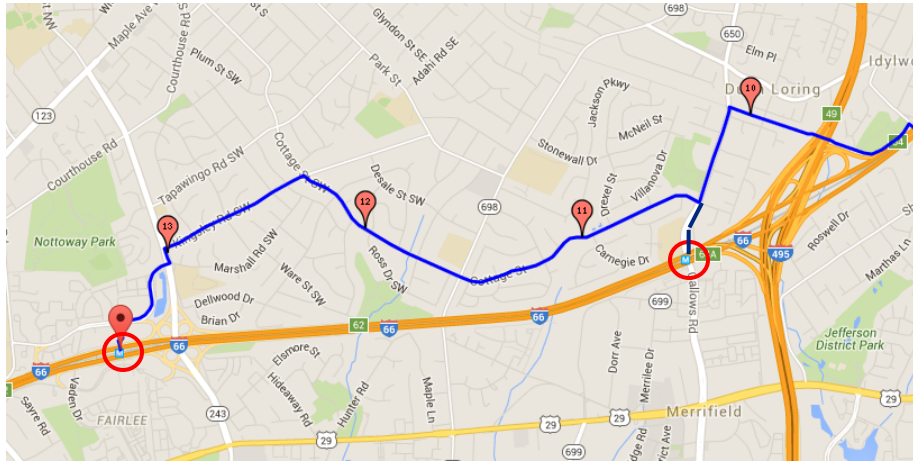


Vienna Metro



Note: Bring your SmarTrip loaded with at least \$3.60 (fare as of May 2016)

- 1.0 Start towards Rosslyn, and turn left onto the Custis Trail
- 5.0 At the gazebo (W&OD Mile Marker 4), turn right onto W&OD Trail
- 7.8 Water fountain at Mile Marker 7, just before crossing Rt. 7, at West End Park
- 10.0 Soon after the W&OD Trail passes over the Beltway (near Mile Marker 8.5), turn left at the next light on Gallows Rd.

(To cut off run at 11 mi, continue on Gallows Rd. to Dunn Loring Metro)

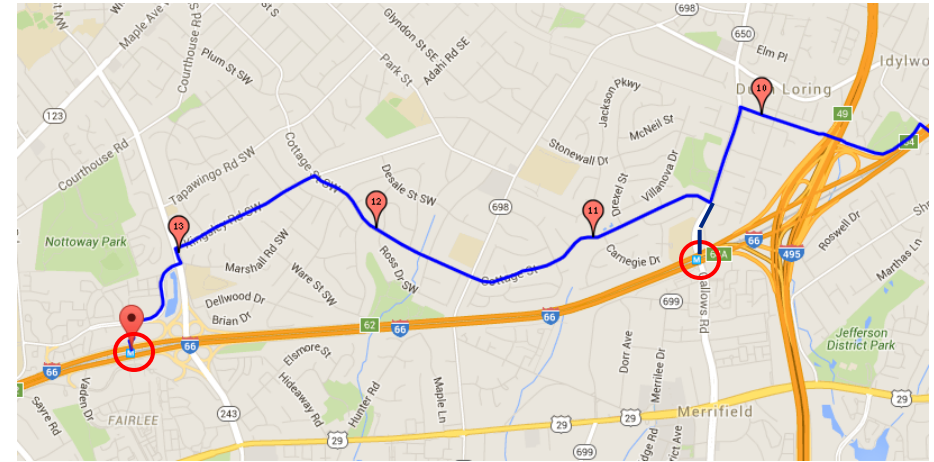
- 10.5 Cross the street and turn right on Cottage St.
Follow Cottage St. for 1.5 miles, crossing past Cedar Rd.
- 12.3 After Cedar Rd., take the 5th left off of Cottage St. onto Kingsley Rd.
- 13.0 Turn left on Nutley Rd. at light.
Cross the street and turn right onto Virginia Center Blvd.
- 13.5 Enter Vienna Metro on your left. (Metro opens at 8am)

Take Metro to Rosslyn while stretching and sweating on tourists. (22 min)

Sprint up the short escalator at Rosslyn

Exit station, and take Ft. Myer Dr. or Lynn St. back to Iwo Jima

Vienna Metro



Note: Bring your SmarTrip loaded with at least \$3.60 (fare as of May 2016)

- 2.0 Start towards Rosslyn, and turn left onto the Custis Trail
- 5.0 At the gazebo (W&OD Mile Marker 4), turn right onto W&OD Trail
- 7.8 Water fountain at Mile Marker 7, just before crossing Rt. 7, at West End Park
- 10.0 Soon after the W&OD Trail passes over the Beltway (near Mile Marker 8.5), turn left at the next light on Gallows Rd.

(To cut off run at 11 mi, continue on Gallows Rd. to Dunn Loring Metro)

- 10.5 Cross the street and turn right on Cottage St.
Follow Cottage St. for 1.5 miles, crossing past Cedar Rd.
- 12.3 After Cedar Rd., take the 5th left off of Cottage St. onto Kingsley Rd.
- 13.0 Turn left on Nutley Rd. at light.
Cross the street and turn right onto Virginia Center Blvd.
- 13.5 Enter Vienna Metro on your left. (Metro opens at 8am)

Take Metro to Rosslyn while stretching and sweating on tourists. (22 min)

Sprint up the short escalator at Rosslyn

Exit station, and take Ft. Myer Dr. or Lynn St. back to Iwo Jima