

LEG 36

4.5 MILES | MEDIUM

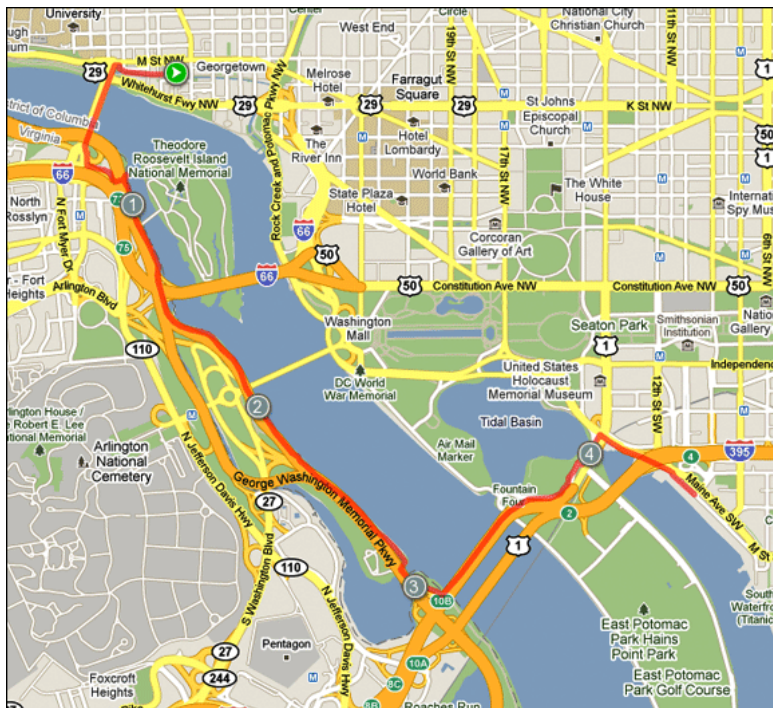


AMERICAN
Odyssey
RELAY RUN ADVENTURE

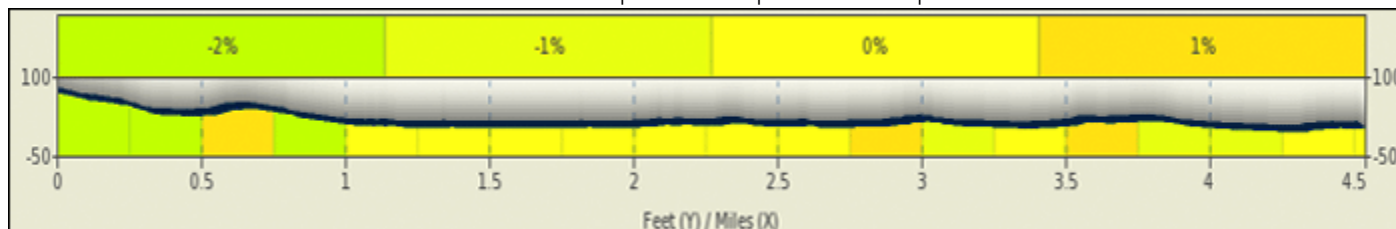
RUNNERS

Mileage is per segment, not cumulative

1. Head back on the C&O Canal for .1 and make a hard right at the first bridge and take that over the Canal.
2. Go up steps and then make an immediate left and run .1 up the bike path towards M Street and then immediately turn left onto the sidewalk at the Key Bridge for .5 past the first street once the bridge ends to
3. Left onto Mt. Vernon Bike Trail, which is immediately adjacent to the second street after the bridge ends - the asphalt path with the yellow line down the middle. At approximately .5 after starting on the bike path you will come to the Roosevelt Island parking area. The path crosses over the parking lot and continues on the right side of the parking area. Soon after the parking area the path splits and you must stay left along the river on the boardwalk like surface. Continue for another .7 after this point to go under the Memorial Bridge and continue for an additional 1.2 to
4. Right up short hill (before the bridge) that will bring you up onto the 14th Street Bridge walkway (left side of bridge only) into D.C. Continue over bridge for .5 to
5. Over crosswalk onto sidewalk with Jefferson Memorial on your left for .3 to
6. Make a right at the crosswalk to crossover this street and then left onto the sidewalk on the other side of the road essentially continuing in the same direction for .2 to
7. Right on Maine Ave., go under the underpass (Rte. 395) and continue straight on right side for .3 on sidewalk to finish line at Water and 9th Streets on the SW waterfront (between Phillips and Hogates Restaurants).



ELEVATION: min: -16ft | max: 82ft | ascent: 66ft | descent: -131ft



AMERICAN ODYSSEY RELAY

LEG 36

4.5 MILES | MEDIUM



VANS

Mileage is per segment, not cumulative

Go back out K Street the way you came in and continue for .2 past 30th Street to bear right onto Rock Creek Parkway. Pass Watergate and Kennedy Center and continue on Rock Creek Parkway until it turns into Independence Ave. Follow Independence past 17th Street and the Tidal Basin and Jefferson will be on your right. Bear off to the right onto Maine Ave. under 395 to the finish line.

POINTS OF INTEREST:

Not only does this runner get to finish, but he/she gets to run over the Key Bridge into VA and then back over the 14th St. Bridge into the District! Even DC area natives can't help but feel moved by the scenery along this leg. Monuments, the Potomac River, The Tidal Basin, two bridges. . . . Wow!

Parking is in the lot to the left of the finish line. There are about 150-175 spots. If the lot is full, you can park on the street, but meters are in force on Saturday and have a two hour limit. You will need lots of quarters!