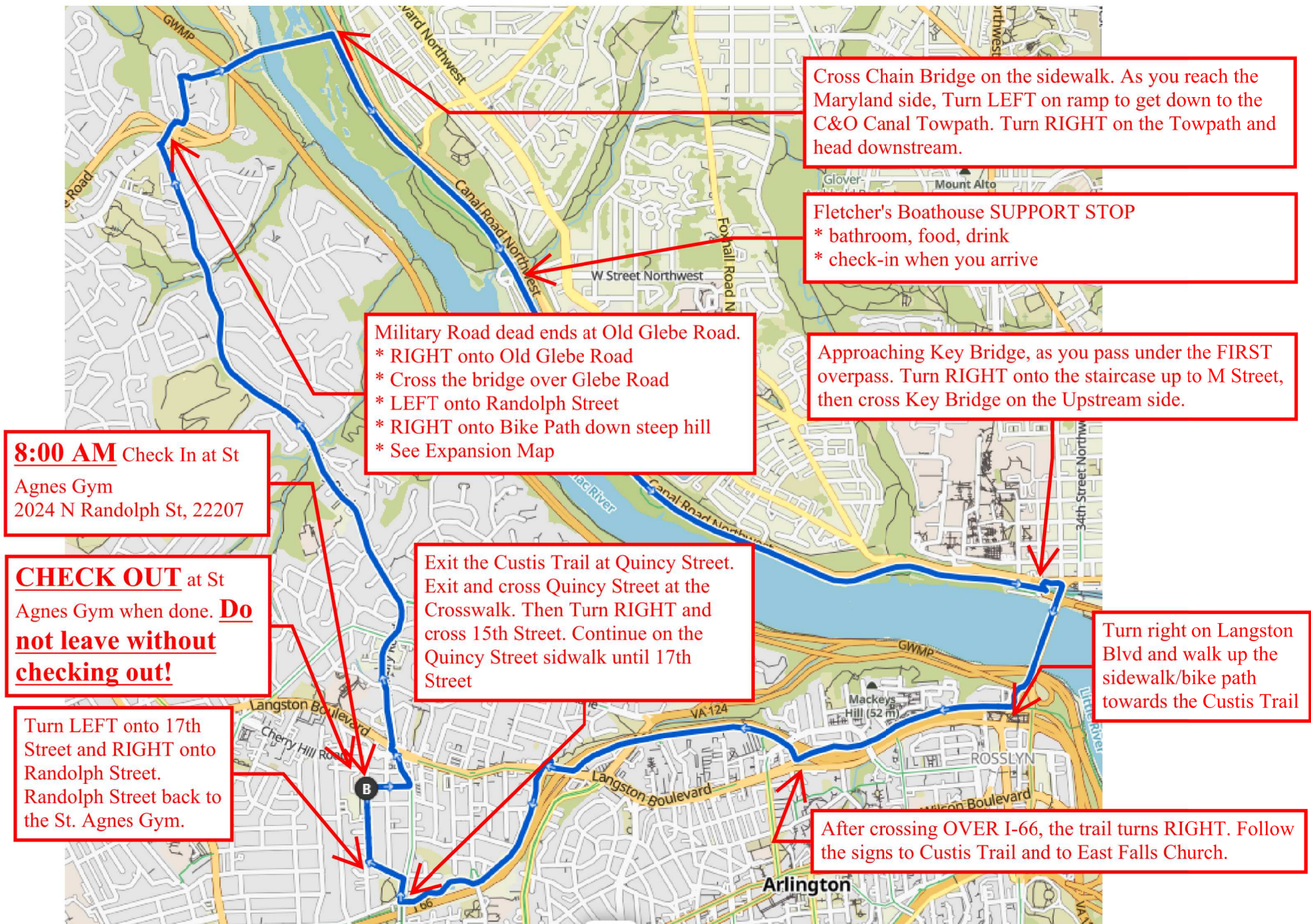


Alonzo Stagg 10 Mile Route - 2024



Cross Chain Bridge on the sidewalk. As you reach the Maryland side, Turn LEFT on ramp to get down to the C&O Canal Towpath. Turn RIGHT on the Towpath and head downstream.

Fletcher's Boathouse SUPPORT STOP
* bathroom, food, drink
* check-in when you arrive

Military Road dead ends at Old Glebe Road.
* RIGHT onto Old Glebe Road
* Cross the bridge over Glebe Road
* LEFT onto Randolph Street
* RIGHT onto Bike Path down steep hill
* See Expansion Map

Approaching Key Bridge, as you pass under the FIRST overpass. Turn RIGHT onto the staircase up to M Street, then cross Key Bridge on the Upstream side.

8:00 AM Check In at St Agnes Gym
2024 N Randolph St, 22207

CHECK OUT at St Agnes Gym when done. **Do not leave without checking out!**

Exit the Custis Trail at Quincy Street. Exit and cross Quincy Street at the Crosswalk. Then Turn RIGHT and cross 15th Street. Continue on the Quincy Street sidewalk until 17th Street

Turn right on Langston Blvd and walk up the sidewalk/bike path towards the Custis Trail

Turn LEFT onto 17th Street and RIGHT onto Randolph Street. Randolph Street back to the St. Agnes Gym.

After crossing OVER I-66, the trail turns RIGHT. Follow the signs to Custis Trail and to East Falls Church.