

LEG 30

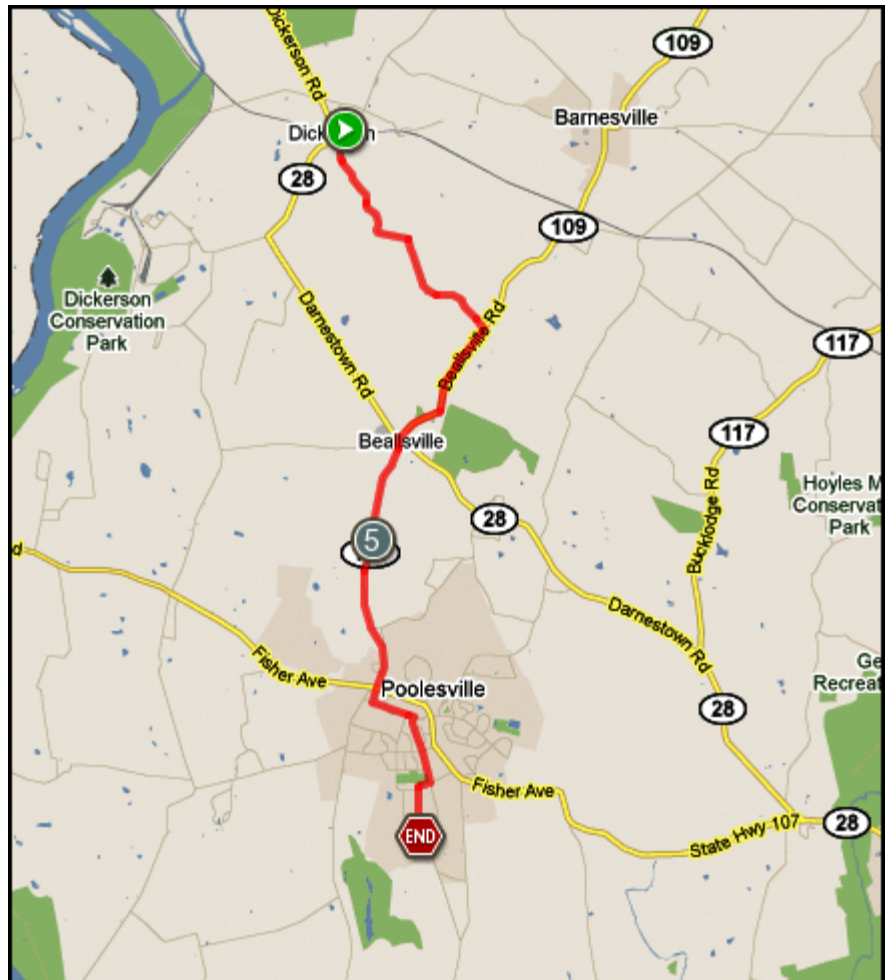
8.1 MILES | HARD



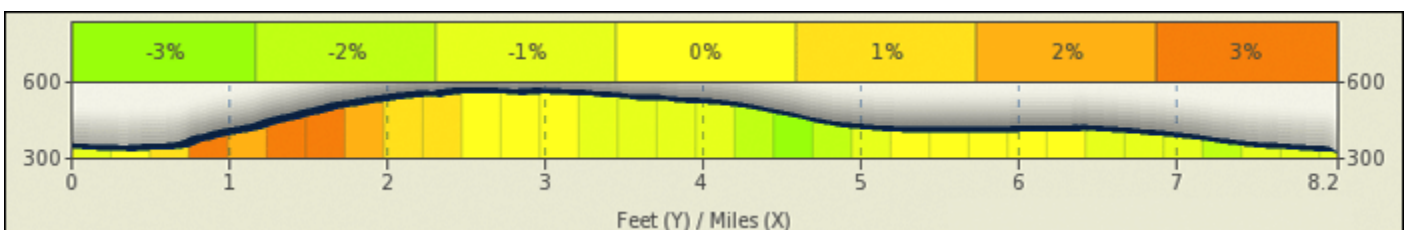
RUNNERS

Mileage is per segment, not cumulative

1. Continue on Mt. Ephraim for .2 to
2. Left on Rt. 28, Darnestown Road to
3. Immediate left after bridge onto Big Woods for 2.6 to
4. Right on Beallsville Road (Rt. 109) for 1.4 to cross over Rt. 28 and
5. Continue on Beallsville Road for 2.0 and
6. Bear right as road changes name to Elgin for .4 to cross over Fisher and
7. Stay on Elgin for .1 to end to
8. Left on Wootton for .4 to
9. Right on Hughes for .6 to
10. Right on Tom Fox for .3 to
11. Transition at John Poole Middle School



ELEVATION: min: 305ft | max: 584ft | ascent: 253ft | descent: -269ft



LEG 30

8.1 MILES | HARD



VANS

Mileage is per segment, not cumulative

1. Continue on Mt. Ephraim for .2 to
2. Left on Rt. 28, Darnestown Road to
3. Immediate left after bridge onto Big Woods for 2.6 to
4. Right on Beallsville Road (Rt. 109) for 1.4 to cross over Rt. 28 and
5. Continue on Beallsville Road for 2.0 and
6. Bear right as road changes name to Elgin for .4 to cross over Fisher and
7. Stay on Elgin for .1 to end to
8. Left on Wootton for .4 to
9. Right on Hughes for .6 to
10. Right on Tom Fox for .3 to
11. Transition at John Poole Middle School