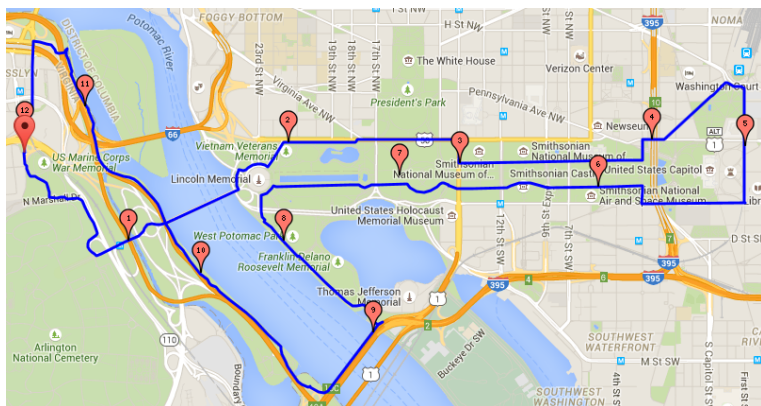
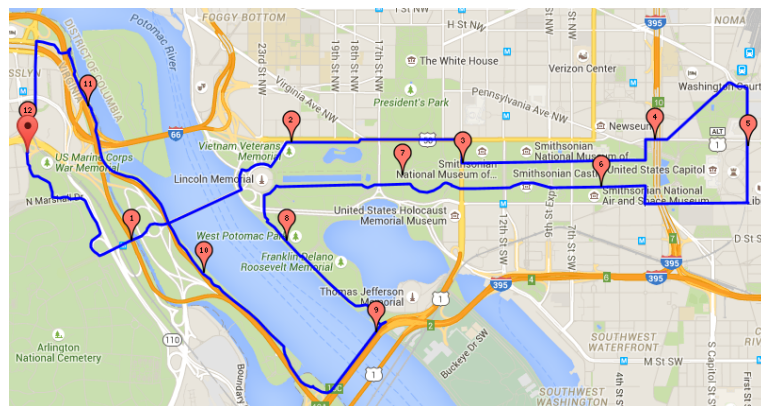


## National Capitol



- 0.0 Begin at Iwo Jima, go over Memorial Bridge.  
Pass by the left of the Lincoln Memorial.
- 2.0 Run along service road adjacent to Constitution Ave.
- 3.0 At 14th St, cut across to the right and get on the mall.  
Run down the mall to the Capitol. At 3rd St, zigzag left to Constitution then Louisiana.
- 4.0 Go left up Louisiana Ave and pass in front of Union Station.
- 4.7 Turn right and run south on 1st St NE.
- 5.4 Turn right onto Independence Ave.
- 5.8 Go down the hill then at 3rd St get back on the mall
- 7.8 Turn left at Lincoln Memorial, cross Independence, and run along the Potomac on the bike path towards 14th St Bridge.
- 8.9 Just before 14th St Bridge, take left side stairs up to bridge path.
- 9.3 After crossing the bridge, turn right on Mt. Vernon Trail  
Take Mt Vernon Trail ALL the way under Memorial Bridge and past the parking lot at Roosevelt Island.
- 11.3 Take concrete pedestrian bridge over GW Parkway and into Rosslyn.
- 11.5 Turn left at Lynn St and go through Rosslyn.
- 12.0 Finish at Iwo Jima and enjoy Gatorade!

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