



Cascades 10K Firechase

Sterling, Virginia



MILE 5
On Lowes Island going north. 45' after pole #CO326 MC98. 20' before the center of the manhole cover over the storm drain on the right side.

MILE 6
On Saulty Dr. going south. Just before entrance to Day Care. Even with "Car Pool Line Up" sign on the right.

MILE 2
On Lowes Island going north. 26' beyond pole CO326 NEOO

MILE 3
On Allegheny going west. AFTER the Turn Around. 6' beyond the center of the driveway to 47760.

Turn Around Clockwise

TURN AROUND
On the FIRST LOOP ONLY. On Allegheny going east. Before Mile 3. 6' beyond the center of the driveway to 47760. Turn clockwise.

START - FINISH
On Saulty Drive 60' east of the driveway to the Lowes Island Community Center. 28' east of "Speed Limit 30" sign. 9' north of pole #CO326 NC64.



Certified Course
#VA17000RT
Effective 3-3-2015
Through 12-31-2025

- - - - - **First loop**
- - - - - **Turn Around to Mile 6**
- - - - - **Mile 5.8 to Finish**

MILE 1
On Whitewater Drive going west. 45' beyond pole #CO325 LLOO. 1' south of the center of the manhole cover over the storm drain on the right side.

MILE 4
On Whitewater Drive going southwest. Just past Sharpskin. 25' past pole Co325 MI22 on the right.



Measurement and Map by
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