

# LEG 29

7.6 MILES | MEDIUM

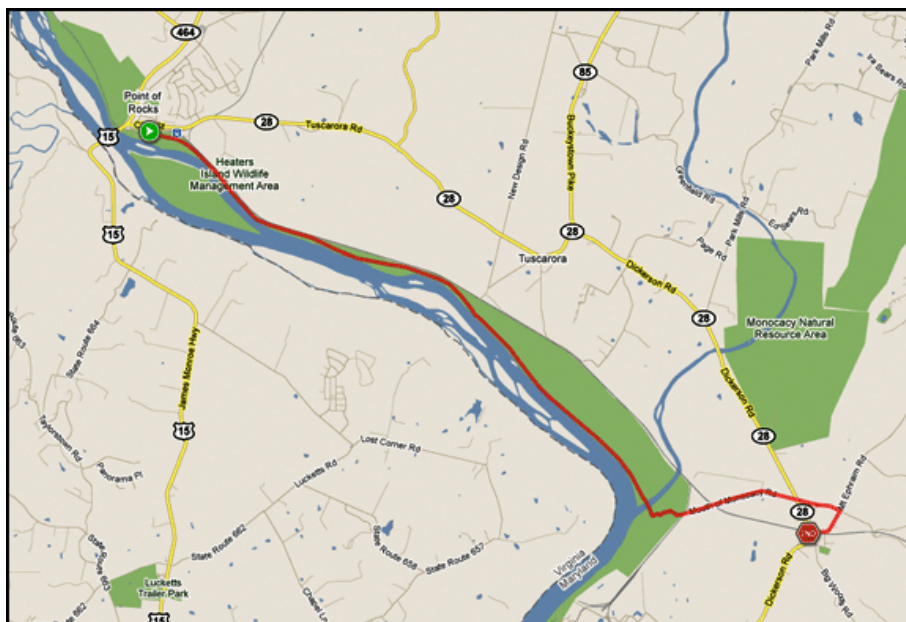


**AMERICAN**  
**Odyssey**  
RELAY RUN ADVENTURE

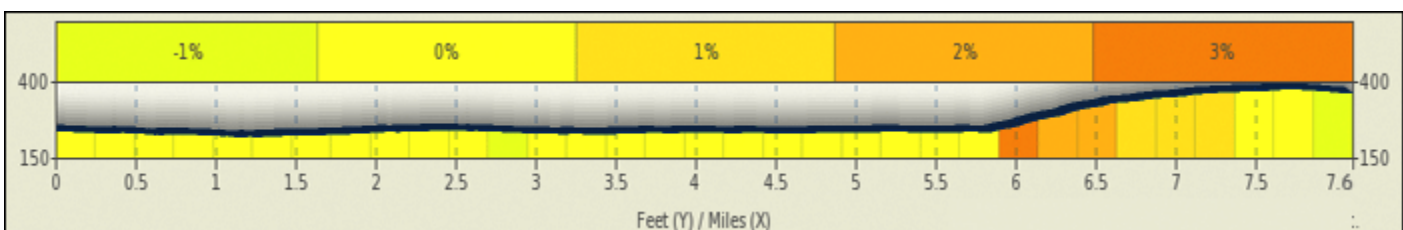
## RUNNERS

Mileage is per segment, not cumulative

1. C & O Canal Pt. of Rocks. Pass Noland's Ferry at approximately 3.4 and continue to 5.8 to Monocacy Aqueduct
2. Turn left to come out of Canal on Aqueduct Lane to connect with and continue on Mouth of Monocacy Rd. for a total of 1.4 to cross over Rt. 28 for .4 to second
3. Right on Mt. Ephraim Road for .1 to transition at MARC train station



**ELEVATION:** min: 197ft | max: 394ft | ascent: 217ft | descent: -92ft



AMERICAN ODYSSEY RELAY

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## VANS

Mileage is per segment, not cumulative

1. Out of MARC lot to light.
2. Bear right to stay on 28 to left on Mt. Ephraim by following signs for MARC lot