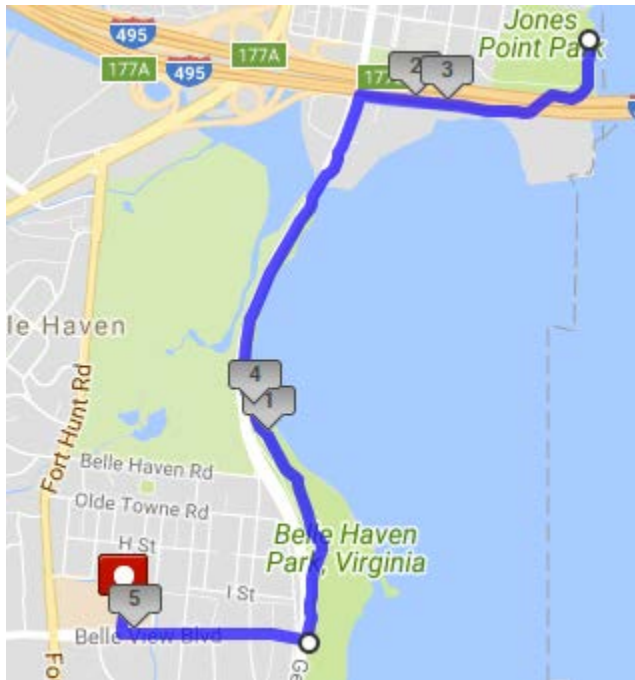


Kingstowne Striders Mount Vernon Trail Route Options

Meet at Bread & Water Company (1512 Belle View Blvd, Alexandria, VA 22307)

Take a left on Belle View Blvd and cross the GW Parkway (be careful – check both ways). Traffic is usually quiet on Sunday mornings. The Mount Vernon Trail goes 10 miles North to Rosslyn in Arlington (for those training for a full marathon). **North is a Left on the Trail.**

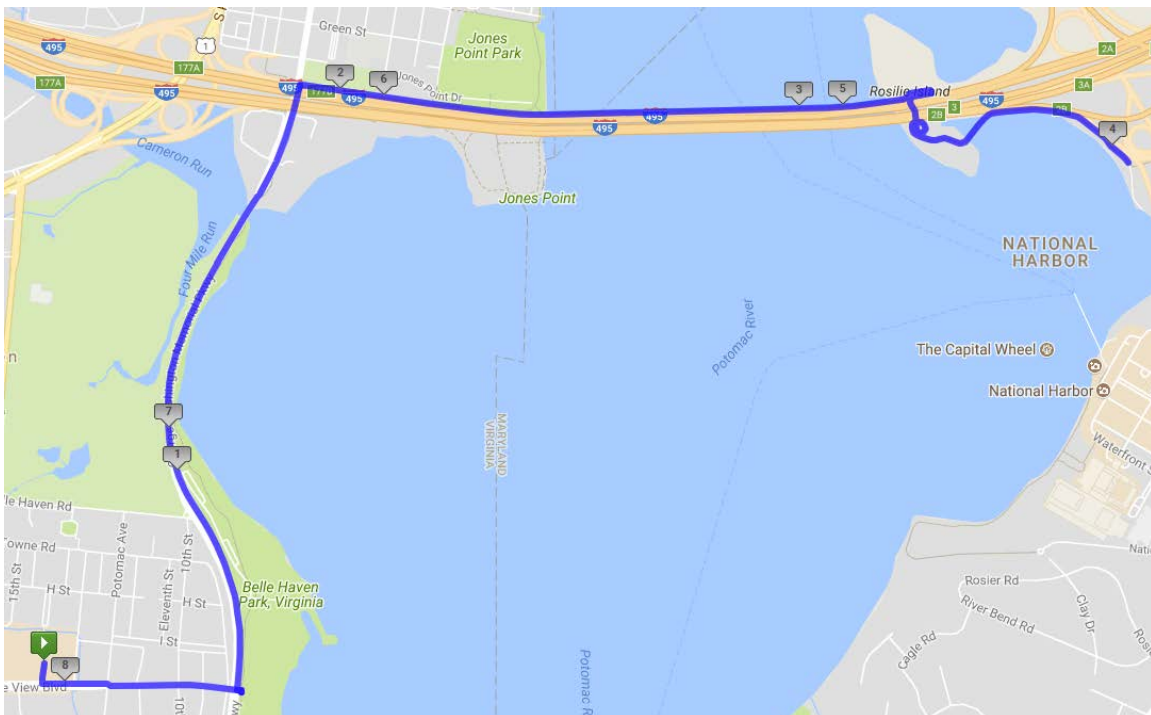
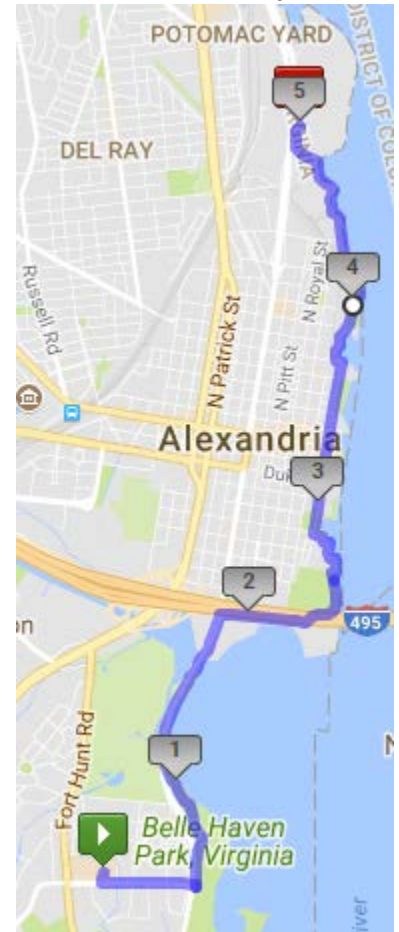


