

Total 200 Kilometer 2015

0.1	0.0	→	R onto New Jersey Ave SE
0.6	0.5	←	L onto D St SE
0.8	0.2	→	Slight R onto Washington Ave SW
1.0	0.2	←	L onto Independence Ave SW
2.0	1.0	→	R onto 14th St SW
2.1	0.1	→	R onto Jefferson Dr SW
3.0	0.9	→	R onto 3rd St SW
3.1	0.1	←	L onto Independence Ave SW
3.7	0.6	→	Slight R onto Independence Ave SE/Pennsylvania Ave SE
13.6	9.9	→	Slight R toward Marlboro Pike

13.6 miles. +670/-478 feet

13.8	0.2	↑	Continue straight onto Marlboro Pike
15.8	2.0	←	L onto William Beanes Rd
18.6	2.8	→	R onto Old Crain Hwy
18.7	0.1	←	L onto Croom Station Rd
21.3	2.5	←	L onto Croom Rd
22.1	0.8	←	L toward Mt Calvert Rd
22.3	0.2	←	L onto Mt Calvert Rd
24.7	2.5	▣	Aid Station #1
27.6	2.9	←	L onto MD-382 S/Croom Rd
39.7	12.1	←	L onto Aquasco Rd/MD-381 S
46.3	6.5	→	R onto MD-231 W/Prince Frederick Rd

32.6 miles. +2130/-2183 feet

48.1	1.8	↑	At the traffic circle, continue straight onto Prince Frederick Rd
48.2	0.1	↑	At the traffic circle, continue straight to stay on Prince Frederick Rd
48.5	0.3	↑	Continue onto MD-231 W/Hughesville Burnt Store Rd
51.8	3.4	←	L onto Olivers Shop Rd
52.0	0.2	←	L onto Oaks Rd
53.4	1.5	→	R
53.5	0.1	▣	Aid Station #2
53.5	0.1	→	R onto Oaks Rd
54.2	0.7	→	R onto Keech Rd
56.0	1.8	→	R onto MD-6 W
61.7	5.7	←	L onto Bel Alton Newtown Rd

15.5 miles. +562/-565 feet

65.8	4.1	▣	Aid Station #5
66.1	0.3	↑	Continue onto Chapel Point Rd
71.9	5.9	←	L onto Causeway Rd
72.1	0.1	←	L onto MD-6 W
80.9	8.8	→	R onto Mason Springs Rd
81.0	0.2	←	L onto Smallwood Church Rd
85.2	4.2	→	R onto MD-224 N
86.0	0.8	←	L onto Sweden Point Rd
86.9	1.0	▣	Aid Station #6
87.7	0.8	→	R onto MD-224 S
87.8	0.1	←	L onto Sweetman Rd
88.7	0.9	→	R onto Bicknell Rd
90.3	1.6	→	Slight R onto Poorhouse Rd
92.4	2.0	←	L onto Ripley Rd

30.6 miles. +1232/-1248 feet

94.5	2.2	→	R onto MD-225 E
96.6	2.1	←	L onto Marshall Corner Rd
99.8	3.2	←	L onto Bensville Rd
100.7	0.9	←	L into Bensville Park
100.8	0.1	▀	Aid Station #7
105.3	4.5	←	L onto MD-228 W/Bealle Hill Rd
105.5	0.2	→	R onto Bealle Hill Rd
107.1	1.6	↑	Continue onto Livingston Rd
108.7	1.6	↑	Continue onto MD-223/Piscataway Rd
109.7	1.0	←	L onto Gallahan Rd
111.6	1.9	→	Slight R onto Old Fort Rd
112.7	1.1	→	R onto Old Fort Pl
113.0	0.3	→	R onto Allentown Rd
115.3	2.3	←	L onto Tucker Rd

22.9 miles. +801/-715 feet

115.6	0.3	→	R onto Bock Rd
118.2	2.5	↑	Continue onto Livingston Rd
119.4	1.2	→	R onto MD-210 N
119.9	0.5	→	R onto Livingston Rd SE
120.5	0.7	↑	Continue onto Valley Ave SE
120.7	0.2	←	L onto 4th St SE
121.4	0.7	→	R onto Martin Luther King Jr Ave SE
123.8	2.4	↑	Continue onto 11th St SE
124.1	0.3	←	L onto L St SE
124.1	0.1	↑	Continue onto Potomac Ave SE
124.2	0.1	→	R onto 9th St SE
124.2	0.0	←	L onto L St SE

8.9 miles. +447/-650 feet