

LEG 30

7.6 MILES | HARD

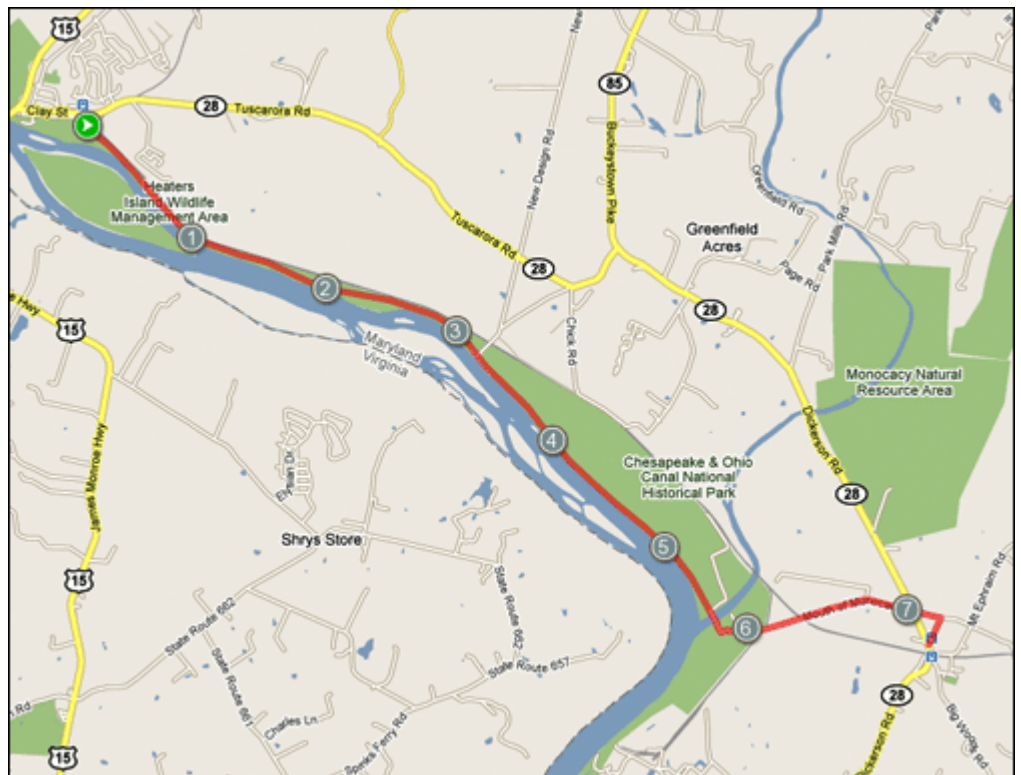


American Odyssey
RELAY RUN ADVENTURE

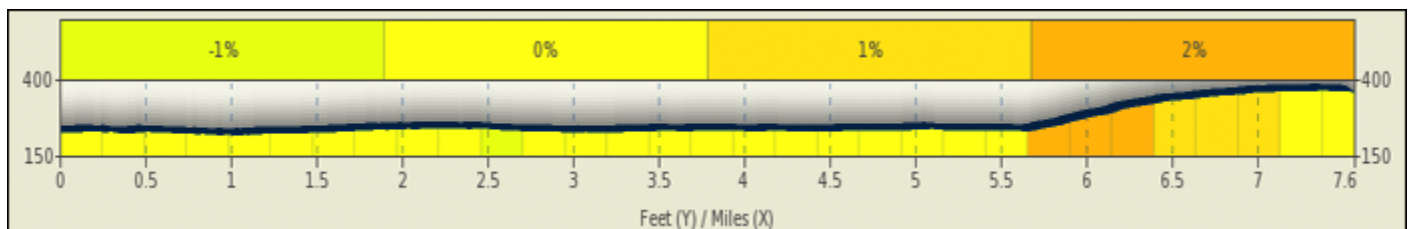
RUNNERS

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 .2 to first
3. Right on Nicholson Farm Road for .2 to end to
4. Cross back over 28 into transition at Absolute Auto



ELEVATION: min: 197ft | max: 371ft | ascent: 210ft | descent: -75ft



AMERICAN ODYSSEY RELAY

LEG 30

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VANS

Mileage is per segment, not cumulative

1. Out MARC lot and turn right on 28 to end.
2. Bear right to stay on 28 to transition at Absolute Auto, 22210 Dickerson Road.

POINTS OF INTEREST:

Just down the street from the transition is the Dickerson Market at 22145 Dickerson Rd (just under the overpass you see)
301-349-5789

All Day Breakfast, Sandwiches, Burgers, Pizza, Salads made to order at kitchen area inside market.

Will have food and drink selections available at transition area.

Gas Station and Kitchen open at 530 am!