Turn around points:

For **5** miles running north turn around at Jones Point Park.

For **8** miles running north run across the Woodrow Wilson Bridge and turn around before National Harbor.

For **10** miles running north turn around at the three way trail intersection before the Marina at Daingerfield Island.



Kingstowne Striders Mount Vernon Trail Route Options
Meet at Bread & Water Company (1512 Belle View Blvd, Alexandria, VA 22307)

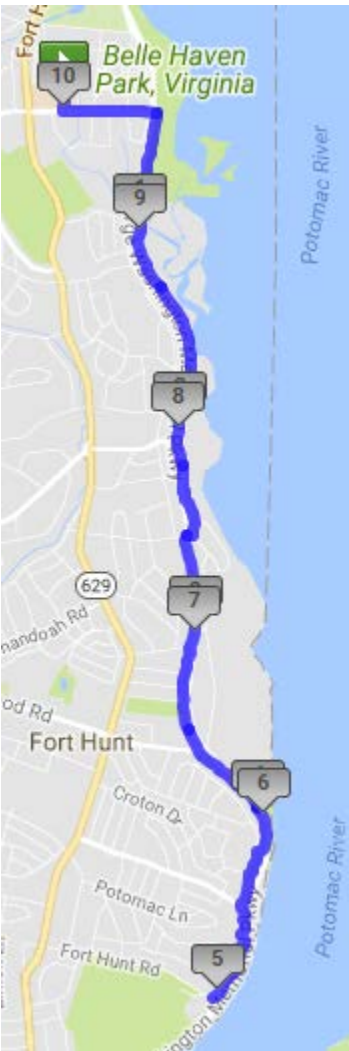


Take a left on Belle View Blvd and cross the GW Parkway (be careful – check both ways). Traffic is usually quiet on Sunday mornings.

South is a Right on the Trail.

Turn around points:

For **5** miles running South turn around at Stone Bridge (left).



For **8** miles running South turn around at the Collingwood Picnic Area (see right).

For **10** miles running South turn around at Fort Hunt Park (see left).

The Mt. Vernon Trail goes $7\frac{3}{4}$ miles South to George Washington's Mount Vernon (for those training for a full marathon that would be 15 miles round trip).

