

# LEG 25

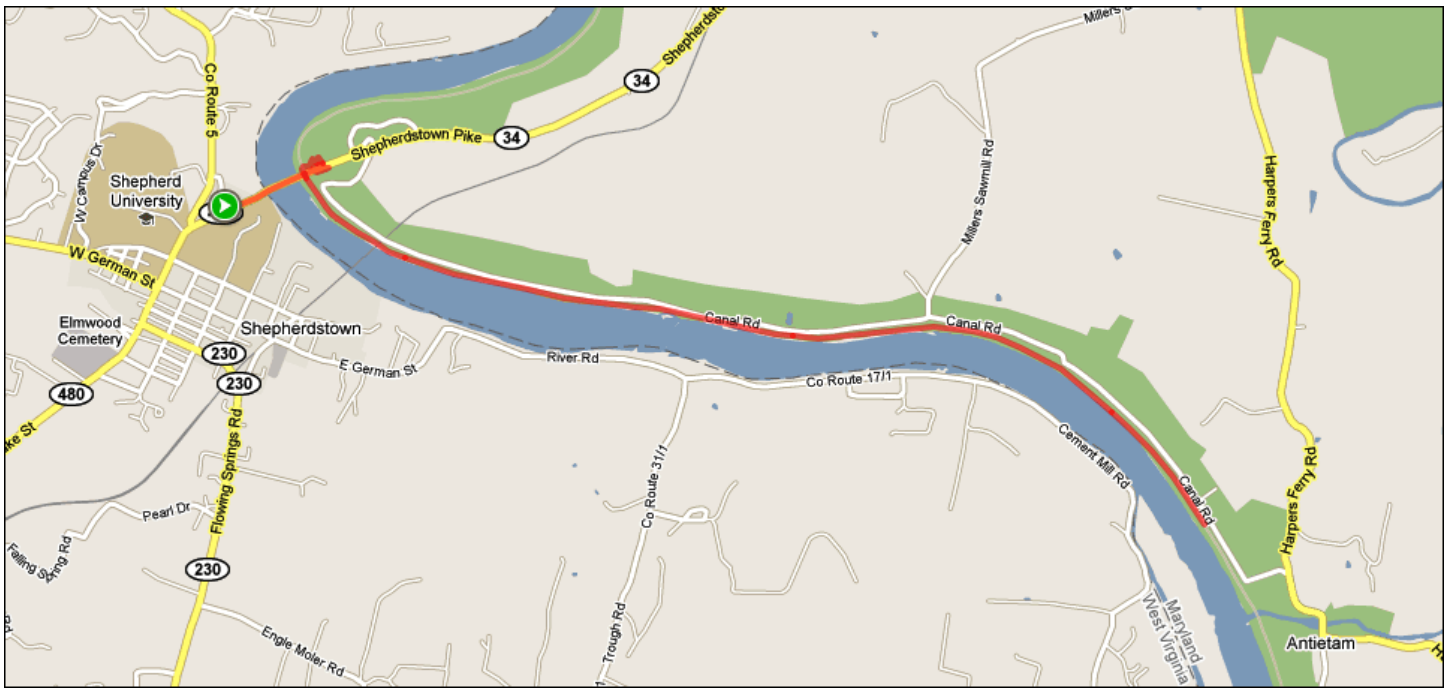
3.6 MILES | EASY



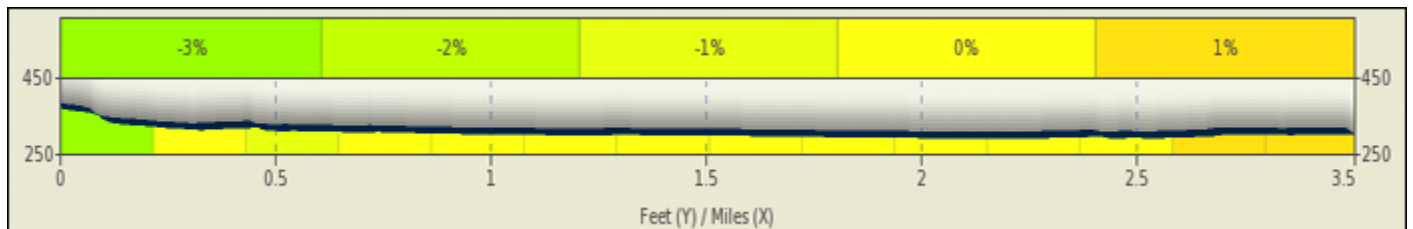
## RUNNERS

Mileage is per segment, not cumulative

1. Head back to the crosswalk for .1 and cross Rt. 34 and then head back past the transition and over the Potomac River .3 to parking area on right and head down stairs to the C&O Canal for 3.2 to transition on right.
2. Canal Road for 3.2 to transition on right



**ELEVATION:** min: 285ft | max: 407ft | ascent: 36ft | descent: -102ft



AMERICAN ODYSSEY RELAY

# LEG 25

3.6 MILES | EASY

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## VANS

Mileage is per segment, not cumulative

1. Come out of parking area and turn left on rt. 34. Cross the bridge over the Potomac and make an immediate hard right onto Canal Road. At approximately 2 miles stay right to stay on Canal. Go approximately another 1.4 miles to the transition on right.

## POINTS OF INTEREST:

This is the start of the C & O Canal portion of the race. The C&O Canal formally opened its 184.5 mile expanse in October of 1850 as a means of transporting cargo west. The Canal competed for commerce with the B&O Railroad, but did well during the 1850s mostly as a result of coal transport. Many troops crossed the Potomac River and the Canal during the Civil War.