



Van/Vehicle Directions

Start

You all have GPS of some sort! The start is at **15800 Needwood Lake Circle, Derwood, MD** at the northern most point of Rock Creek Park. If you forget this address, just ask your GPS device to get you to Lake Needwood! We are in picnic area two.

If you were one of the first 25 teams to register, we will send you info on VIP parking. Otherwise, you will need to walk 7-8 miles to the nearest lot. That was a joke. It's about a 3-4 minute walk, maximum. When you approach the parking area, please follow the instructions of our dynamite volunteers. If they are busy with someone else and you are in a rush, continue past the parking lot at Picnic Area Two by making a left if you came in off of Avery Road, otherwise, by going straight, and bear right on the loop road. There are in excess of 150 spot along the right side of that road.

A word about the directions below. Please follow them. Do not go on Beach Drive or try to follow your runners! There will be a quadrillion cyclists on Beach Drive and they won't be happy to see you. They can be a vocal lot. We don't want to incur their wrath or we won't be invited back. Keep to the non Rock Creek Park roads listed below. Please. Please.

To Transition One (across from 5014 Baltic Ave, Rockville)

1. Exit parking area and take Needwood Lake Circle to the end to
2. Left on Avery .3 to end to
3. Right on Muncaster Mill 2.1 to
4. Left on Rt. 28 Norbeck Road .1 to
5. Right onto Rt. 97 Georgia Ave. 1.7 to
6. Right onto Rt. 185 Connecticut Ave .3 to
7. Right Aspen Hill 1.3 to
8. Right on Baltic Street .1 to Aspen Hill Park on the right directly across from 5014 Baltic Ave. Rockville MD

To Transition Two (4710 Saul Road, Kensington)

1. Right out of transition onto Baltic .1 to
2. Left onto Adrian .1 to

3. Right onto Aspen Hill to
4. Immediate left onto Veirs Mill 2.0 to
5. Right on Rt. 185 Connecticut 1.7 to
6. Right on Rt. 547 Knowles .5 to
7. Left on Parkwood .7 (just before you reach Beach Drive) to
Please do not drive on Beach Drive in Rock Creek Park!! Our vans and the cyclists who use Beach Drive will not co-exist well. Let's be respectful of them so they don't try to prohibit the Rock the Creek Relay in future years.
8. Left on Saul .1 to transition on the right.
9. Park in the upper lot or on the street if necessary. Transition and portable toilets are in the lower lot down the stairs if on foot or by taking the next right onto Franklin if still in the van.

**To Transition Three NEW LOCATION
(Chevy Chase Super Market, 8531 Connecticut Avenue, Chevy Chase)**

1. Continue on Saul Road southeast 1 mile to
2. Right on 185 Connecticut 1.3 to
3. Left on Manor
4. to Transition on the right

Portable toilets are on the far side of the parking lot.

To Transition Four (3710 Saul Road, Kensington-same as transition two)

1. Continue up Jones Bridge .2 to
2. Right on 185 Connecticut 1.1 to left on Saul 1.0
3. To Transition on the left

To Transition Five (across from 5014 Baltic, Rockville—same as transition one)

1. Continue on Saul .1 to
2. Right on Parkwood .7 to
3. Right on 547 Knowles .5 to
4. Left on 185 Connecticut 1.7 to
5. Left on Veirs Mill 2.0 to
6. Right on Aspen Hill to
7. Immediate left onto Adrian .1 to end to
8. Right on Baltic to immediate left into parking area for the park.

To Finish Line (15800 Needwood Lake Circle Derwood - same as the start)

1. Continue up Baltic .1 to
2. Left on Aspen Hill 1.3 to
3. Left on 185 Connecticut .3 to
4. Left on 97 Georgia 1.7 to
5. Left on Rt. 28 Norbeck .1 to

6. Right on Muncaster Mill 2.1 to
7. Left on Avery .3 to
8. Right on Needwood Lake Circle to end to Finish line.