



**Start: Ben's Chili Bowl Arlington** - 1725 Wilson Boulevard, Arlington, VA 22209 - Please arrive by 7:00 if you need to pick up your packet. Announcements will be at 7:45 Sharp! Start is at 8AM

**First Leg** - We will start in waves so as to not clog the sidewalks. You will exit the parking lot run North on Quinn Street and turn left on North Scott Street to cross I-66. Once you have crossed I-66, you will turn right and run east along the Custis Trail to pick up the Mt. Vernon trail at N. Lynn Street. You will then run on the Mt. Vernon Trail south along the Potomac River to the turn around spot at the Columbia Marina Island. There will be a bathroom and water station at the turn around spot. Return back to Ben's to eat your half smoke!.

**Second Leg** - After you eat your half smoke and chips you then will head back out the Custis trail as before but this time you will turn left after you cross I-66 and run west on the Custis Trail for 3.25 miles where there will be a turn-around spot at N. George Mason Drive and water station. Return to Ben's Chili Bowl for all the glory and bragging rights!