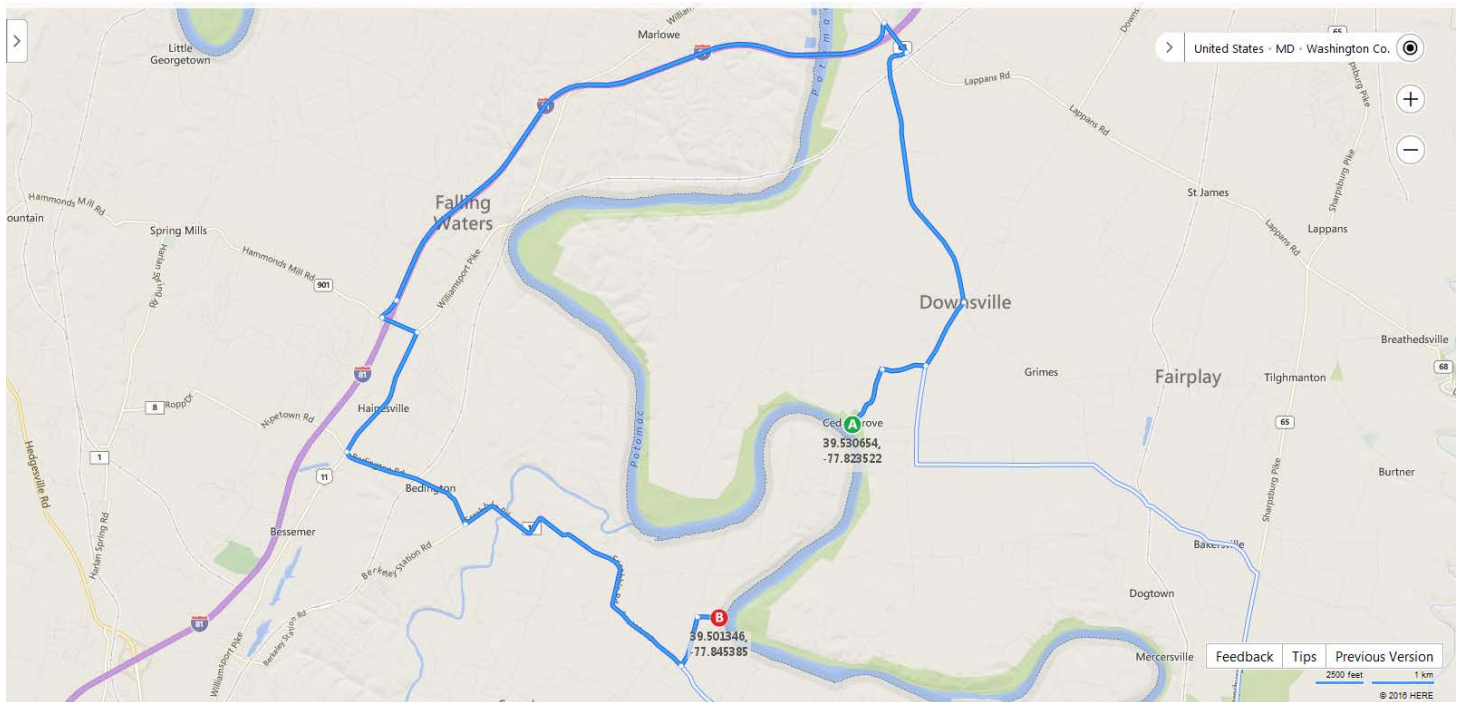
*Look for the stop sign*

Bear **Left** to **Dam 4** area 1.0 mile

Drive past the first parking area 1.0 mile

End at Big Slackwater (Total Distance) 6.7 miles

**NOTES:** There is a port-a-potty at Big Slackwater.





*This is the parking area at Big Slackwater*

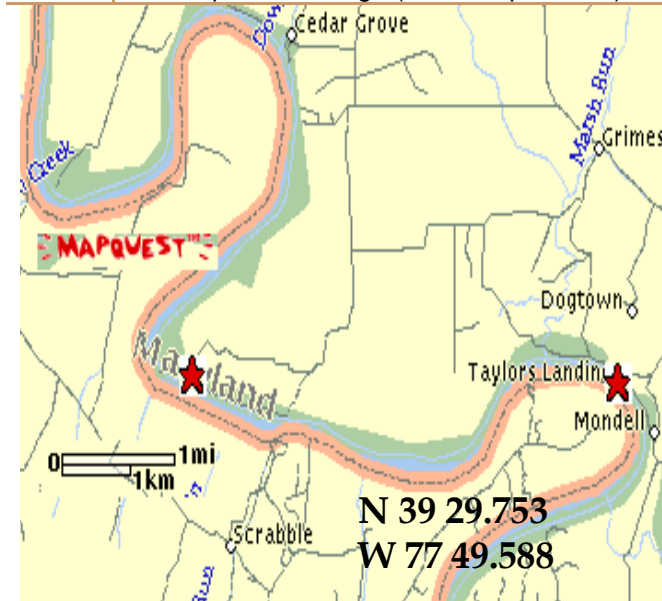


**Leg 14: Big Slackwater to Taylor's Landing**

C&O Mile marker: **84.4– 81.0**  
 Run Distance: **3.4 mi**

**Driver Directions**

Dir	Route	Dist	Cum
<i>Begin</i>	<i>Big Slackwater Recreation Area</i>	0.0	0.0
Rtn	MD 632 (Dam 4 Rd)	2.7	2.7
R	Woburn Rd	1.3	4.0
R	Taylor's Landing Rd	1.9	5.9
<i>End</i>	<i>Taylor's Landing @ C&amp;O Sign</i>	0.0	5.9
P-S	On side of Rd		
TZ	On towpath via bridge (boat ramp access)		



**Table Key:** BL/BR = Bear Left/Right L = Left R = Right Rtn = Return Str = Straight TZ = Transition Zone X = Cross  
 P-\_\_ = Park S = Small - 1 vehicle/team, M = Medium - 2 /team, L = Large - 3 /team

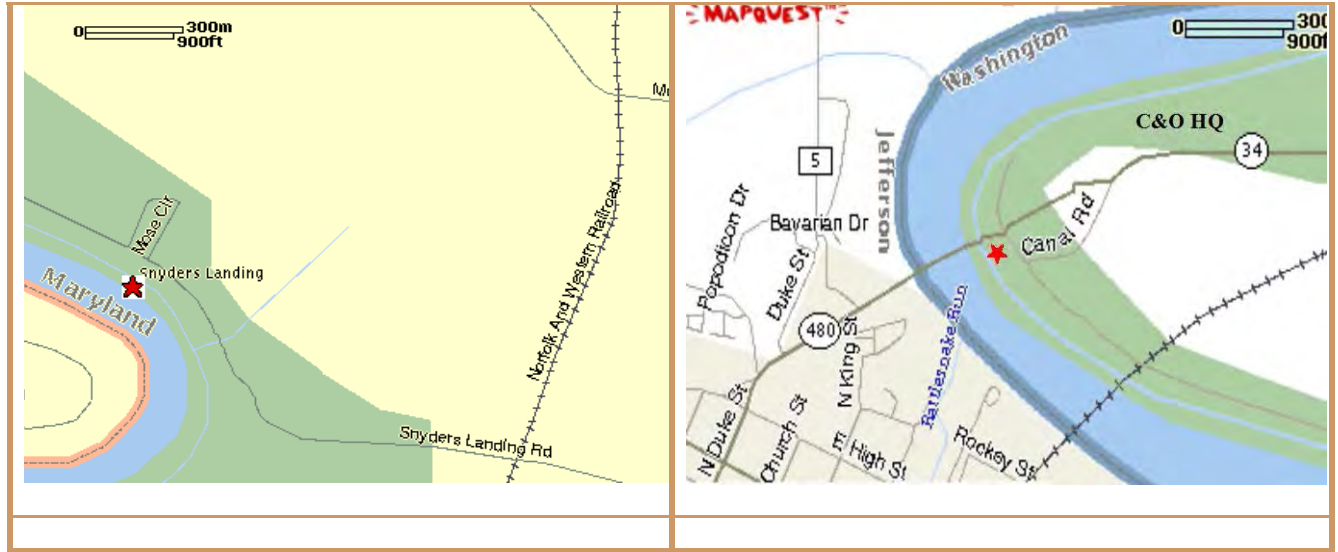
<b>Leg 15: Taylor's Landing to Snyder's Landing</b>				<b>Leg 16: Snyder's Landing to Lock 38</b>			
