

CUE SHEET FOR ALONZO STAGG 10 and 20 MILE ROUTES

These are Your Directions!

Pay Attention to the Cues! Watch for Surveyor Flags and Chalkmarks!

Stay with Your Buddy! - Remember to Sign Back in When You Return!

10 Mile Route (Actual is 9.88 Miles, Not Counting Support Stops)

Direction	Total miles	Description or Landmark
Start	0.00	From St. Agnes Gym, head down 20th St., left on Quincy to Lee Highway
Straight		Cross Lee Highway (Be Careful!), continue on Military Rd., cross Lorcom Lane
Left		Continue on Military Rd at intersection w/ Nellie Custis Dr (bends slightly left)
Right	~2.75	IGNORE the green "To Chain Bridge" sign. Continue STRAIGHT one more block to the END of Military Rd., Turn Right, cross the bridge over Glebe Road; after the bridge, the road curves sharply to the right at Richmond St.
Left		Take the next Left onto Randolph St. (look for the green bike route signs!)
Right		Turn Right onto the bike route path (sharp downhill!) - This is N. 41st St.
Straight		Cross Chain Bridge Rd (Rt. 123) - BE CAREFUL! - Cross over Chain Bridge
Left		Near the MD end, Turn Left on ramp to get down to the C&O Canal Towpath
Right	3.35	Turn <u>Right</u> on the Towpath
Straight	4.33	Fletchers Boat House -- FULL SUPPORT STOP -- Bathroom
Straight		Continue InBound (East) <u>on the Towpath</u> (NOT on the blacktop!) to Key Bridge
	6.84	Approaching Key Bridge, as you pass under the FIRST Overpass Turn Right on the staircase up to "M" St., then cross Key Bridge on the UPSTREAM side
Right		Cross the GW Parkway entrance ramp - CAREFUL! - Continue on the sidewalk
Right	7.06	At Lee Hwy, turn right onto the sidewalk/Custis Trail - Stay on the Trail for 2.4 miles; <u>NOTE!</u> - the Custis Trail turns Right just after passing over I-66 !
Right		About 100 feet past the two little ponds (first on the left, second on the right) exit the Custis Trail at the Quincy St. Exit - Then turn right onto Quincy St.
L, R, L	9.88	Cross Quincy, turn left onto 17th St., right on Randolph, up to St. Agnes (Done!)

20 Mile Route (Actual is 19.83 Miles, Not Counting Support Stops)

Direction	Total miles	Description or Landmark
Start	0	From St. Agnes Gym - <u>Right</u> on Randolph, walk towards the W&L HS Garage
		Left on N. 17th St., left on Quincy St., walk down to Lee Highway
		Once at Lee Highway, Follow the 10 Mile Route to the C&O Canal Towpath
Left	4.20	Turn LEFT / Outbound (not Right!) on the Towpath
Straight	8.82	Continue Outbound to Lock 10 Support Stop, <u>This is Your Turnaround Point!</u>
Straight		Turn Around, Go INBOUND Past Chain Bridge and on to Fletchers Boat House
Straight	14.42	Fletchers Boat House -- FULL SUPPORT STOP -- bathrooms
		From Fletchers, continue on the 10 Milers Route detailed above, starting at "Continue Inbound (East) <u>on the Towpath</u> " and ending at St. Agnes
	19.83	