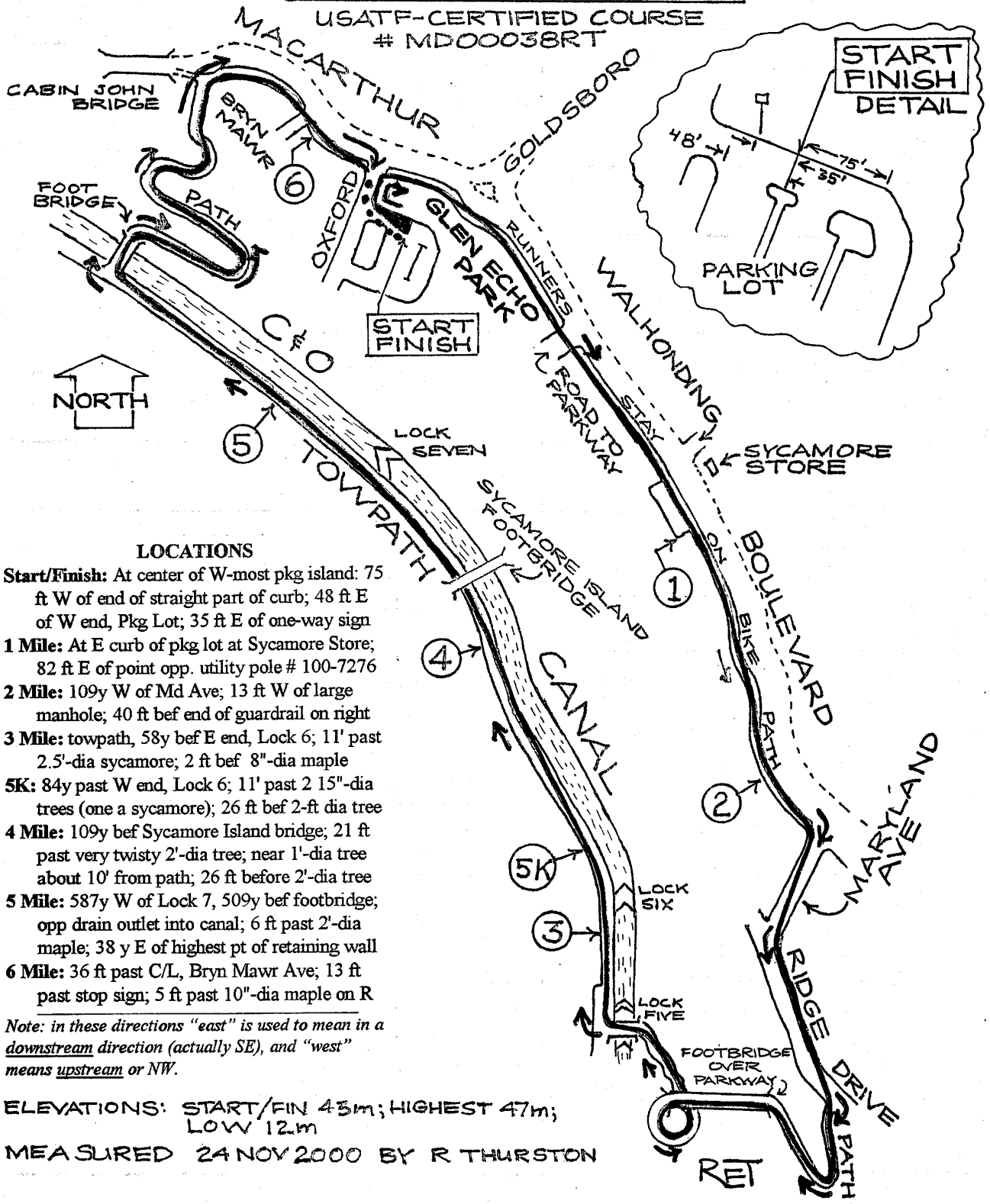
MAP NOT TO SCALE

BREAD RUN 10K
GLEN ECHO, MARYLAND

USATF-CERTIFIED COURSE
MD00038RT



LOCATIONS

Start/Finish: At center of W-most pkg island: 75 ft W of end of straight part of curb; 48 ft E of W end, Pkg Lot; 35 ft E of one-way sign

1 Mile: At E curb of pkg lot at Sycamore Store; 82 ft E of point opp. utility pole # 100-7276

2 Mile: 109y W of Md Ave; 13 ft W of large manhole; 40 ft bef end of guardrail on right

3 Mile: towpath, 58y bef E end, Lock 6; 11' past 2.5'-dia sycamore; 2 ft bef 8"-dia maple

5K: 84y past W end, Lock 6; 11' past 2 15"-dia trees (one a sycamore); 26 ft bef 2-ft dia tree

4 Mile: 109y bef Sycamore Island bridge; 21 ft past very twisty 2'-dia tree; near 1'-dia tree about 10' from path; 26 ft before 2'-dia tree

5 Mile: 587y W of Lock 7, 509y bef footbridge; opp drain outlet into canal; 6 ft past 2'-dia maple; 38 y E of highest pt of retaining wall

6 Mile: 36 ft past C/L, Bryn Mawr Ave; 13 ft past stop sign; 5 ft past 10"-dia maple on R

Note: in these directions "east" is used to mean in a downstream direction (actually SE), and "west" means upstream or NW.

ELEVATIONS: START/FIN 43m; HIGHEST 47m; LOW 12m

MEASURED 24 NOV 2000 BY R THURSTON