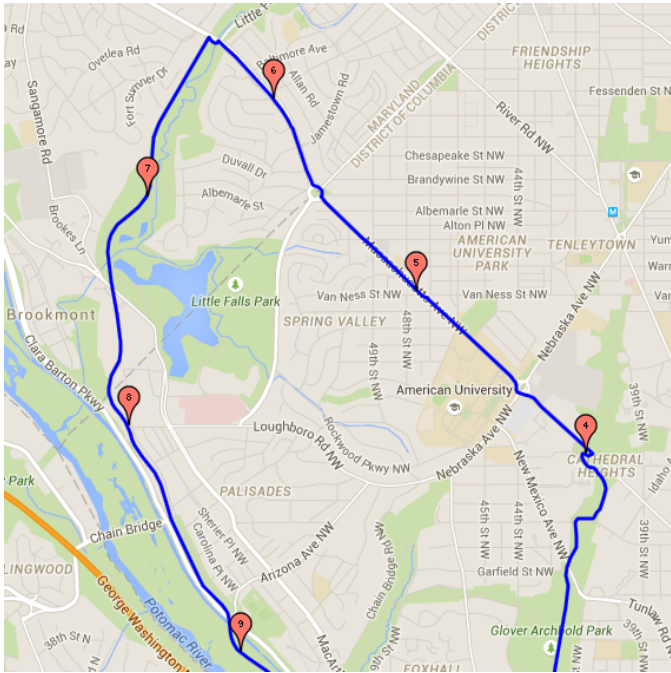
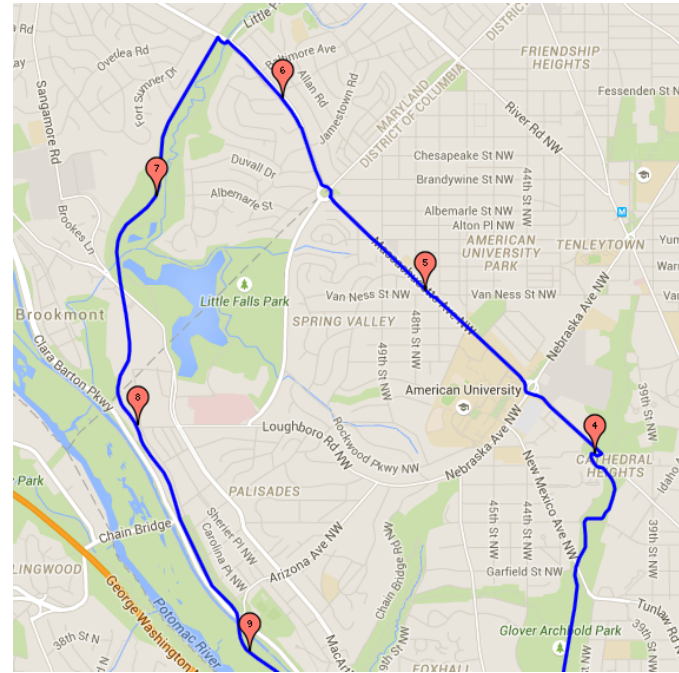


Glover Archbold / Mass Ave / Capital Crescent



- 0.0 Start at Iwo Jima, run towards the Key Bridge
- 1.0 Sharp right after the bridge thru Key Park, down towards the river and the trailhead of Capital Crescent Trail. Go 1/2 mile on Capital Crescent Trail
- 1.5 Just past 10 mile marker, turn right through culvert. After culvert, loop to the right and turn right on Canal Rd. Take QUICK right into trailhead of Glover Archbold trail
- 4.0 After 2 miles on the trail, the 4th street crossing is Massachusetts Ave. Turn left.
- 6.3 After going 2 miles and passing 2 traffic circles on Mass. Ave., you'll see a little bridge crossing overhead. This the Capital Crescent Trail. Take the ramp on the left up to the trail and go left (south) all the way back to Key Bridge
- 12.75 Finish at Iwo Jima.

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