

## ROCK THE CREEK RELAY

# LEG 2

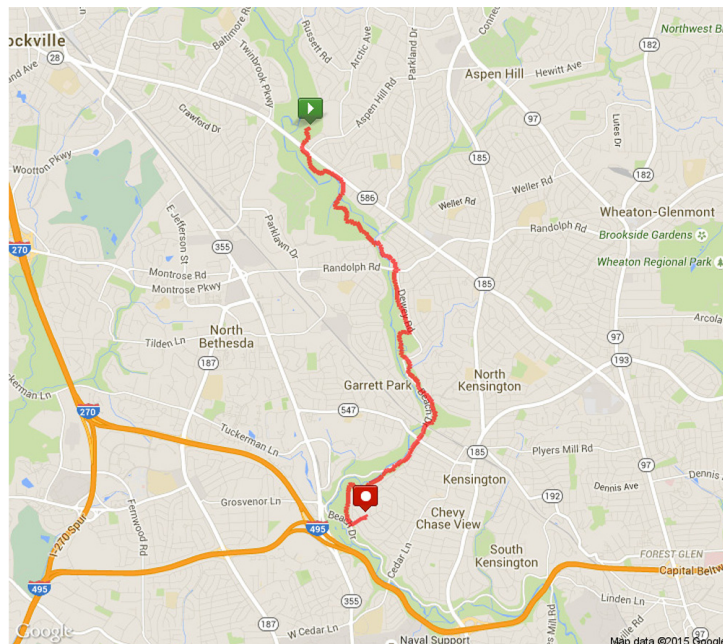
5.45 MILES



## RUNNERS

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

1. Leave the transition and run .1 through the parking lot to bear left onto the bike path and take the bridge over Viers Mill Road 1.6 to
2. Bear left over bridge and then immediately turn
3. Right to stay on path heading south. Soccer field will be in front of you. Do not go left towards the basketball court. Continue .35 to Randolph Road. Stop at the traffic light!!!!!! Cross Randolph and head right for 50 feet or so and get back on the bike path for 1.9 to
4. Cross Knowles and continue straight for 1.25 miles until the path comes out of the woods onto Beach Drive
5. Do not cross Beach Drive!! Instead, bear left for 50 feet and turn left onto Franklin. Get on the sidewalk and continue up the hill for .1 to the transition on the left side in the lower lot of Kensington Parkwood Elementary School.



As long as you bear left over the bridge and then immediately head to the right as noted in number three above, you should have no issues with this leg. Don't mess around at Randolph. Wait for the light to change!!

Portable toilets at the transition at 4710 Saul Road, Kensington (lower lot around the corner on Franklin)

Start Elevation: **293 ft** | Max Elevation: **359 ft** | Gain: **207 ft**

