

0.0	0.0	▀	Start of route
1.4	1.4	←	L onto Good Hope Rd SE
1.6	0.2	←	L onto Martin Luther King Jr Ave SE
2.0	0.5	↑	Continue onto 11th St SE
2.7	0.7	←	L onto Pennsylvania Ave SE
3.4	0.7	→	R onto 2nd St SE
3.6	0.1	←	L onto East Capitol St NE
3.7	0.1	←	L onto First St SE
3.8	0.2	←	L onto Independence Ave SE
4.0	0.2	↑	Continue onto Pennsylvania Ave SE
13.9	9.9	→	Slight R toward Marlboro Pike

13.9 miles. +703/-505 feet

14.0	0.2	↑	Continue straight onto Marlboro Pike
16.1	2.0	←	L onto William Beanes Rd
18.9	2.8	→	R onto Old Crain Hwy
19.0	0.1	←	L onto Croom Station Rd
21.5	2.5	←	L onto Croom Rd
22.4	0.8	←	L toward Mt Calvert Rd
22.5	0.2	←	L onto Mt Calvert Rd
25.0	2.5	▀	Aid Station #1
27.9	2.9	←	L onto MD-382 S/Croom Rd
40.0	12.1	←	L onto Aquasco Rd/MD-381 S
46.5	6.5	→	R onto MD-231 W/Prince Frederick Rd

32.6 miles. +2127/-2183 feet

48.3	1.8	↑	At the traffic circle, continue straight onto Prince Frederick Rd
48.4	0.1	↑	At the traffic circle, continue straight to stay on Prince Frederick Rd
48.7	0.3	↑	Continue onto MD-231 W/Hughesville Burnt Store Rd
52.1	3.4	←	L onto Olivers Shop Rd
52.2	0.2	←	L onto Oaks Rd
53.7	1.5	→	R
53.8	0.1	▀	Aid Station #2
53.8	0.1	→	R onto Oaks Rd
54.5	0.7	→	R onto Keech Rd
56.3	1.8	←	L onto MD-6 E/Charles St

9.8 miles. +216/-313 feet

63.2	6.9	→	R onto MD-6 E/New Market Turner Rd
69.0	5.8	←	L onto MD-235/Three Notch Rd
71.6	2.7	→	R onto MD-247 S/Loveville Rd
74.4	2.8	←	L onto MD-5 S/Point Lookout Rd
80.5	6.1	←	L onto College Cir
80.6	0.1	▀	Aid Station #3
80.9	0.3	←	L onto Hollywood Rd
81.0	0.1	→	R onto Point Lookout Rd
83.2	2.1	←	L onto MD-234 W/Budds Creek Rd
86.7	3.5	←	L onto MD-242
90.2	3.5	→	R onto Maddox Rd
97.3	7.1	▀	Aid Station #4
97.3	0.0	→	Go around circle

41.1 miles. +1311/-1469 feet

97.4	0.1	→	Exit circle on Budds Creek Rd
103.2	5.8	→	R onto Trinity Church Rd
108.5	5.4	←	L onto MD-6 W
112.8	4.2	←	L onto Bel Alton Newtown Rd
116.8	4.1	▣	Aid Station #5
117.1	0.3	↑	Continue onto Chapel Point Rd
123.0	5.9	←	L onto Causeway Rd
123.1	0.1	←	L onto MD-6 W
131.9	8.8	←	L onto MD-425 S
133.3	1.3	→	R to stay on MD-425 S
136.7	3.5	→	R onto MD-6 E
138.2	1.4	←	L onto Liverpool Point Rd
140.2	2.1	→	R onto MD-224 N

42.9 miles. +1968/-1897 feet

145.0	4.7	←	L to stay on MD-224 N
149.7	4.7	←	L onto Sweden Point Rd (Park)
150.7	1.0	▣	Aid Station #6
151.4	0.8	→	R onto MD-224 S
158.3	6.9	←	L onto MD-6 E
161.3	2.9	←	L onto Mason Springs Rd
165.1	3.8	→	R onto Poorhouse Rd
167.1	2.0	←	L onto Ripley Rd
169.3	2.2	→	R onto MD-225 E
171.4	2.1	←	L onto Marshall Corner Rd
174.5	3.2	←	L onto Bensville Rd
175.5	0.9	←	L into Bensville Park
175.6	0.1	▣	Aid Station #7
180.1	4.5	←	L onto MD-228 W/Bealle Hill Rd

39.9 miles. +1404/-1400 feet

180.3	0.2	→	R onto Bealle Hill Rd
181.9	1.6	↑	Continue onto Livingston Rd
183.5	1.6	←	L to stay on Livingston Rd
185.8	2.4	→	Cross Indian Head Highway and make an IMMEDIATE R onto Livingston Rd (looks like service road)
188.9	3.1	↑	Continue onto Palmer Rd
190.3	1.4	←	L onto Tucker Rd
192.0	1.8	←	L onto St Barnabas Rd
192.2	0.1	→	R onto Livingston Rd
193.8	1.6	→	R onto MD-210 N
194.3	0.5	→	R onto Livingston Rd SE

14.2 miles. +860/-935 feet

194.9	0.7	↑	Continue onto Valley Ave SE
195.6	0.7	←	L onto Wheeler Rd SE
195.8	0.1	→	R onto Mississippi Ave SE
196.6	0.8	←	L onto Stanton Rd SE
197.7	1.1	→	R onto Pomeroy Rd SE
197.9	0.2	←	L onto Morris Rd SE
198.4	0.5	→	R onto Martin Luther King Jr Ave SE
198.7	0.3	←	L onto Good Hope Rd SE
198.9	0.2	→	R onto Anacostia Dr
200.0	1.1	→	Slight R to stay on Anacostia Dr
200.3	0.3	▣	End of route

6.0 miles. +334/-361 feet