

ROCK THE CREEK RELAY

LEG 1

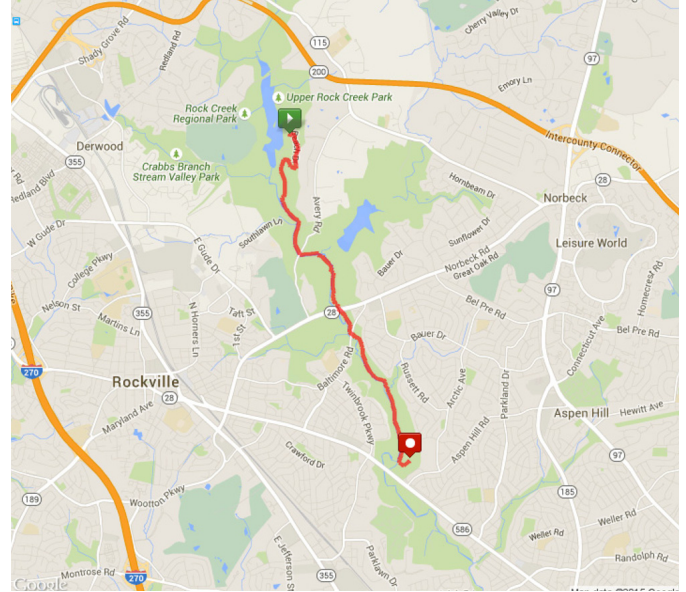
4.35 MILES



RUNNERS

Turn by Turn Directions (mileage is per segment, not total)

1. Leave start area and bear right onto path through parking lot .1 to
2. Right on road straight ahead into area that says Do Not Enter for cars .4 to parking lot and
3. Bear left through lot .1 onto bike path .7 to
4. Cross Southlawn .2 to
5. Cross Avery .75 to stay right to go under Rt. 28 overpass. You will cross a small bridge (at approximately 2.2 miles into the leg). Veer **RIGHT** after the bridge and run towards the overpass (make sure to run under it!)
6. Straight ahead another .35 to cross Baltimore
7. Straight ahead 1.75 to transition in Aspen Hill Park on the ball field across the parking lot on the left



Despite the fact that there are seven directions listed above, this is pretty much a straight shot on the bike path. **Make certain to get onto the bike path .5 into your run and to bear right under the overpass at about 2.25** and you will have no other worries!

Portable toilets in the parking lot as you finish. This transition in Aspen Hill Park. The home directly across the street is 5014 Baltic Ave. Rockville.

Start Elevation: 409 ft | Max Elevation: 445 ft | Gain: 111 ft

