

Total 200 (130 Miles) 2018 UPDATE

Dist	Prev	Type	Note
0.1	0.0	➔	R onto New Jersey Ave SE
0.6	0.5	➔	R onto D St SE
0.9	0.3	⬆	Continue onto North Carolina Ave SE
1.0	0.1	➔	R onto Pennsylvania Ave SE
10.7	9.7	➔	Slight R toward Marlboro Pike
10.9	0.2	⬆	Continue straight onto Marlboro Pike
12.9	2.0	⬅	L onto William Beanes Rd
15.7	2.8	➔	R onto Old Crain Hwy
15.8	0.1	⬅	L onto Croom Station Rd
18.4	2.5	⬅	L onto Croom Rd
19.2	0.8	⬅	L toward Mt Calvert Rd
19.4	0.2	⬅	L onto Mt Calvert Rd
21.8	2.5	☐	Aid Station #1

21.8 miles. +1241/-1244 feet

Dist	Prev	Type	Note
24.7	2.9	⬅	L onto MD-382 S/Croom Rd
36.9	12.1	⬅	L onto Aquasco Rd/MD-381 S
43.4	6.5	➔	R onto MD-231 W/Prince Frederick Rd
45.2	1.8	⬆	At the traffic circle, continue straight onto Prince Frederick Rd
45.3	0.1	⬆	At the traffic circle, continue straight to stay on Prince Frederick Rd
45.6	0.3	⬆	Continue onto MD-231 W/Hughesville Burnt Store Rd
48.9	3.4	⬅	L onto Olivers Shop Rd
49.1	0.2	⬅	L onto Oaks Rd
50.5	1.5	➔	R
50.6	0.1	☐	Aid Station #2
50.7	0.1	➔	R onto Oaks Rd

28.8 miles. +1163/-1189 feet

Dist	Prev	Type	Note
51.4	0.7	➔	R onto Keech Rd
53.1	1.8	➔	R onto MD-6 W
58.8	5.7	⬅	L onto Bel Alton Newtown Rd
63.2	4.3	⬆	Continue onto Chapel Point Rd
69.1	5.9	⬅	L onto Causeway Rd
69.2	0.1	⬅	L onto MD-6 W
69.3	0.1	⬅	L onto Rose Hill Rd
70.9	1.6	⬅	L toward Rose Hill Rd
71.0	0.0	☐	Aid Station #5
71.0	0.0	⬆	Make a U-turn
71.0	0.0	➔	R toward Rose Hill Rd
71.2	0.1	➔	R onto Rose Hill Rd
72.7	1.5	➔	R onto MD-6 W
81.4	8.7	➔	R onto Mason Springs Rd
81.5	0.2	⬅	L onto Smallwood Church Rd

30.9 miles. +1306/-1265 feet

Dist	Prev	Type	Note
85.7	4.2	➔	R onto MD-224 N
86.4	0.7	➔	R onto Sweetman Rd
87.3	0.9	➔	R onto State Hwy 484
88.8	1.6	⬆	Continue onto Poorhouse Rd
90.9	2.1	⬅	L onto Ripley Rd
93.1	2.2	➔	R onto MD-225 E
95.2	2.1	⬅	L onto Marshall Corner Rd
98.3	3.2	⬅	L onto Bensville Rd
99.3	0.9	⬅	L into Bensville Park
99.3	0.1	☐	Aid Station #7
103.9	4.5	⬅	L onto MD-228 W/Bealle Hill Rd
104.1	0.2	➔	R onto Bealle Hill Rd
105.7	1.6	⬆	Continue onto Livingston Rd
107.3	1.6	⬆	Continue onto MD-223/Piscataway Rd

