

# LEG 29

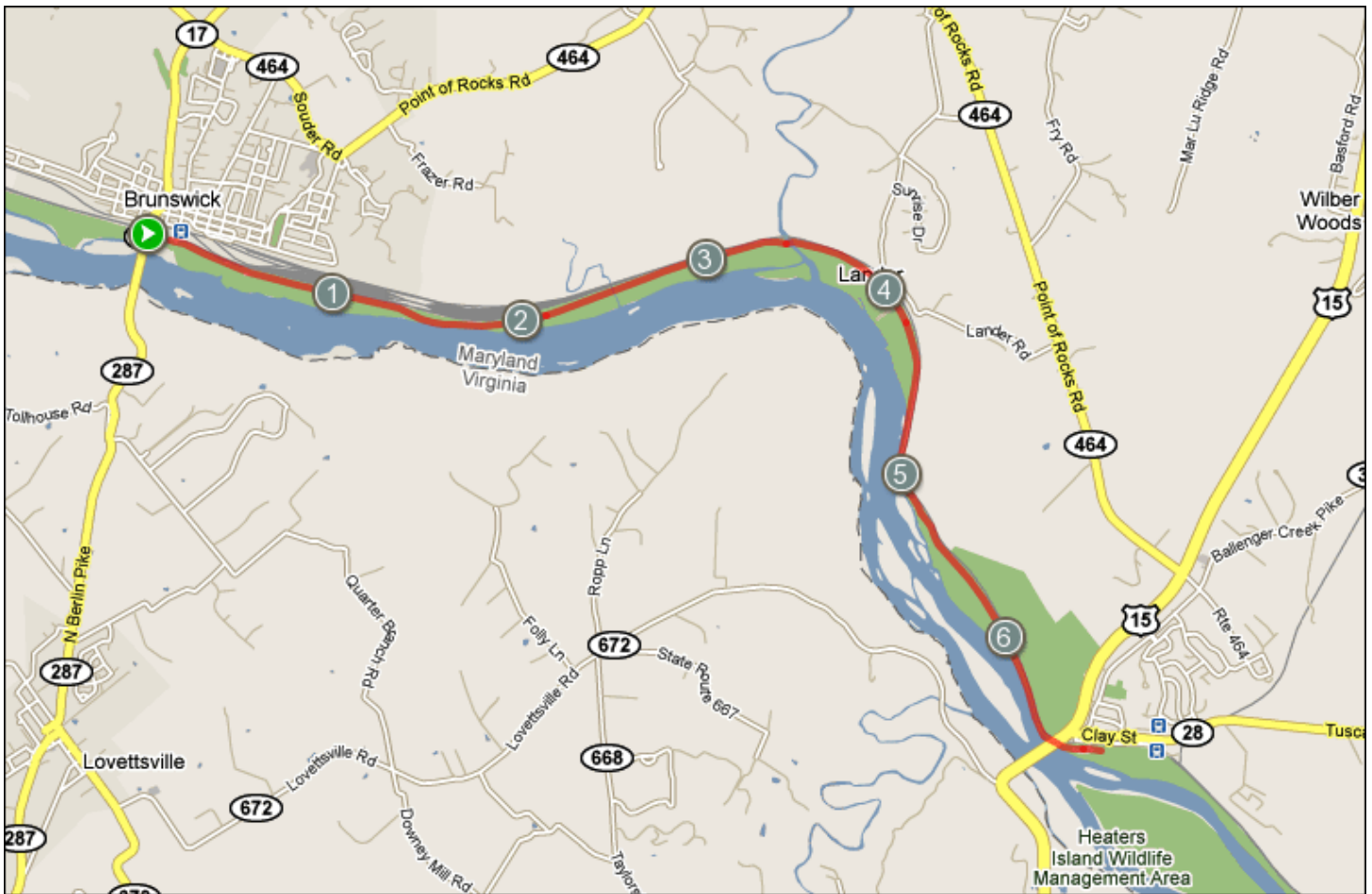
6.6 MILES | MEDIUM



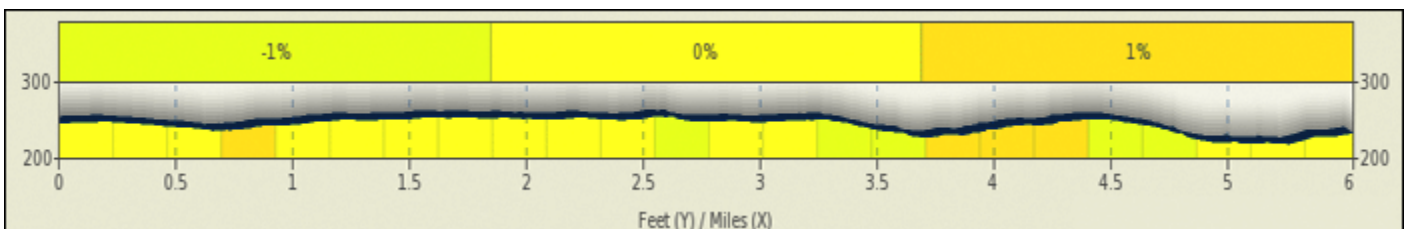
## RUNNERS

Mileage is per segment, not cumulative

### 1. C & O Canal Brunswick to Point of Rocks



**ELEVATION:** min: 203ft | max: 285ft | ascent: 85ft | descent: -102ft



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6.6 MILES | MEDIUM

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## VANS

Mileage is per segment, not cumulative

1. Out of MARC lot to light.
2. Right on East Potomac for about .5 to stop sign.
3. Left on Park. Name changes to Gum Spring. Take to the end and then turn
4. Right on H Street to quick
5. Right on Souder to
6. Left on 464/Point of Rocks Rd/9th Street (yeah, it has a lot of names!)
7. Take for approximately 7 miles to right on Rte. 15 to first light (don't cross the Potomac!) and turn
8. Left on Clay (Rte. 28) following signs for MARC to
9. Right on Monroe into MARC lot.
10. Park and head to your right to transition.