C&O Mile marker:		<b>81.0 – 76.8</b>		C&O Mile marker:		<b>76.8 – 72.8</b>	
Run Distance:		<b>4.2 mi</b>		Run Distance:		<b>4.0 mi</b>	
<b>Driver Directions</b>				<b>Driver Directions</b>			
Dir	Route	Dist	Cum	Dir	Route	Dist	Cum
Begin	<i>Taylor's Landing</i>	0.0	0.0	<i>Begin</i>	<i>Snyder's Landing</i>	0.0	0.0
Str	Taylor's Landing Rd	0.0	0.0	Rtn	Snyder's Landing Rd	4.2	4.2
BR	Bowie Rd; parallel to towpath	0.5	0.5	R	Mondell Rd @ stop sign	0.1	4.3
X	Creek, BR @ Remsburg Rd to remain on Bowie Rd	0.2	0.7	R	MD 34 (Main St)	3.2	7.5
BR	Mondell Rd	2.8	3.5	L	Canal Rd across from C&O Admin HQ on R; (if you X Potomac River, too far)	0.4	8.0
R	W Chapline St @ stop sign (If you hit MD 34, too far)	0.2	3.7	R	@ bottom of hill into parking lot	0.0	8.0
BR	Snyder's Landing Rd	4.0	7.7	<i>End</i>	<i>Lock 38</i>	0.0	8.0
R	Into parking lot on R	0.0	7.7	P-M	In parking lot		
<i>End</i>	<i>Snyder's Landing</i>		7.7	TZ	On towpath X footbridge		
P-M	In parking lot						
TZ	On towpath via wooden bridge (boat ramp access)						

