

LEG 33 "CYNDI'S CRUNCH"

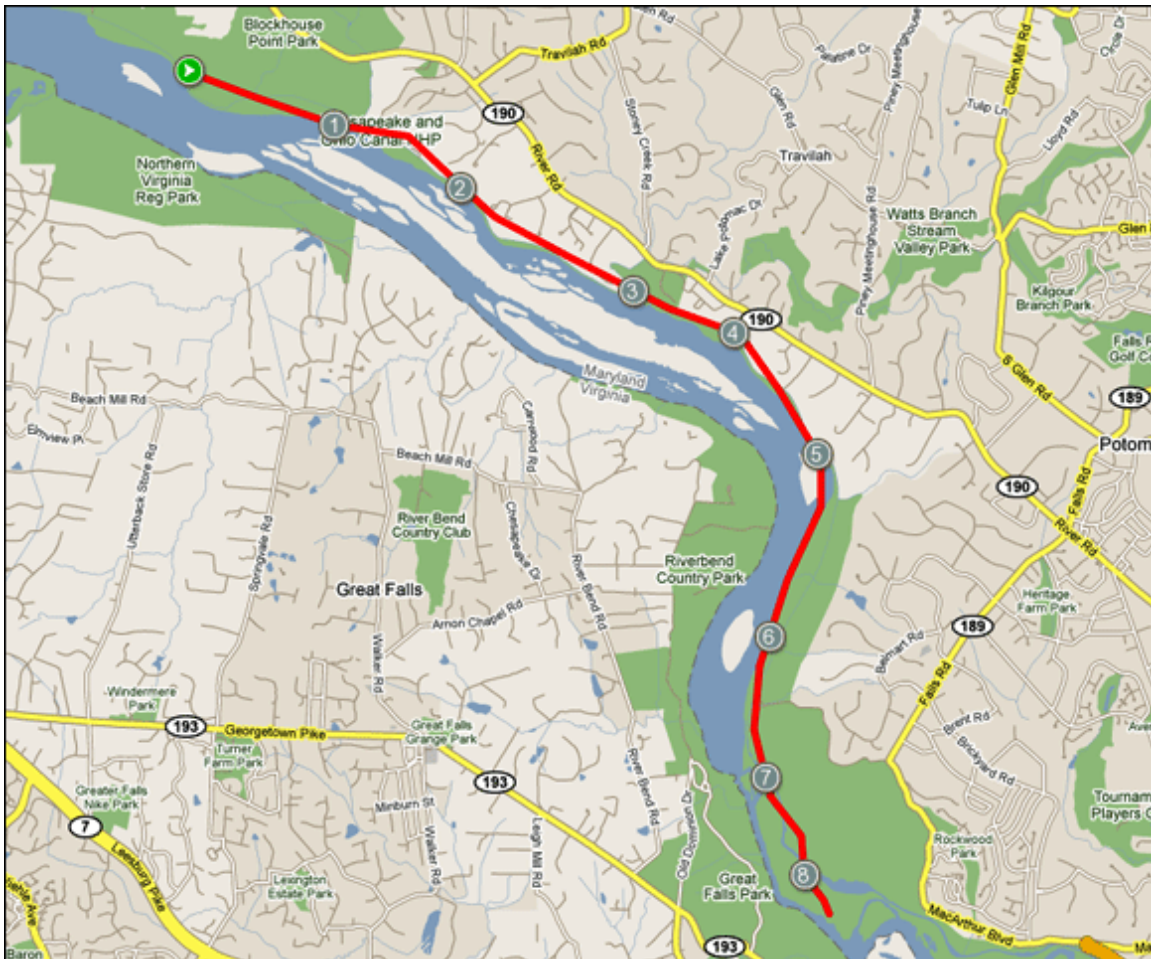
8.3 MILES | HARD



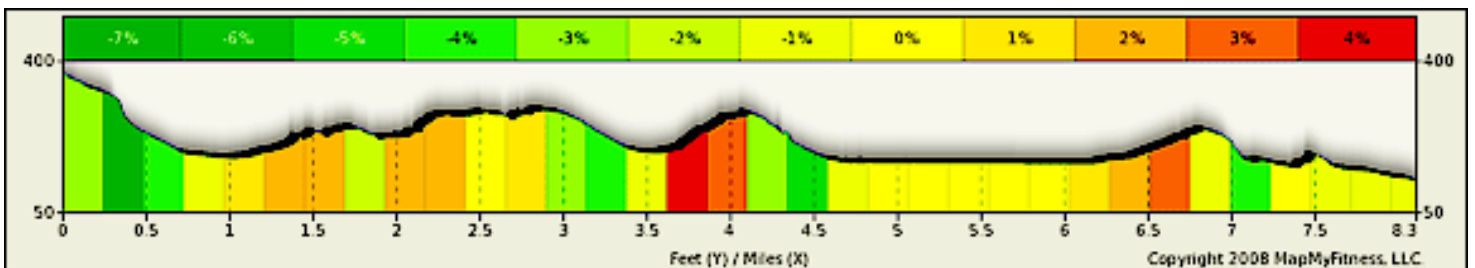
RUNNERS

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

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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 and drive to the bottom of the hill. We will give you a copy of our permit in case the gate attendant tries to ask you for a payment.