

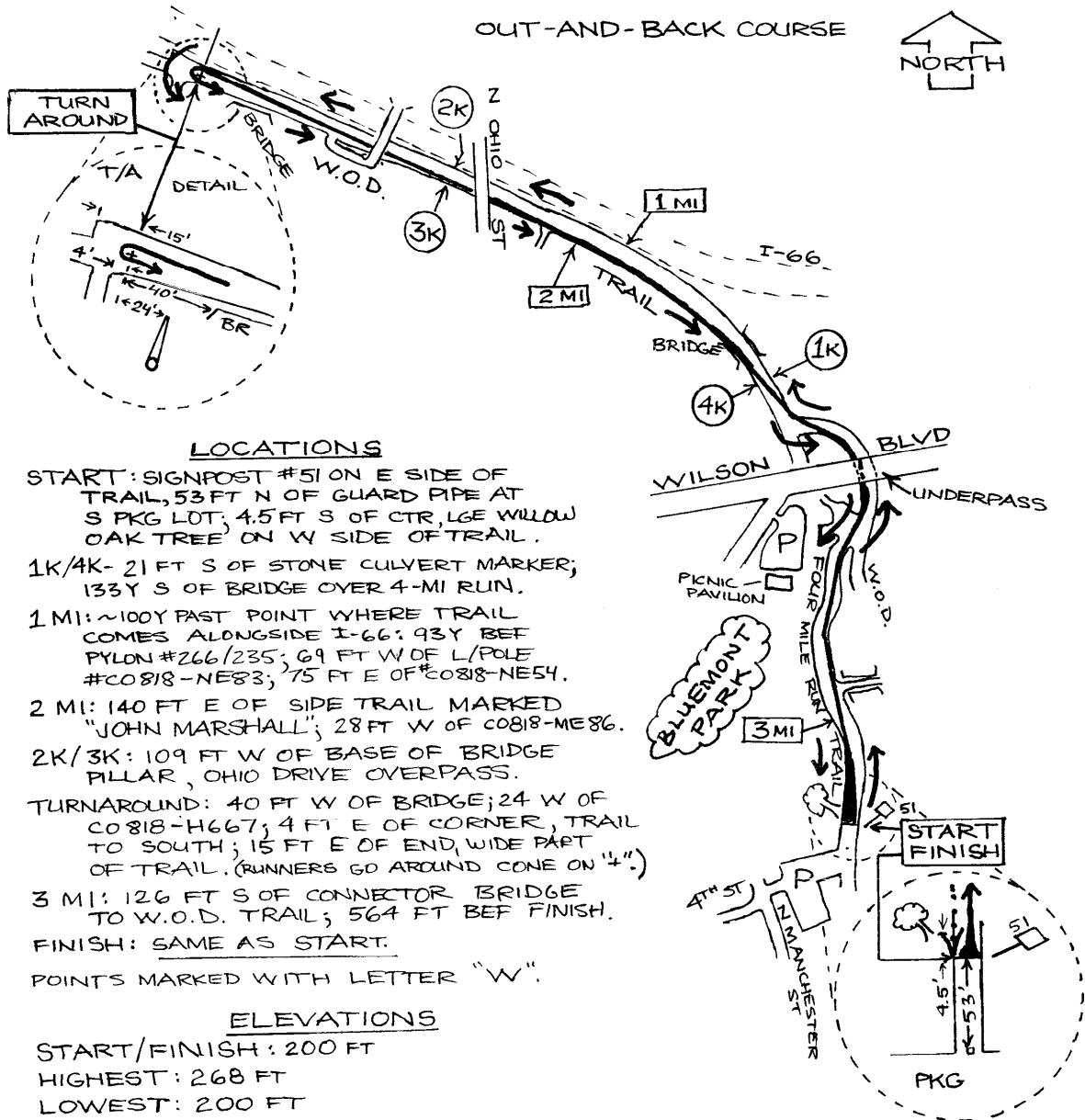


ARLINGTON, VIRGINIA

USATF-CERTIFIED COURSE  
VA-08016-RT

MAP NOT TO SCALE

OUT-AND-BACK COURSE



**LOCATIONS**

START: SIGNPOST #51 ON E SIDE OF TRAIL, 53 FT N OF GUARD PIPE AT S PKG LOT; 4.5 FT S OF CTR, LGE WILLOW OAK TREE ON W SIDE OF TRAIL.

1K/4K- 21 FT S OF STONE CULVERT MARKER; 133 Y S OF BRIDGE OVER 4-MI RUN.

1 MI: ~100Y PAST POINT WHERE TRAIL COMES ALONGSIDE I-66; 93Y BEF PYLON #266/235; 69 FT W OF L/POLE #C0818-NE83; 75 FT E OF #C0818-NE54.

2 MI: 140 FT E OF SIDE TRAIL MARKED "JOHN MARSHALL"; 28 FT W OF C0818-ME86.

2K/3K: 109 FT W OF BASE OF BRIDGE PILLAR, OHIO DRIVE OVERPASS.

TURNAROUND: 40 FT W OF BRIDGE; 24 W OF C0818-H667; 4 FT E OF CORNER, TRAIL TO SOUTH; 15 FT E OF END, WIDE PART OF TRAIL. (RUNNERS GO AROUND CONE ON "4")

3 MI: 126 FT S OF CONNECTOR BRIDGE TO W.O.D. TRAIL; 564 FT BEF FINISH.

FINISH: SAME AS START.

POINTS MARKED WITH LETTER "W".

**ELEVATIONS**

START/FINISH: 200 FT

HIGHEST: 268 FT

LOWEST: 200 FT

MEASURED 11 MAY 2008  
BY R THURSTON

CERTIFICATION EXPIRES  
31 DEC 2018

RET