**N 39 27.884**  
**W 77 46.591**

**N 39 26.187**  
**W 77 47.976**

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 P-\_\_ = Park S = Small - 1 vehicle/team, M = Medium - 2 /team, L = Large - 3 /team

Leg 17: Lock 38 to Dargan Bend				Leg 18: Dargan Bend to Lock 31			
C&O Mile marker:		72.8 – 64.9		C&O Mile marker:		64.9 – 58.0	
Run Distance:		7.9 mi		Run Distance:		6.9 mi	
Driver Directions				Driver Directions			
Dir	Route	Dist	Cum	Dir	Route	Dist	Cum
Begin	Lock 38	0.0	0.0	Begin	Dargan Bend	0.0	0.0
Str	Canal Rd (not L up hill)	1.9	1.9	Rtn	Back Rd	0.9	0.9
BR	To remain on Canal Rd	1.5	3.4	R	Harper's Ferry Rd	1.3	2.2
R	Harpers Ferry Rd	0.3	3.7	BL	Road bears L @ C&O Canal Lock 34	2.6	4.8
X	Bridge, BL to remain on Harpers Ferry Rd	4.2	7.9	R	Keep Tryst Rd	0.9	5.7
BR	@ Hoffmaster Rd to remain on Harpers Ferry Rd	1.6	9.5	Str	@ corner into parking lot (rd bends sharp to L)	0.0	5.7
R sharp	Back Rd not marked (approx. .5 mi after "Mandokin" sign)	0.9	10.4	End	Lock 31	0.0	5.7
L	@ C&O sign "Dargan Bend"	0.0	10.4				
End	Dargan Bend		10.4	P-M	In parking lot		
P-L	In parking lot			TZ	On towpath. <b>Caution when X live RR tracks</b>		
TZ	On towpath						

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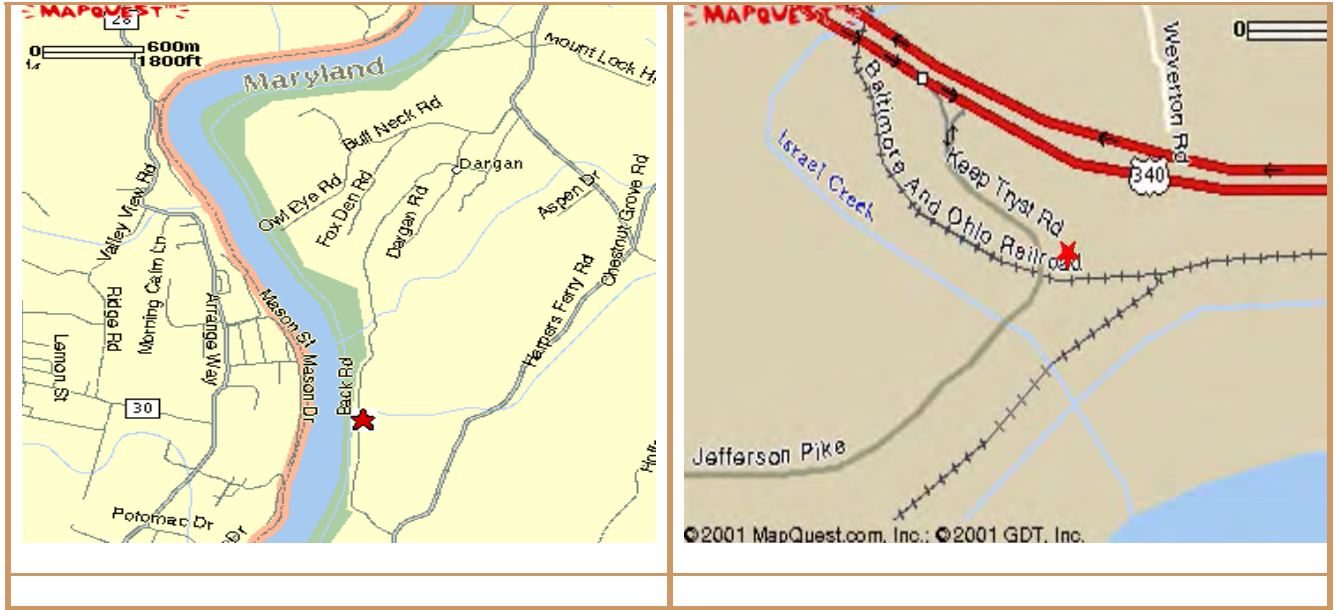


