0.0 From Iwo Jima follow bike path toward Memorial Bridge.
5.0 From Memorial Bridge follow Mt. Vernon Trail, past airport, to Four Mile Run Trail (underpass after the Airport)
5.3 After underpass take u-turn up ramp to Rt 1, turn right onto Rt1, cross bridge, turn right onto 4 Mile Run Park.
6.3 Turn right at Mt. Vernon Avenue, cross over 4 mile run bike path, turn right onto 4 mile run bike path back towards Mt. Vernon trail.
7.0 Just before underpass to Mt. Vernon Trail, turn left onto S. Eads.
8.7 Turn Left onto Army-Navy Drive.
9.0 Take tunnel on right to Pentagon.
9.2 Go on left side on Pentagon to Bike Path.
10.5 Take bike path back to traffic circle (Over-achievers continue to Roosevelt Island for 13 miler)
11.5 Return to Iwo Jima