

Mt. Vernon - Hains Point "T"



- 0.0 Begin at Iwo Jima, go to Mt. Vernon Trail
- 5.0 Turn around at Four Mile Run, just past National Airport
- 8.0 Just after 14 St. Bridge, loop left to cross 14th St. Bridge (this makes the "T")
- 8.5 At end of bridge, turn left 180 degrees down stairwell to Ohio Dr. Turn left on Ohio towards Hains Point, go around East Potomac Park counter-clockwise
- 11.5 After going down to Hains Point and back up the other side, turn left to go past Jefferson Memorial
Cross 14th. St. Bridge, and turn right on Mt. Vernon Trail
- 14.0 Finish at Iwo Jima

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