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 P-\_\_ = Park S = Small - 1 vehicle/team, M = Medium - 2 /team, L = Large - 3 /team

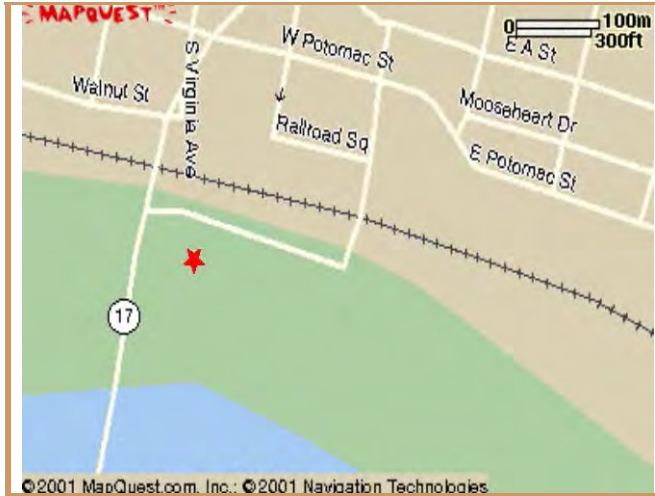
<b>Leg 19: Lock 31 to Lock 30 - Brunswick</b>				<b>Leg 20: Lock 30-Brunswick to Point of Rocks</b>			
C&O Mile marker:		<b>58.0 – 55.0</b>		C&O Mile marker:		<b>55.0 – 48.2</b>	
Run Distance:		<b>3.0 mi</b>		Run Distance:		<b>6.8 mi</b>	
Driver Directions				Driver Directions			
Dir	Route	Dist	Cum	Dir	Route	Dist	Cum
Begin	Lock 31	0.0	0.0	Begin	Lock 30-Brunswick	0.0	0.0
Str	On Keep Tryst Rd (up hill)	0.2	0.2	Rtn	Service rd	0.2	0.2
R	US 340 E	0.6	0.8	X	Train tracks & parking lot	0.1	0.3
R	MD 180	0.5	1.3	R	E. Potomac St	1.1	1.4
R	MD 478 (Knoxville Rd)	2.3	3.6	R	@ flashing yellow light (Ninth St)	0.4	1.8
R	Maple Ave @ stop light	0.1	3.7	Str	@ stop light (becomes MD 464 E)	3.7	5.5
X	Parking lot & train tracks	0.1	3.8	R	Highway 15	6.8	14.3
R	Service rd	0.2	4.0	L	Clay Rd (MD 28)	1.0	15.3
X	Towpath to parking lot	0.0	4.0	R	Immediate right at C&O sign	0.0	15.3
End	Lock 30-Brunswick (under highway Bridge)	0.0	4.0	End	Point of Rocks	0.0	15.3
P-L	In parking lot under highway bridge			P-M	In parking lot across bridge		
TZ	On towpath @ C&O milepost 55			TZ	On towpath at brown sign by bridge		

N 39 18.660  
W 77 37.825

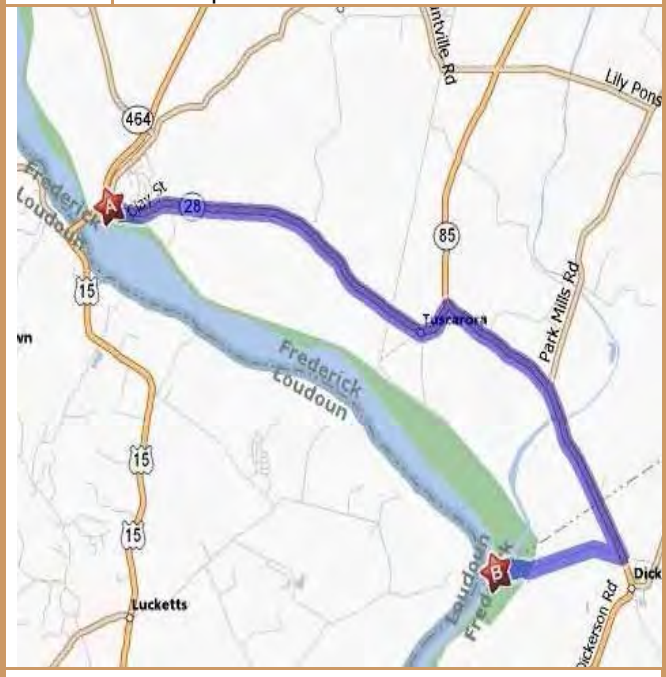
N 39 16.399  
W 77 32.475

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P-\_\_ = Park S = Small - 1 vehicle/team, M = Medium - 2 /team, L = Large - 3 /team



