

CBTF's Superheroes 5K Walk/Run and Kids' Run

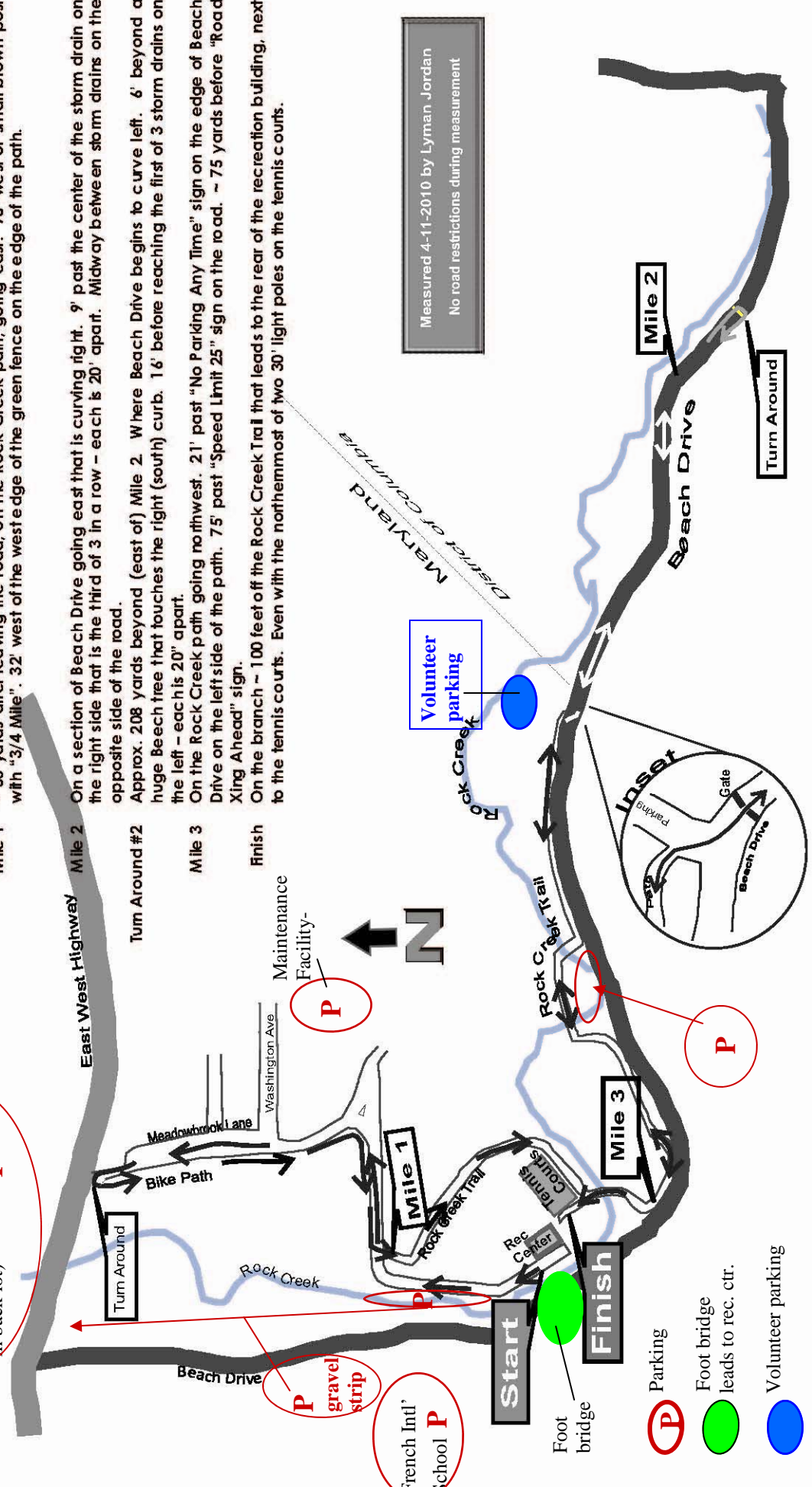
Chevy Chase MD

USATF Certification
MD10013JS
 Effective 4-11-2010 through 12-31-2020

Timing Points

- Start** In front of the Candy Cane City Rec building, going north. Even with the south edge of the white stop stripe on the road. 4' north of the stop sign on the right (east) side. 9' south of the Verizon public pay phone on the east side.
- Turn Around # 1** At the intersection of the Rock Creek Path and Meadowbrook Lane. 27' south of the center of the crosswalk across Meadowbrook at East-West Highway. 26' west of the center of the traffic island in Meadowbrook on the south side of East-West Highway.
- Mile 1** ~ 50 yards after leaving the road, on the Rock Creek path, going east. 78' west of small brown post with "3/4 Mile". 32' west of the west edge of the green fence on the edge of the path.
- Mile 2** On a section of Beach Drive going east that is curving right. 9' past the center of the storm drain on the right side that is the third of 3 in a row - each is 20' apart. Midway between storm drains on the opposite side of the road.
- Turn Around # 2** Approx. 208 yards beyond (east of) Mile 2. Where Beach Drive begins to curve left. 6' beyond a huge Beech tree that touches the right (south) curb. 16' before reaching the first of 3 storm drains on the left - each is 20' apart.
- Mile 3** On the Rock Creek path going northwest. 21' past "No Parking Any Time" sign on the edge of Beach Drive on the left side of the path. 75' past "Speed Limit 25" sign on the road. ~ 75 yards before "Road Xing Ahead" sign.
- Finish** On the branch ~ 100 feet off the Rock Creek Trail that leads to the rear of the recreation building, next to the tennis courts. Even with the northernmost of two 30' light poles on the tennis courts.

Ohr Kodesh Congregation
 (parking permitted in back lot) **P**



Measured 4-11-2010 by Lyman Jordan
 No road restrictions during measurement

- P** Parking
- Foot bridge leads to rec. ctr.
- Volunteer parking