

ROCK THE CREEK RELAY

LEG 3

4.9 MILES

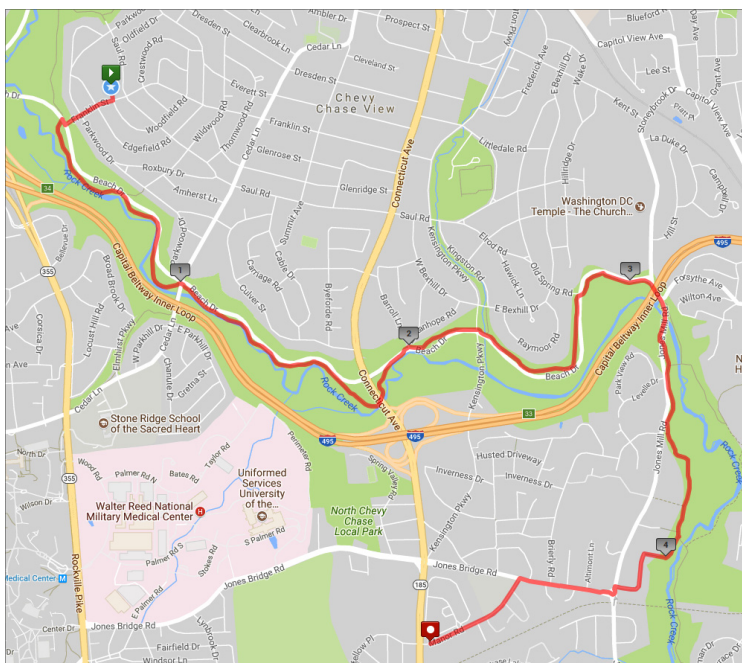


RUNNERS

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

1. Head down Franklin on sidewalk for .15 to very short right for 20 feet to left to cross Beach Drive and
2. Head south on the bike path for 1.7 to bear right to run under Connecticut Ave.
3. Path crosses Beach Drive and continues south.
4. Continue on the path and you will see the Mormon Temple on your left at approximately the three mile mark (total). Turn right onto Jones Mill Rd/Stoneybrook (stay to right on shoulder). Go under the Beltway. Cross car bridge sidewalk until you reach crosswalk and cross to other side of Jones Mill Rd approximately .15 after you cross under the Beltway. Go straight following the path into the woods for about another .6. Do not go left and cross the foot bridge.! If you reach East West Highway you've gone too far.
5. Head right on side path for .15 to
6. Left onto Susanna .2 to
7. Left onto Jones Mill for 25 feet to right to cross over Jones Mill at the first cross walk to get to the sidewalk on the left (south) side of Jones Bridge Road. Head up Jones Bridge Road .3 miles.
8. Left on Manor Road for .3 miles.
9. To Transition on left, Chevy Chase Super Market

Please note this is a change from previous years. Transition is at Chevy Chase Super Market at 8531 Connecticut Avenue, Chevy Chase. Portable toilets are located tare the far side of the parking lot, away from the market.



Start Elevation: **258 ft** | Max Elevation: **269 ft** | Gain: **126 ft**

