

LEG 32

“JAN’S JAUNT”

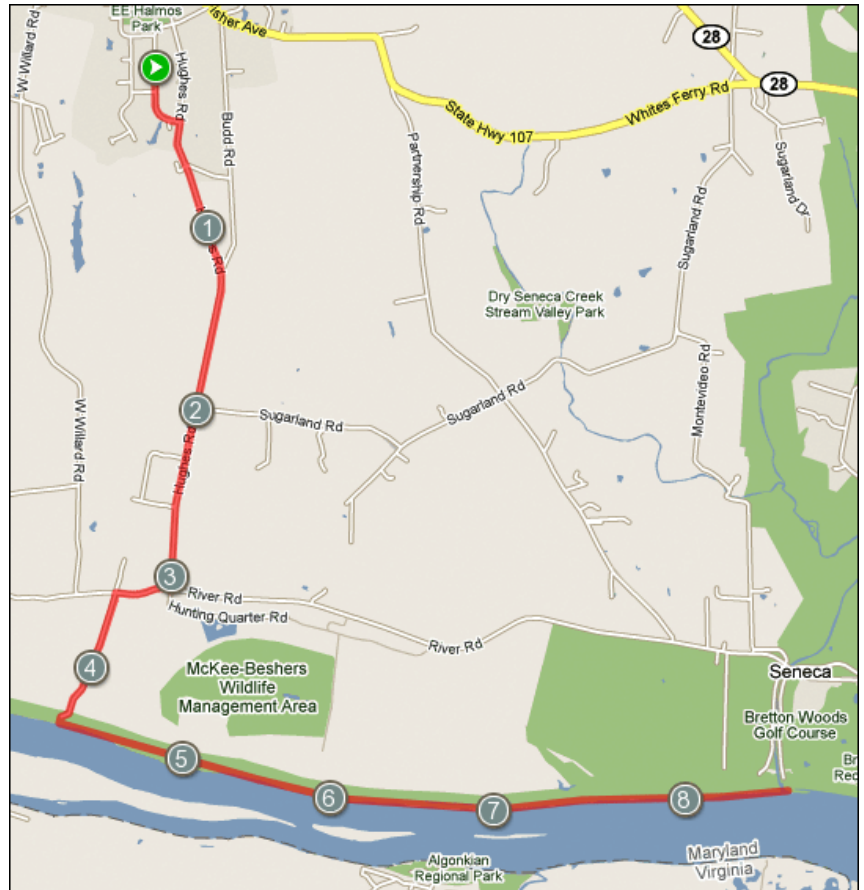
8.8 MILES | HARD



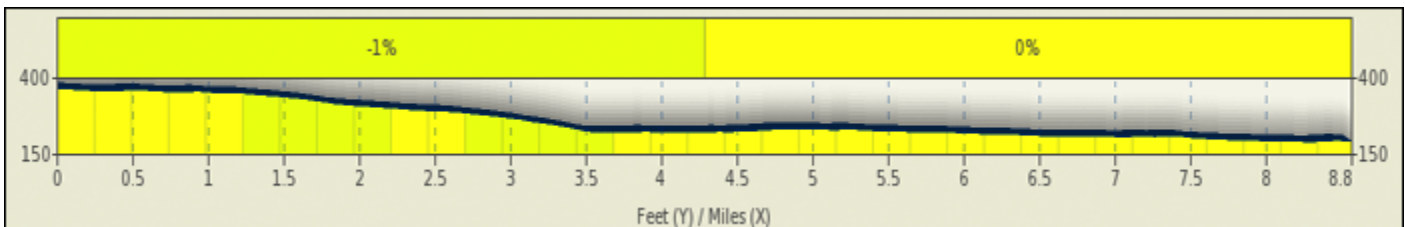
RUNNERS

Mileage is per segment, not cumulative

1. Out transition and continue on Tom Fox .4 to
2. Right on Hughes for 2.8 to
3. Right on River Road for .4 to
4. First left on Sycamore Landing for .8 to end to
5. Left on C&O Canal for 4.4 to transition at Riley’s Lock



ELEVATION: min: 180ft | max: 331ft | ascent: 33ft | descent: -167ft



AMERICAN ODYSSEY RELAY

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8.8 MILES | HARD



VANS

Mileage is per segment, not cumulative

1. Out transition and continue on Tom Fox .4 to
2. Right on Hughes for 2.8 to
3. Left on River Road for approximately 3.7 miles. Pass Tschiffely Road on the right and then cross Seneca Creek Bridge and make immediate right on Riley's Lock Road.
4. Take Riley's Lock Road to the end to transition.

POINTS OF INTEREST:

Riley's Lock is a beautiful picnic spot. It has Civil War history as a crossing point over the Potomac. Be sure to read the signpost there.

Port-a-potties are available here.

Business partner Jan Rosenberg lives really close to here and runs this portion of the Canal often.