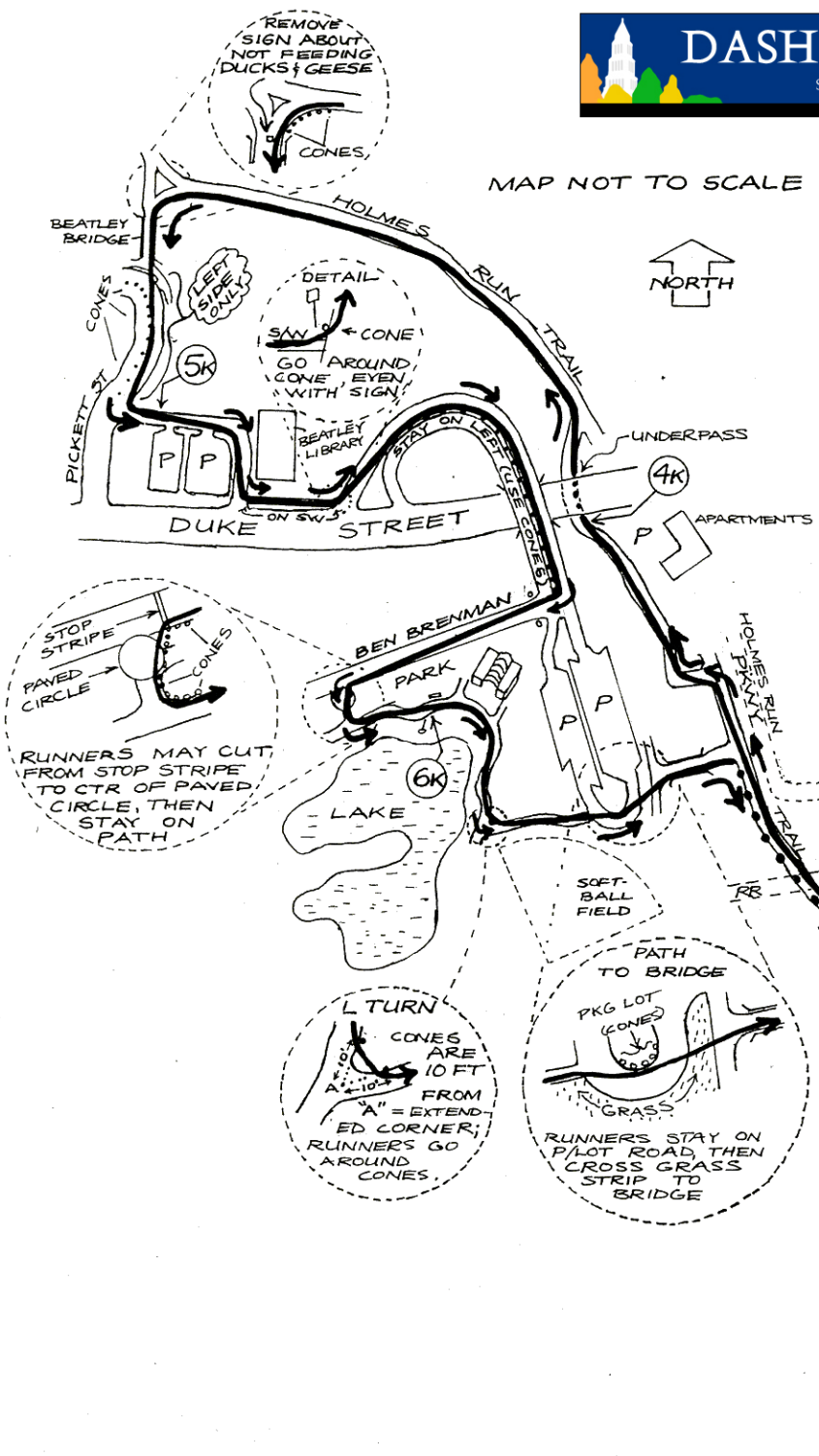


MAP NOT TO SCALE



Timing Points

Start/Finish: N side of Eisenhower Ave, 59 ft west of W edge, Swamp Fox Rd; 35 ft west of first light pole W of Swamp Fox; 2 ft E of "No Parking" sign.

1 km / 9 km: 170 ft west of Centerline (C/L), entrance to Alexandria Technical Center; 80 ft west of first median pole; at manhole in storm drain at right.

1 mile: ~400 ft east of Bluestone Rd; 108 ft east of utility pole on north side, near "High Voltage" sign; 8 ft west of green ground plate along north edge of road.

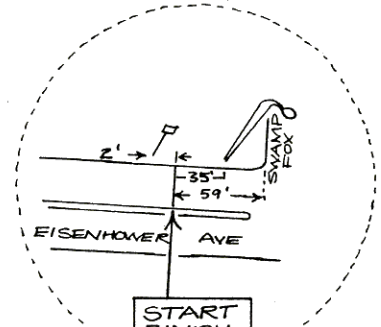
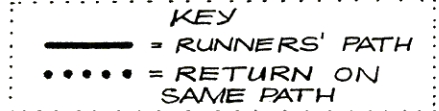
2 km / 8 km: 284 ft west of W edge, Cameron Parke Drive; in front of #3825; 18 ft W of storm drain.

3 km / 7 km: 151 ft W of curb end, along rough blacktop; 10 ft W of "No Dumping" sign; marked on adjacent path.

4 km: Holmes Run Trail, 4 ft before 4th chain post on left as path approaches Duke St underpass; pkg lot on right.

5 km: Beatley Library, Pickett St entrance: 10 ft before "nose" of parking lot edge, and 4 ft past west end of lot.

6 km: Approaching pavilion on lakeside path: 4.5 ft past light pole on R, 6 ft before park bench on left.



PLACE CONES ON S-CURVES TO KEEP RUNNERS ON PATH

STOP STRIPE
PAVED CIRCLE
CONES
RUNNERS MAY CUT FROM STOP STRIPE TO CTR OF PAVED CIRCLE, THEN STAY ON PATH

L TURN
CONES ARE 10 FT FROM "A" = EXTENDED CORNER; RUNNERS GO AROUND CONES.

PATH TO BRIDGE
PKG LOT (CONES)
GRASS
RUNNERS STAY ON P/LOT ROAD, THEN CROSS GRASS STRIP TO BRIDGE

ROAD TO TRAIL
NO DUMPING
CURB END
ROUGH ASPHALT
CONES TO END OF CURB. RUN ACROSS ROUGH ASPHALT TO PATH.

MEASURED : 11/20, 11/30, 12/15 & 12/28, 2002
BY R THURSTON

RET