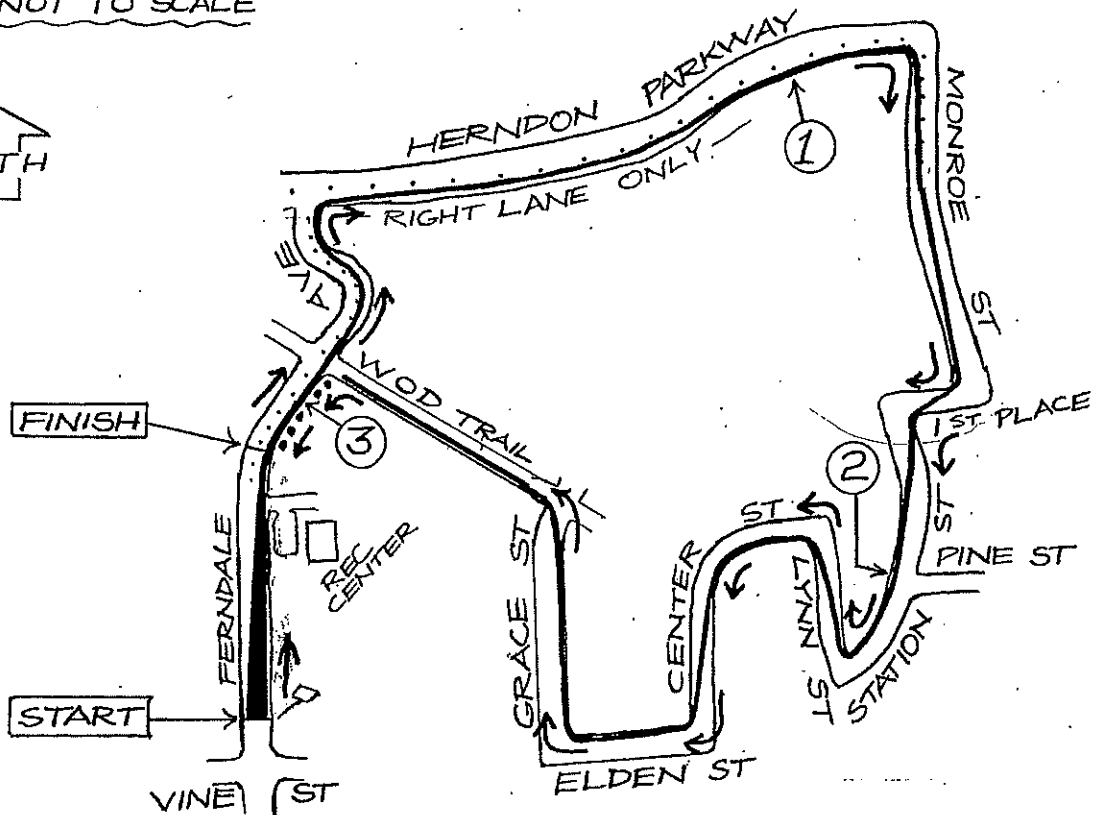


HERNDON 5K  
HERNDON, VIRGINIA

USATF-CERTIFIED  
COURSE  
VA-03020-RT

MAP NOT TO SCALE



LOCATIONS

START: FERNDALE, AT "SPEED LIMIT 25" SIGN, 110 FT N OF VINE ST

1 MILE: HERNDON PKWY ~200Y BEFORE MONROE ST, ~25 FT PAST BEGINNING OF LAST MEDIAN ISLAND BEFORE MONROE; 15 FT PAST STORM DRAIN ON RIGHT.

2 MILES: STATION ST, EVEN WITH NORTH EDGE, PINE ST; MARKED AT S EDGE OF CROSSWALK OPP. ZEFFIRELLI REST.

3 MILES: FERNDALE, 177 FT S OF W.O.D. TRAIL; 60 FT S OF GUARDRAIL.

FINISH: 126 FT NORTH OF N EDGE, REC CTR ENTRANCE.

→ NOTE: POINTS MARKED WITH LETTER "F".

ROAD RESTRICTIONS:

- 1) FERNDALE (N OF REC CTR): EAST SIDE ONLY
- 2) HERNDON PKWY: RIGHT-HAND LANE ONLY
- 3) MONROE ST, NORTH PART: ON RIGHT TO END OF CTR STRIPE.

ELEVATIONS:

START 380 FT FINISH 370 FT HIGH 380 FT LOW 320 FT

MEASURED: 13 APRIL 2003 BY R THURSTON

RET