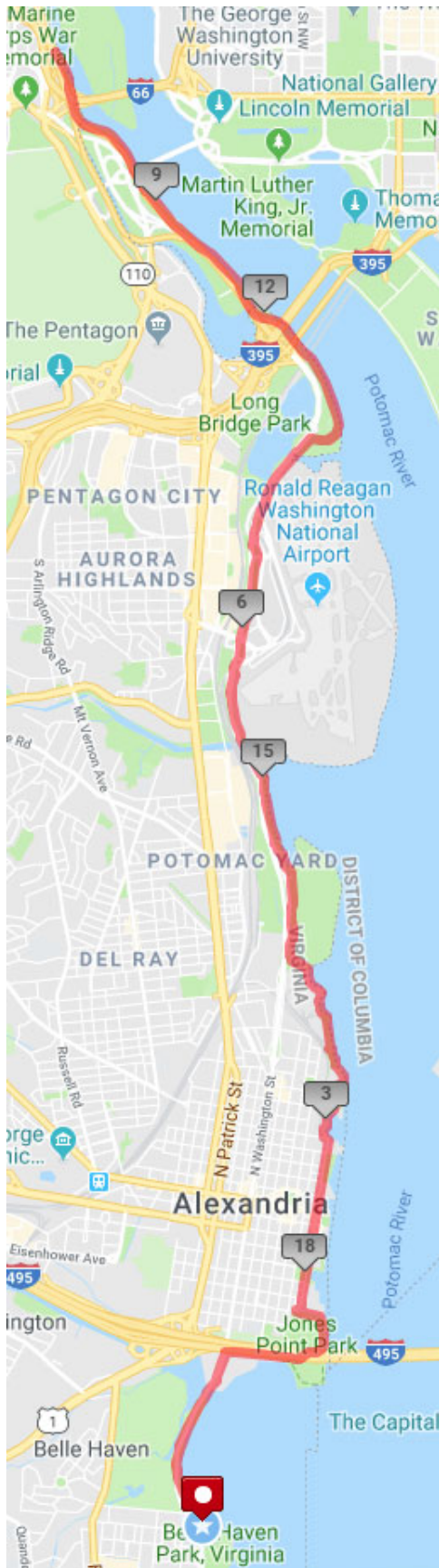


## Kingstowne Striders 20-Miler Course



### Meet at Belle Haven parking lot at 6am sharp!

- Begin running north on Mount Vernon Trail (MVT)
- Take a right on the ramp that leads under the Woodrow Wilson Bridge and follow the trail through Jones Point.
- Take a left when the trail splits (don't go around the boardwalk)
- Follow Union Street for just over a mile
- Run through Oronoco Bay Park, Rivergate City Park and continue right on the path once you cross the bridge (keep along the water)
- Continue through Tide Lock Park and connect back to the main MVT just before the power plant
- Stay on MVT until you reach the Teddy Roosevelt Island parking lot.
- Return back the way you came!

### Support Locations:

- Belle Haven (start)
- Daingerfield Island: mile 4.5 & 15.5 (ish)
- Gravelly Point: mile 7 & 13 (ish)

