

ROCK THE CREEK RELAY

LEG 4

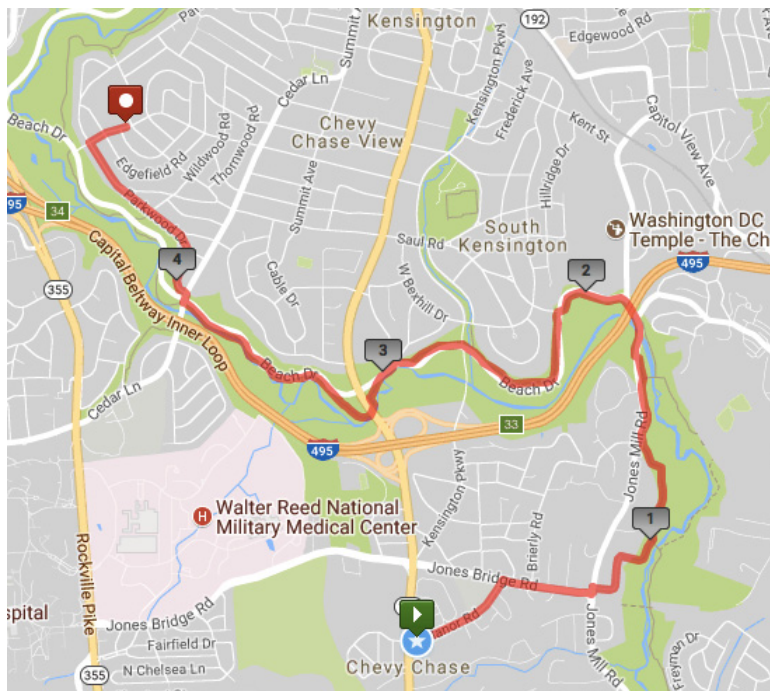
4.7 MILES



RUNNERS

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

1. Leave the transition and turn right for .3 down the sidewalk on Manor Road to the end to
2. Right on Jones Bridge .3 to the end to
3. Second intersection to cross Jones Mill to
4. Left on Jones Mill for 25 feet to
5. Right on Susanna for .2 to end to
6. Right on side bike path for .15 to
7. Left on main bike path to head north for .6 to
8. Cross over Jones Mill to continue on the bike path for .15 to
9. Pass under the Beltway and then bear left and see the Mormon Temple on your right to
10. Cross over Beach to head under Connecticut Ave. and continue on Beach for a total of 2.1 from the Beltway overpass to cross over Cedar Lane.
11. Continue on bike path for .4-cross over footbridge, slight uphill to
12. Right to cross over Beach Drive at the cross walk to Parkwood/Wildwood to
13. Continue on bike path .1 to
14. Left on Parkwood for .4 to
15. Right on Franklin .1



Transition is in the lower lot of Kensington Parkwood Elementary. Address is 4710 Saul Road, Kensington. Portable toilets in the lot. As long as you follow the directions back to the park from transition two this is an easy leg to navigate!

Start Elevation: **263 ft** | Max Elevation: **267 ft** | Gain: **114 ft**

