

# LEG 6 “ANDREA’S ASCENT” (formerly “LANDAU’S LEG”)

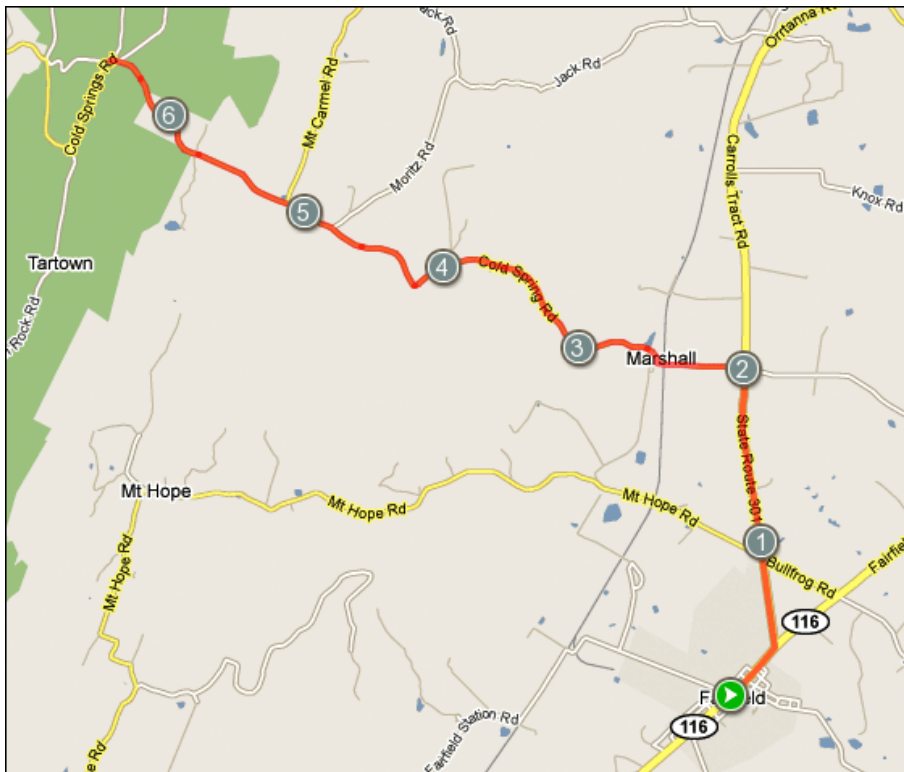
6.7 MILES | VERY HARD



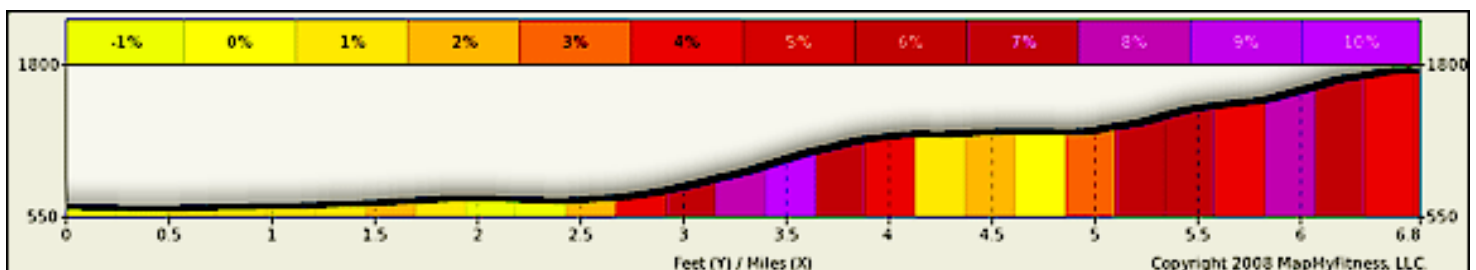
## RUNNERS

Mileage is per segment, not cumulative

1. Continue on Main Street .3 to
2. Left on Carroll’s Tract—just after Post Office for 1.4 to (caution lots of traffic possible on Carroll’s Tract)
3. Left on Cold Spring for 5 to turnoff



**ELEVATION:** min: 591ft | max: 1759ft | ascent: 1171ft | descent: -46ft



AMERICAN ODYSSEY RELAY

# LEG 6

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6.7 MILES | VERY HARD



## VANS

Mileage is per segment, not cumulative

1. Continue on Main Street .3 to
2. Left on Carroll’s Tract—just after Post Office for 1.4 to (caution lots of traffic possible on Carroll’s Tract)
3. Left on Cold Spring for 5 to turnoff

### POINTS OF INTEREST:

The first time we drove this leg my running partner, Cyndi, said, “my ears are popping!” This leg is not for the faint of heart! The first third will lull you to sleep. The rest will remind you why it’s deemed VH!

This leg is named in memory of Andrea, daughter of AOR 2009 leg 6 runner, Andre Springer.