

0.0	0.0	▀	Start of route
1.4	1.4	←	L onto Good Hope Rd SE
1.6	0.2	←	L onto Martin Luther King Jr Ave SE
2.0	0.5	↑	Continue onto 11th St SE
2.7	0.7	←	L onto Pennsylvania Ave SE
3.4	0.7	→	R onto 2nd St SE
3.6	0.1	←	L onto East Capitol St NE
3.7	0.1	←	L onto First St SE
3.8	0.2	←	L onto Independence Ave SE
4.0	0.2	↑	Continue onto Pennsylvania Ave SE
13.9	9.9	→	Slight R toward Marlboro Pike

13.9 miles. +703/-505 feet

14.0	0.2	↑	Continue straight onto Marlboro Pike
16.1	2.0	←	L onto William Beanes Rd
18.9	2.8	→	R onto Old Crain Hwy
19.0	0.1	←	L onto Croom Station Rd
21.5	2.5	←	L onto Croom Rd
22.4	0.8	←	L toward Mt Calvert Rd
22.5	0.2	←	L onto Mt Calvert Rd
25.0	2.5	▀	Aid Station #1
27.9	2.9	←	L onto MD-382 S/Croom Rd
40.0	12.1	←	L onto Aquasco Rd/MD-381 S
46.5	6.5	→	R onto MD-231 W/Prince Frederick Rd

32.6 miles. +2127/-2183 feet

48.3	1.8	↑	At the traffic circle, continue straight onto Prince Frederick Rd
48.4	0.1	↑	At the traffic circle, continue straight to stay on Prince Frederick Rd
48.7	0.3	↑	Continue onto MD-231 W/Hughesville Burnt Store Rd
52.1	3.4	←	L onto Olivers Shop Rd
52.2	0.2	←	L onto Oaks Rd
53.7	1.5	→	R
53.8	0.1	▀	Aid Station #2
53.8	0.1	→	R onto Oaks Rd
54.5	0.7	→	R onto Keech Rd
56.3	1.8	→	R onto MD-6 W
62.0	5.7	←	L onto Bel Alton Newtown Rd

15.5 miles. +562/-565 feet

66.0	4.1	▀	Aid Station #5
66.3	0.3	↑	Continue onto Chapel Point Rd
72.2	5.9	←	L onto Causeway Rd
72.3	0.1	←	L onto MD-6 W
81.2	8.8	→	R onto 425 N/Mason Springs Rd
81.3	0.2	←	L onto Smallwood Church Rd
85.5	4.2	→	R onto MD-224 N
86.2	0.8	←	L onto Sweden Point Rd (Park)
87.2	1.0	▀	Aid Station #6
88.0	0.8	→	R onto MD-224 S
88.1	0.1	←	L onto Sweetman Rd
89.0	0.9	→	R onto Bicknell Rd
90.6	1.6	↑	Straight onto Poorhouse Rd
92.6	2.0	←	L onto Ripley Rd

30.6 miles. +1232/-1248 feet

94.8	2.2	→	R onto MD-225 E
96.9	2.1	←	L onto Marshall Corner Rd
100.0	3.2	←	L onto Bensville Rd
101.0	0.9	←	L into Bensville Park
101.0	0.1	▀	Aid Station #7
105.6	4.5	←	L onto MD-228 W/Bealle Hill Rd
105.8	0.2	→	R onto Bealle Hill Rd
107.4	1.6	↑	Continue onto Livingston Rd
109.0	1.6	←	L to stay on Livingston Rd
111.3	2.4	→	Cross Indian Head Highway and make an IMMEDIATE R onto Livingston Rd (looks like service road)

18.7 miles. +639/-745 feet

114.4	3.1	↑	Continue onto Palmer Rd
115.7	1.4	←	L onto Tucker Rd
117.5	1.8	←	L onto St Barnabas Rd
117.7	0.1	→	R onto Livingston Rd
119.3	1.6	→	R onto MD-210 N
119.8	0.5	→	R onto Livingston Rd SE
120.4	0.7	↑	Continue onto Valley Ave SE
121.1	0.7	←	L onto Wheeler Rd SE
121.3	0.1	→	R onto Mississippi Ave SE
122.1	0.8	←	L onto Stanton Rd SE
123.2	1.1	→	R onto Pomeroy Rd SE
123.4	0.2	←	L onto Morris Rd SE

12.0 miles. +724/-565 feet

123.9	0.5	→	R onto Martin Luther King Jr Ave SE
124.2	0.3	←	L onto Good Hope Rd SE
124.4	0.2	→	R onto Anacostia Dr
125.5	1.1	→	Slight R to stay on Anacostia Dr
125.8	0.3	▀	End of route

2.4 miles. +53/-87 feet