

LEG 33 "CYNDI'S CRUNCH"

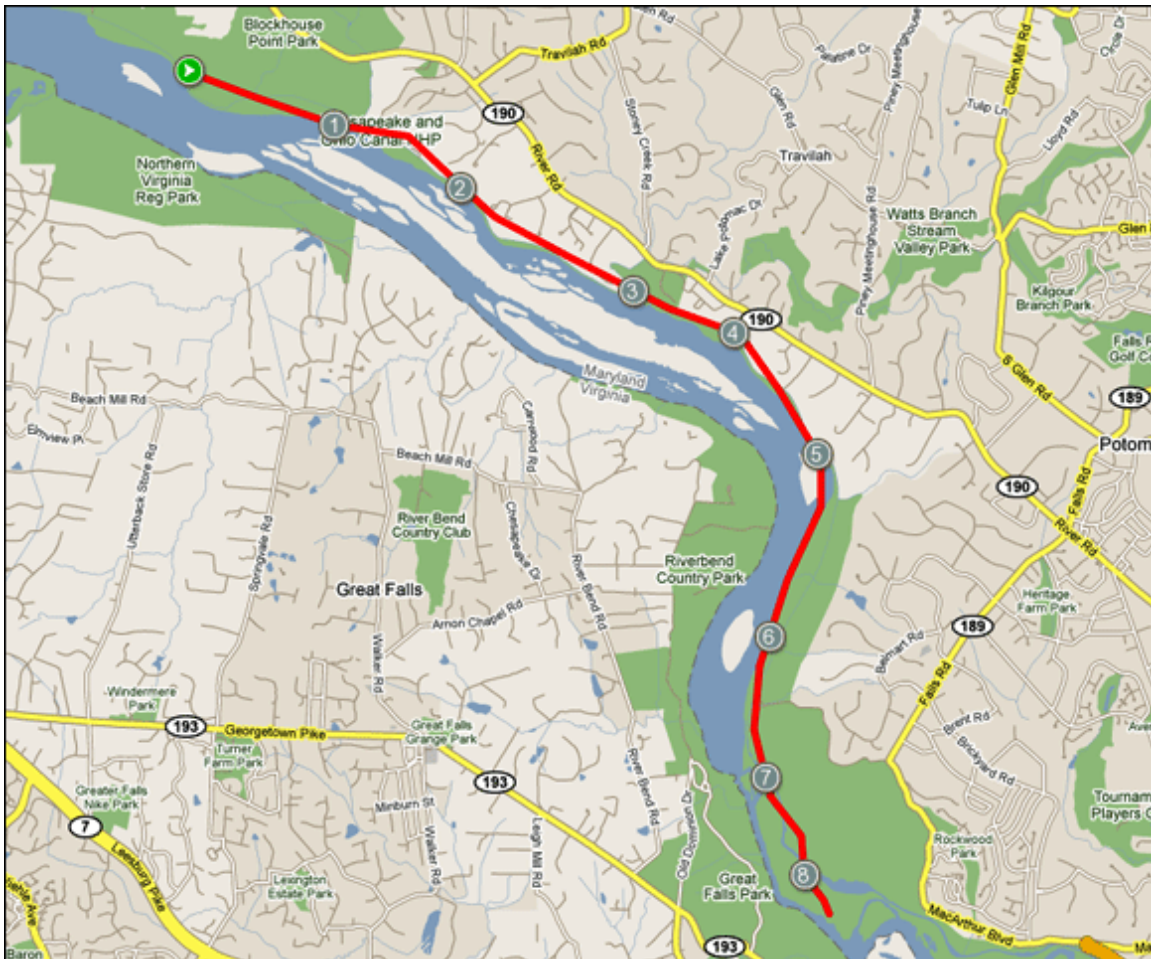
8.3 MILES | HARD



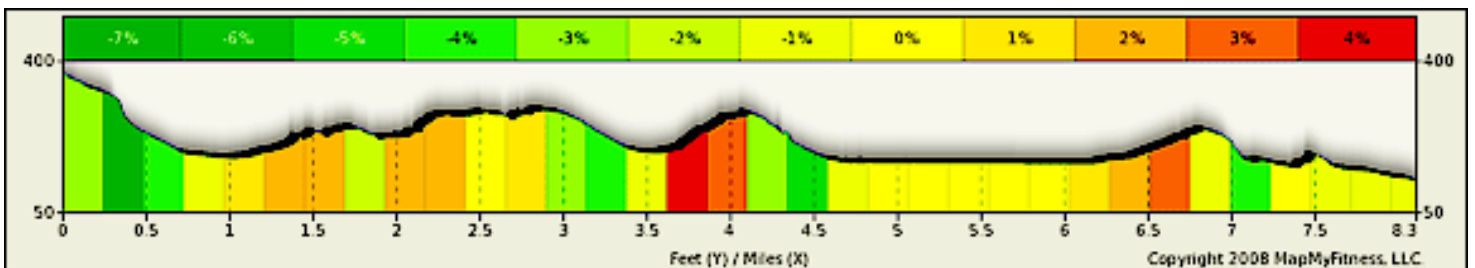
RUNNERS

Mileage is per segment, not cumulative

1. C & O Canal Riley's Lock to Great Falls.



ELEVATION: min: 98ft | max: 400ft | ascent: 397ft | descent: -643ft



AMERICAN ODYSSEY RELAY

LEG 33 “CYNDI’S CRUNCH”

8.3 MILES | HARD



VANS

Head out Riley’s Lock Road and make a right on River Road. At approximately .5 make a right to stay on River Road and take it to Falls Road (189). Make a right on Falls Road. Major intersection just past the Giant Food store on the right and the Post Office on the left. Take Falls to the end. Make a right at the Stop sign. There is construction as you head down the hill. You should be okay time wise. You will need a copy of our National Park Service permit to be admitted to the Great Falls Park without paying. We will give these out at check-in.

POINTS OF INTEREST:

There is a small visitor’s center here and a rest room. There is a beautiful scenic overlook about ¼ mile into leg 34.

Running partner, Cyndi Haan, has crunched the ground here more than she can remember.