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<b>Leg 21: Point of Rocks to Mouth of Monocacy</b> C&O Mile marker: <b>48.2 – 42.2</b> Run Distance: <b>6.0 mi</b> <b>DO NOT</b> run/bike on the aqueduct due to support beams & rebar causing dangerous footing; Walk across aqueduct! <b>Driver Directions</b>				<b>Leg 22: Mouth of Monocacy to White's Ferry</b> C&O Mile marker: <b>42.2 – 35.5</b> Run Distance: <b>6.7 mi</b>  <b>Driver Directions</b>			
Dir	Route	Dist	Cum	Dir	Route	Dist	Cum
Begin	<i>Point of Rocks</i>	0.0	0.0	<i>Begin</i>	<i>Mouth of Monocacy</i>	0.0	0.0
Rtn	Parking lot to MD 28E	0.0	0.0	Rtn	Mouth of Monocacy Rd	1.1	1.1
R	MD 28E	0.0	0.0	R	MD 28 E (Dickerson Rd)	0.4	1.5
R	@ MD 85 to remain on MD 28	3.3	3.3	BR	On MD 28	1.2	2.7
R	Mouth of Monocacy Rd	1.1	4.4	BL	On MD 28 (Damestown Rd)	2.3	5.0
<i>End</i>	<i>Mouth of Monocacy</i>		4.4	R	MD 109 (Beallsville Rd)	2.5	7.5
P-M	In parking lot			R	MD 107 (Fisher Rd)	6.1	13.6
TZ	On towpath			R	@ intersection River Rd & White's Ferry Rd	0.0	13.6
				<i>End</i>	<i>White's Ferry</i>		13.6
				P-L	In parking lot		
				TZ	Where towpath X rd		



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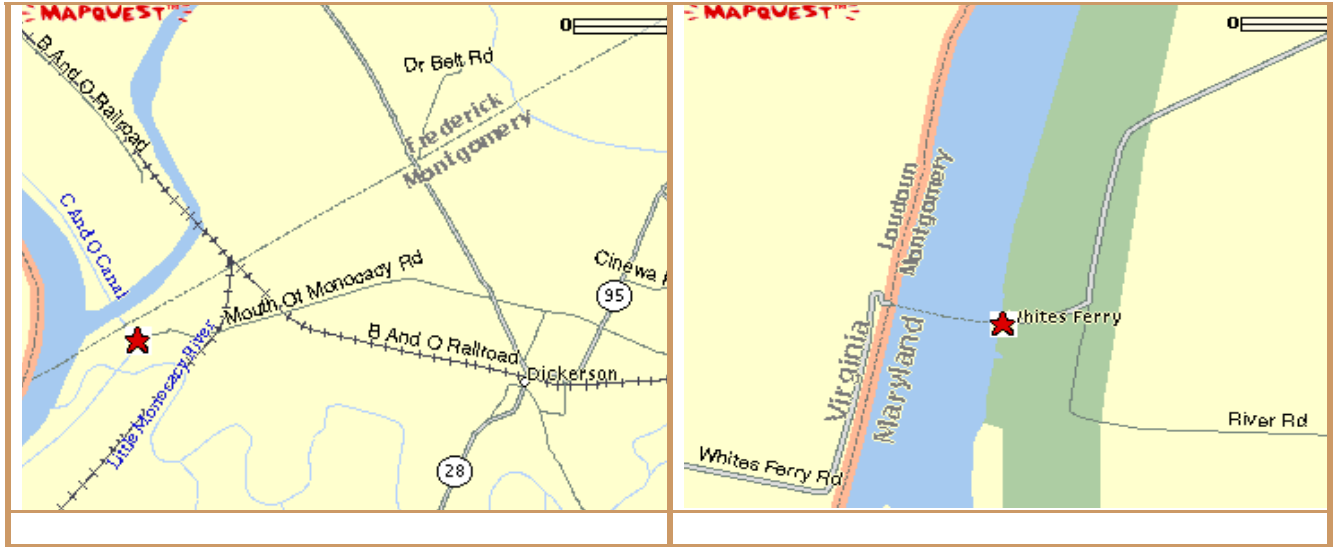




