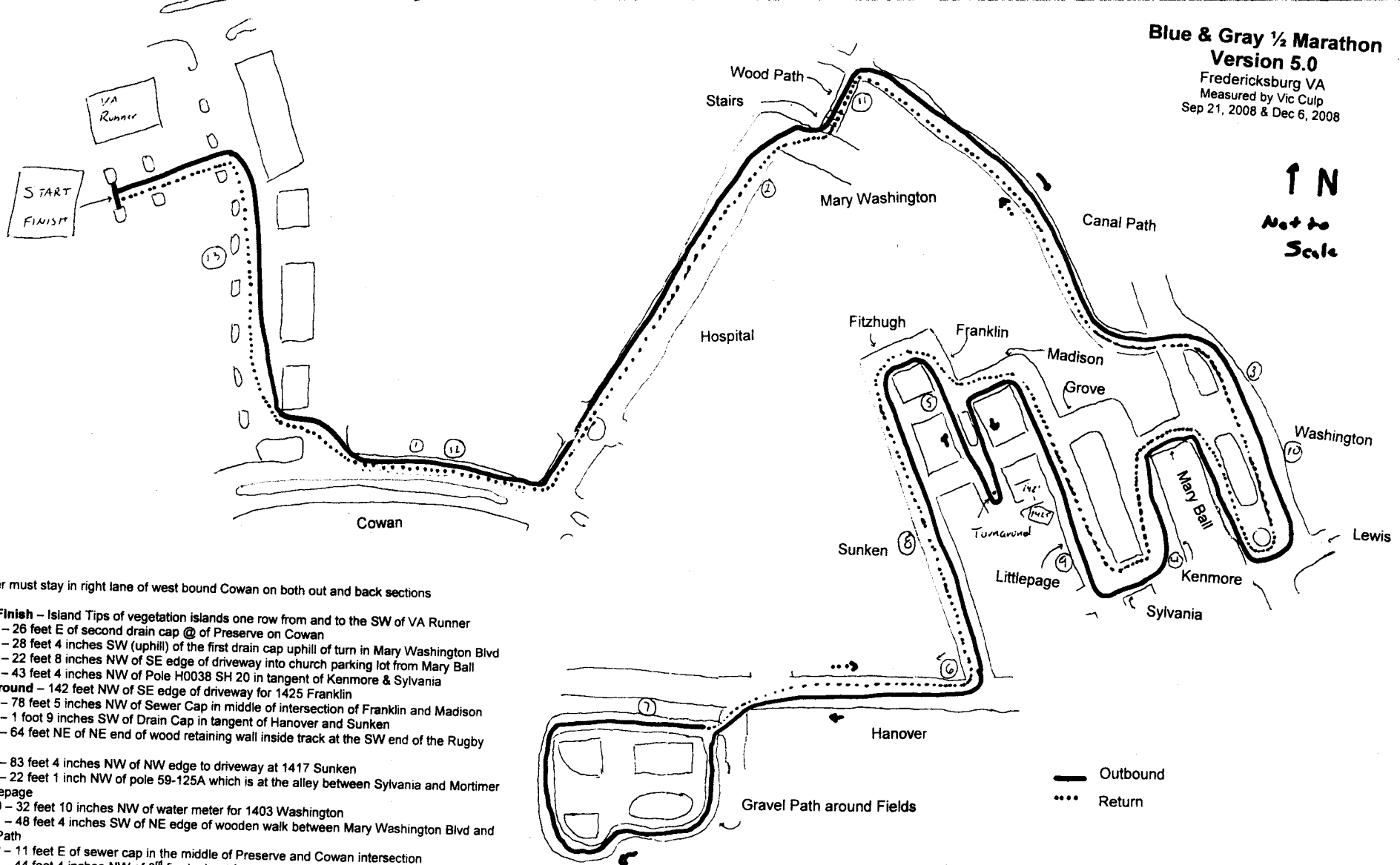


↑ N
 Not to Scale



Runner must stay in right lane of west bound Cowan on both out and back sections

- Start/Finish** - Island Tips of vegetation islands one row from and to the SW of VA Runner
- Mile 1** - 26 feet E of second drain cap @ of Preserve on Cowan
- Mile 2** - 28 feet 4 inches SW (uphill) of the first drain cap uphill of turn in Mary Washington Blvd
- Mile 3** - 22 feet 8 inches NW of SE edge of driveway into church parking lot from Mary Ball
- Mile 4** - 43 feet 4 inches NW of Pole H0038 SH 20 in tangent of Kenmore & Sylvania
- Turnaround** - 142 feet NW of SE edge of driveway for 1425 Franklin
- Mile 5** - 78 feet 5 inches NW of Sewer Cap in middle of intersection of Franklin and Madison
- Mile 6** - 1 foot 9 inches SW of Drain Cap in tangent of Hanover and Sunken
- Mile 7** - 64 feet NE of NE end of wood retaining wall inside track at the SW end of the Rugby Field
- Mile 8** - 83 feet 4 inches NW of NW edge to driveway at 1417 Sunken
- Mile 9** - 22 feet 1 inch NW of pole 59-125A which is at the alley between Sylvania and Mortimer on Littlepage
- Mile 10** - 32 feet 10 inches NW of water meter for 1403 Washington
- Mile 11** - 48 feet 4 inches SW of NE edge of wooden walk between Mary Washington Blvd and Canal Path
- Mile 12** - 11 feet E of sewer cap in the middle of Preserve and Cowan intersection
- Mile 13** - 44 feet 4 inches NW of 3" fire hydrant from Fall Hill Ave

USATF-CERTIFIED
 COURSE
 VA-08056-RT

CERTIFICATION EXPIRES 31 DEC 2018