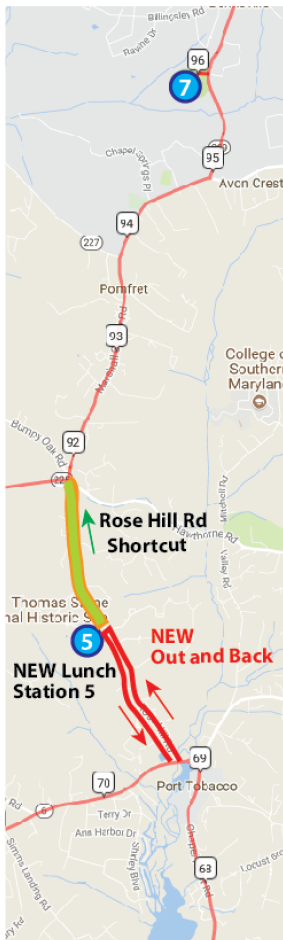
25.7 miles. +631/-706 feet

Dist	Prev	Type	Note
108.3	1.0	←	L onto Gallahan Rd
110.2	1.9	➔	Slight R onto Old Fort Rd
111.3	1.1	➔	R onto Old Fort Pl
111.6	0.3	➔	R onto Allentown Rd
113.9	2.3	←	L onto Tucker Rd
114.2	0.3	➔	R onto Bock Rd
116.7	2.5	↑	Continue onto Livingston Rd
116.9	0.2	←	L onto Oxon Hill Rd
117.9	1.0	➔	R on Bike Path
120.8	3.0	←	L toward Mt Vernon Trail
120.9	0.1	←	L onto Mt Vernon Trail
121.1	0.2	←	Slight L to stay on Mt Vernon Trail
121.1	0.0	←	L to stay on Mt Vernon Trail
121.1	0.1	↑	Continue onto S Royal St
122.8	1.7	←	L at Mt Vernon Trail

15.6 miles. +636/-625 feet

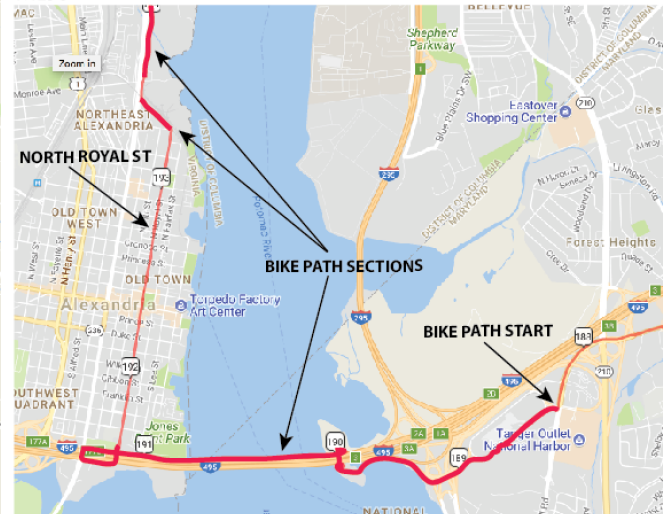
Dist	Prev	Type	Note
123.1	0.2	➔	R onto E Abingdon Dr
123.2	0.1	➔	Slight R onto Mt Vernon Trail
127.4	4.2	←	L
128.0	0.6	➔	R on Sidewalk
128.3	0.3	➔	R toward Ohio Dr SW
128.3	0.0	←	L onto Ohio Dr SW
128.4	0.1	➔	R onto Maine Ave SW
128.5	0.1	➔	Slight R to stay on Maine Ave SW (signs for Maine Avenue)
129.0	0.5	←	L onto 7th St SW
129.1	0.0	➔	R onto I St SW
130.1	1.0	➔	R onto 2nd St SE
130.2	0.1	←	L onto L St SE

7.4 miles. +161/-177 feet



LUNCH AND SHORTCUT OPTION

WILSON BRIDGE AND ALEXANDRIA ROUTING



TOTAL 200 UPDATED Schedule

	Start	1	2	5 Lunch	7	Finish
Mile	0	22	50	71	99	130
Open	5:00a	7:00a	8:30a	9:30a	11:00a	12:30p
Close	6:00a	8:00a	10:00a	12:30p	2:30p	5:00p

DC ROUTING