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<b>Leg 23: White's Ferry to Edwards Ferry</b>				<b>Leg 24: Edwards Ferry to Sycamore Landing Rd</b>			
C&O Mile marker:		<b>35.5 – 30.8</b>		C&O Mile marker:		<b>30.8 – 27.2</b>	
Run Distance:		<b>4.7 mi</b>		Run Distance:		<b>3.6 mi</b>	
<b>Driver Directions</b>				<b>Driver Directions</b>			
Dir	Route	Dist	Cum	Dir	Route	Dist	Cum
Begin	White's Ferry	0.0	0.0	Begin	Edwards Ferry	0.0	0.0
L/Rtn	White's Ferry Rd	4.0	4.0	Rtn	Edwards Ferry Rd)	1.0	1.0
R	Edwards Ferry Rd(1)	4.5	8.5	R	W. Offutt Rd – brick pillar on the left.	0.9	1.9
	<i>Turn right at the fork and left at the T towards gate. Stay on paved road.</i>						
End	Edwards Ferry		5.5	Str	Becomes Mt. Nebo Rd (2)	1.5	3.4
P-S	In parking lot – Decent toilets			BL	Becomes River Rd when the road narrows to one lane near brown Poolesville sign.	1.5	4.9
TZ	On towpath			Str	Pass W. Willard Rd on L	0.2	5.1
				R	Sycamore Landing Rd (may be muddy/slippery)	0.8	5.9
						End	Sycamore Landing Rd
				P-M	In parking lot		
				TZ	On towpath		
							

- (1) As an alternative, you could take River Road, the first right out of the White's Ferry parking lot. This is a gravel country road that will also go to Edwards Ferry Road. See map inset.
- (2) W. Offutt Rd. turns to the left here. Go straight.

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<b>Leg 25: Sycamore Landing Rd to Riley's Lock Rd</b>				<b>Leg 26: Riley's Lock Rd to Swain's Lock</b>			
C&O Mile marker:		<b>27.2 – 22.8</b>		C&O Mile marker:		<b>22.8 – 16.7</b>	
Run Distance:		<b>4.4 mi</b>		Run Distance:		<b>6.1 mi</b>	
Driver Directions				Driver Directions			
Dir	Route	Dist	Cum	Dir	Route	Dist	Cum
Begin	<i>Sycamore Landing Rd</i>	0.0	0.0	<i>Begin</i>	<i>Riley's Lock Rd</i>	0.0	0.0
Rtn	Sycamore Landing Rd	0.8	0.8	Rtn	Riley's Lock Rd	0.7	0.7
R	River Rd	4.0	4.8	R	River Rd	0.6	1.3
R	Riley's Lock Rd (Note: do not use Tschiffley Mill Rd)	0.7	5.5	R	MD 190 (River Rd)	5.9	7.2
<i>End</i>	<i>Riley's Lock Rd</i>		5.5	Str	Pass Admiral's Way	0.1	7.3
P-L	In parking lot			R	Swain's Lock Rd	0.4	7.7
TZ	On towpath			<i>End</i>	<i>Swain's Lock</i>		7.7
				P-S	In parking lot		
				TZ	On towpath		

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Leg 27: Swain's Lock to Lock 10				Leg 28: Lock 10 to Fletcher's Boathouse			
C&O Mile marker:		16.7 – 8.8		C&O Mile marker:		8.8 – 3.2	
Run Distance:		7.9 mi		Run Distance:		5.6 mi	
Driver Directions				Driver Directions			
Dir	Route	Dist	Cum	Dir	Route	Dist	Cum
Begin	Swain's Lock	0.0	0.0	Begin	Lock 10	0.0	0.0
Rtn	Swain's Lock Rd	0.4	0.4	Str	Clara Barton Parkway	4.7	4.7
R	MD 190 (River Rd)	2.0	2.4	Str	Pass Chain Bridge Rd	0.5	5.2
R	MD 189 (Falls Rd)	1.9	4.3	Str	X under train trestle	0.5	5.7
L	Macarthur Blvd	2.0	6.3	R	Fletcher's Boathouse	0.1	5.8
R	Clara Barton Parkway Note: after X under I-495 you will see a sign for Lock 10; although called Persimmon Tree Rd, there is <b>NO</b> direct access from that rd.	2.4	8.7	Note: <b>SHARP</b> R turn @ white building; entrance is 180 degree turn, very narrow, poorly marked. <b>Tall vehicles must park in 1st parking lot</b> ; tunnel with low clearance to lower lot. If you miss the initial turn, BL onto Reservoir Rd 0.5 mi; R onto Macarthur Blvd 1.0 mi; R onto Canal Rd 1.5 mi; Fletcher's entrance will be on your L.			
R	Lock 10	0.0	8.7				
End	Lock 10		8.7	End	Fletcher's Boathouse		5.8
P-M	In parking lot			P-M	In parking lot		
TZ	On towpath, follow trail from parking lot X lock			TZ	On towpath X footbridge		

