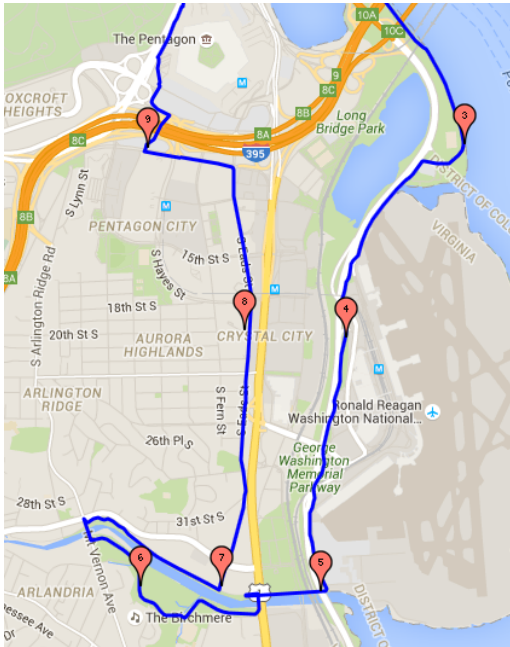
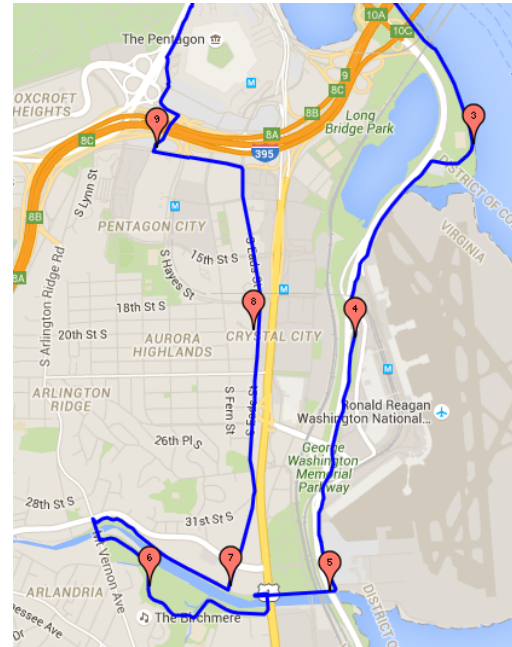


Four Mile Run Park to Pentagon



- 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

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