

### **SECTION I—START TO BATTERY KIMBLE AID STATION**

Straight down hill and Lamont St to 19th  
Stay straight and onto sidewalk and down stairs to Lamont St on other side  
Veer L on Walbridge Pl  
L on Adams Mill Rd  
Slight R to follow Adams Mill Rd down  
At Zoo intersection of Adams Mill & Harvard, take ramp exit down towards Beach Dr  
Cross Beach Dr and L onto Rock Creek Trail  
Thru Tunnel  
Cross Rock Creek Pkwy and down the hill  
R onto trail just before the bridge  
L on main trail along Rock Creek  
At intersection with pavement, veer right at sign on dirt path into Dumbarton Oaks  
Stay left of small stream  
Cross stream on wooden planks veering right  
L on Whitehaven St. at intersection with pavement  
Cross WI Ave and go across field staying close to building on right  
Cross street onto uphill trail—following yellow blazes  
Cross 37<sup>th</sup> St uphill to large field  
Cross field in the middle at water fountains  
Follow yellow blazes around garden plots  
Veer right on yellow blazes at trail intersection  
R on blue blazed Glover Archibald trail—go a little less than a mile  
L on yellow blazed Wesley Heights Trail  
Cross 44<sup>th</sup> St and turn right  
L onto yellow-blazed trail  
Cross Foxhall Rd and continue on yellow blazes  
At 49<sup>th</sup> St \*Water Only\* aid station

### **SECTION II—BATTERY KIMBLE AID STATION I TO ROOSEVELT AID STATION**

R after bridge, following trail to open field and parking lot  
Hard R and go up the hill on the dirt road  
As road turns, L onto trail  
Follow trail down and MacArthur Blvd  
On L side of Red building, follow trail  
L and down across the creek  
Stay straight and up the hill to the Trolley Trail  
Follow Trolley trail, cross Reservoir Rd  
R onto trail at end of stone guard rail  
L onto Q St  
R onto Clark Pl, watch for trail on L just as the road starts to turn  
Up hill to continue on Trolley Trail  
Cross Foxhall Rd, R down the sidewalk  
Pass by Glover-Archibald Trail entrance, the L into tunnel under C&O Canal  
Veer left after exiting tunnel and up the stairs  
Bear right and proceed on canal towpath(will not be marked)  
Pass under key bridge  
L on pedestrian bridge over canal (markings resume)  
L on other side cutting through small park

L on key bridge  
Cross Whitehurst freeway and ram to GW pkwy at bridge end  
Cross driveway  
L on bikepath to TR Island  
At bottom of ramp, turn L and see Roosevelt Aid Station

### **SECTION III—ROOSEVELT AID STATION TO CHAIN BRIDGE AID STATION—BLUE BLAZES**

Enter Blue/turquoise blazed Potomac Heritage trail  
Run 4 miles to Chain bridge following blazes  
CHAIN BRIDGE AID STATION—CUTOFF 11:30 AM

### **SECTION 4—CHAIN BRIDGE AID STATION TO TURKEY RUN AID STATION**

Stay on BLUE BLAZES  
Leaving Chain bridge, look for right turn across creek  
Diagonally cross parking lot at Fort Marcey on BLUE BLAZES  
Stay on Blue Blazes across GW parkway ramps and to right on field  
L on yellow blazed trail to Turkey Run recreation area (marked with BLUE CHALK)  
Cross one field, staying to the R of the buildings, follow the trail to another field opening and look for BLUE CHALK to TURKEY RUN AID STATION  
(5.25 hour cutoff)

### **SECTION 5—TURKEY RUN AID STATION TO TURKEY RUN AID STATION (TURKEY RUN TO AMERICAN LEGION BRIDGE AND BACK)**

BLUE CHALK/BLUE BLAZES  
From aid station, turn R downhill to river (do NOT take white blazed trail)  
At river, left on BLUE BLAZES  
Stay on BLUE BLAZES to American Legion Bridge  
Turn around and return to Turkey Run Aid Station

### **SECTION 6—TURKEY RUN AID STATION TO CHAIN BRIDGE AID STATION**

BLUE CHALK TO BLUE BLAZES  
Retrace steps to chain bridge aid station, taking yellow blazes down to river, R on BLUE BLAZES to CHAIN BRIDGE AID STATION

### **SECTION 7—AID STATION 6 TO FINISH—(Flour Color B)**

Cross Chain Bridge on Left side  
Turn left down ramp  
R at canal  
L at Fletchers boat house  
Go through tunnel  
Cross Macarthur and go straight on trail  
R on yellow blazed Wesley heights trail  
Cross 49<sup>th</sup>, Foxhall, and 44<sup>th</sup>  
R on 44<sup>th</sup> and L into woods to continue on yellow blazes  
R on Glover Archbold trail (blue blazes)  
L on Whitehaven trail (yellow blazes)  
Bear L on yellow blazes at trail intersection running around gardent  
Diagonal across field to water fountain, continue on yellow  
Cross 37<sup>th</sup> and look for trail on left

Cross 35<sup>th</sup> and field to WI Ave and WI Ave going straight on Whitehaven  
R on Dumbarton Oaks trail—stay right through park  
Bear Left (not sharp left) at intersection with pavement  
Stay R after bridge  
Exit trail and veer L up hill on Rock Creek Trails  
Cross Rock Creek Parkway  
Thru Tunnel and then R to cross Beach Dr at Zoo  
Up ramp and then cross street to go up Adams Mill Rd  
L at light to stay on Adams Mill Rd  
Veer R onto Walbridge  
Immediate R onto Lamont  
Up stairs and to 19<sup>th</sup> St  
Continue up Lamont St—FINISH on left at 1715 Lamont St NW

**WHTOM - 240-463-3906**