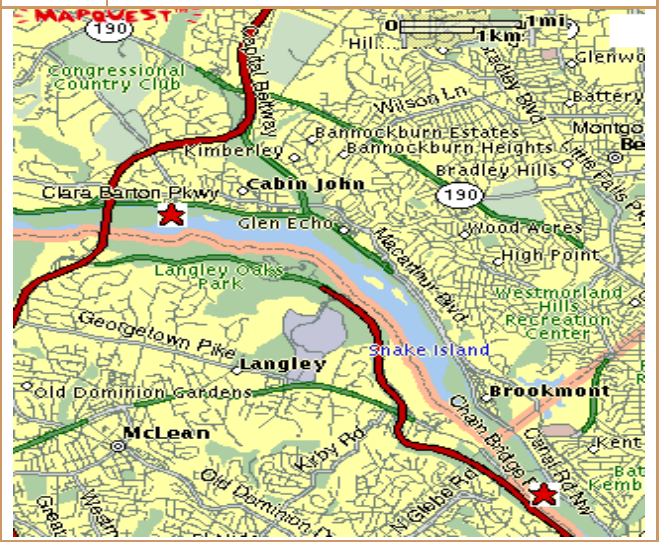
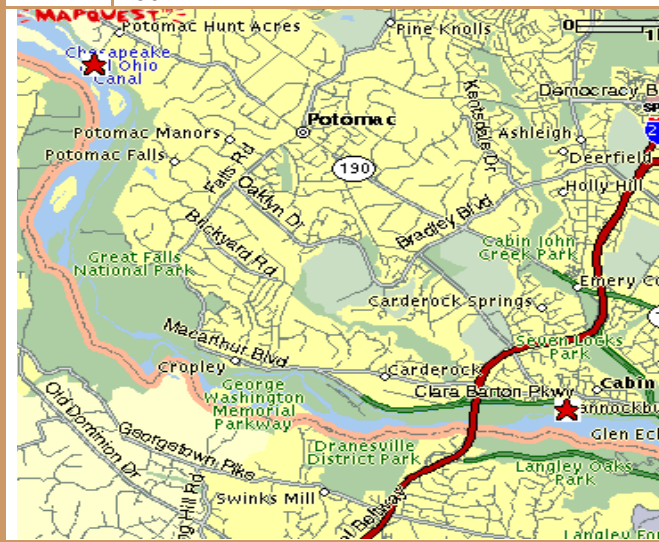


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## Running and Driving Directions from Fletcher's Boathouse to the Finish

As you enter Georgetown, ensure you stay on the C&O trail. You will likely have to cross over to the other side of the canal and there are some steep bike ramps. Follow the canal until it ends on a wide road, Rock Creek and Potomac Parkway. Turn to the right and follow the sidewalk towards the Potomac River - this is the Rock Creek Trail. Before long, you should pass the Kennedy Performing Arts Center on your left and go under the Roosevelt Bridge.

Getting around the Lincoln Memorial on foot can be tricky. The safest way is to cross the street on your left towards the volleyball courts before you reach the Memorial Bridge Ramps. On the other side of the volleyball courts is a tunnel that passes underneath the Memorial Bridge ramps and exits back to the Potomac River, staying on the Rock Creek Trail. Taking this route will put you on a straight run to West Potomac Park and the 14<sup>th</sup> Street Bridge.



The Memorial Bridge heading toward West Potomac Park

After you pass under the Memorial Bridge you will be entering West Potomac Park. Here is the sign for the park.



Follow the path through West Potomac Park to the end. You will cross over a small bridge that leads you into the East Potomac Park. The Thomas Jefferson Memorial is off to your left as you pass over this bridge. Continue on the path toward the East. Before you pass under the 14<sup>th</sup> St Bridge you will see a set of steps that go up next to the bridge. Here is a picture of the steps.



Up these steps to access the bridge for Potomac crossing

These steps get you up to the trail that leads over the bridge. You must carry or push the bicycle up the path next to the steps. At the top of the steps, make a U-turn to cross over the bridge. On the other side of the bridge, you will have to loop around and down toward the Potomac River. You will pass under the bridge you just crossed and run toward Regan National Airport. This trail is the Mt. Vernon trail. From this point onward, you will remain on the Mt. Vernon trail.

NOTE: Pay close attention to the signs so that you do not veer off the trail onto another intersecting trail.

As you pass Regan National Airport last parking lot, the trail splits. Bear to the RIGHT onto the Mt. Vernon trail. Run along the George Washington Parkway following the trail toward Old Town Alexandria.

After passing Daingerfield Island, the trail will split again. Bear to the LEFT and follow the trail along the Potomac River. As the trail gets closer into town, you will have to follow the railroad tracks.

The trail appears to end at Pendleton Street. Turn to the LEFT and follow the road and railroad tracks to N. Union Street. This is the trail through Old Town Alexandria. There is a Starbucks at the corner of King Street and N. Union Street (no product endorsement here...just information)

NOTE: The road is not closed to traffic. Exercise caution while running/riding through Old Town Alexandria on N. Union Street.

Run down Union Street, the street dead ends at the Mt. Vernon trail. Make a left to pick the off-road section of the trail back up. This will take you under I-495 and then the trail picks up as a paved trail adjacent to the George Washington Parkway and the Potomac River. The trail markers start at mile 9. You will be only 7 miles from the finish. Your next exchange point is a rest area and parking lot just past mile marker 8; Belle Haven Marina.

The trail can become very congested after this point. Be careful of other runners/walkers as well as cyclists using the trail. After mile marker 6, you will enter a residential area. The trail follows the road. At the first intersection, the trail crosses over the small bridge and then you will make a hard left onto the trail. FOLLOW THE SIGNS.

After mile marker 3, you will follow the trail to Fort Hunt Park and the finish. There is a water fountain at the bottom of the curve of the trail that is adjacent to the entrance for the park. If you run back under George Washington Parkway and see mile marker

2...you have gone too far. Turn around and come back to us.



## Driving Directions and Check points

### Exchange point Fletcher's Boat House:

Nearest intersections are Canal Road NW and Reservoir Road NW

N 38° 55.172'

W 077° 06.063'

Elev 76 ft

Depart Fletcher's Boat House/Landing heading SE on Canal Road. Stay **RIGHT** on Canal Road toward Georgetown/DC. After 2 miles, follow signs to M Street (**LEFT** lane). You will pass Georgetown University on your left as you come into Georgetown. Landmarks - Key Bridge & Potomac River on right

Dixie Liquor on left

Drive through Georgetown on M street. Do not merge onto Key Bridge or Whitehurst Freeway. You will pass the famous "Georgetown Cupcakes" store on your left. Unfortunately, they do not open until 10 a.m.

Turn **RIGHT** onto 30<sup>th</sup> Street. At four-way Stop Sign, turn **LEFT** onto K Street.

Turn **RIGHT** at next Stop Sign onto Rock Creek Parkway. Thompson Boat Center is on your right as you make the turn. The paved path on the right is the trail the runners will be taking.

Pass by the Watergate buildings and the Kennedy Center on your left as you drive along Rock Creek Parkway. After you pass under the Roosevelt Bridge, just past the Kennedy Center, follow Rock Creek Parkway to the **LEFT** toward downtown.

**WARNING:** Do not go straight up the road toward the Lincoln Memorial.

Stay in **RIGHT** hand lane to follow the Potomac River, pass under the Memorial Bridge and arrive at West Potomac Park.

### Exchange Point in West Potomac Park:

N 38° 52.827'

W 077° 02.508'

Elev 2 ft

This is located at the eastern end of the West Potomac Park. After exchange of runner/biker, you will be making a U-turn to head back out of the park to Independence Avenue. The runner/biker will continue eastward to the bridge for crossing over the Potomac River.

Depart West Potomac Park by making a **U-turn** and follow signs for I-395/Washington Memorial. Make **RIGHT** turn out of park. Stay in right lane. After crossing small bridge, bear **RIGHT** toward Jefferson Memorial and signs to I-395. **LEFT** lane to merge onto I-395 South. Cross over Potomac River on 14<sup>th</sup> Street bridge/I-395. After the bridge, merge onto George Washington Parkway South toward Reagan National Airport and Old Town Alexandria.

Exchange point in Daingerfield Island/Washington Sailing Marina:

N 38° 49.851'  
W 077° 02.514'  
Elev -5 ft

Turn **LEFT** into parking lot of Washington Sailing Marina.  
Exit parking lot **LEFT** onto George Washington Parkway south toward Old Town Alexandria.

As you enter Old Town Alexandria George Washington Parkway becomes N. Washington Street. As you pass through Old Town Alexandria, S. Washington Street turns back into George Washington Parkway.

Exchange point in Belle Haven Marina:

N 38° 46.804'  
W 077° 03.185'  
Elev 2 ft

Nearest address is 6317 10<sup>th</sup> Street Alexandria, VA 22307. There is a Shell gas station near here.

Turn **LEFT** into Belle Haven Marina. If you have a trailer in tow or a larger vehicle, park along the road as you approach the marina. Cars and trucks without trailers can turn left into the parking area at Belle Haven Park. There are restrooms and a water fountain at this park. It is 6 miles to the finish area. This parking area may be busy as several local running groups utilize this area for their training runs.

Exit Belle Haven Marina and turn **LEFT** onto George Washington Parkway. Follow George Washington Parkway until the exit for Fort Hunt Park/Fort Hunt Road on your **RIGHT**. Follow the signs to the park and look for the finish celebration.

CONGRATULATIONS!!!