



2009 MCM COURSE
TURN BY TURN DIRECTIONS

START – Route 110 all lanes just South of Arlington Memorial Drive

Run North in all lanes on Route 110

Head West using respective Wilson Boulevard on and off ramps into Rosslyn

Left hand lanes crossover to the right hand lanes of Wilson Boulevard at designated point

Turn Right on North Lynn Street

Turn Left against traffic pattern onto Eastbound Lee Highway

Turn Right at the intersections of North Kirkwood Road as it becomes Spout Run remaining in the left hand lanes against the traffic pattern

Continue on Spout Run against the traffic to the George Washington Memorial Parkway (GWMP)

Continue East in the Westbound lanes of the GWMP against the traffic pattern bearing Right onto the Francis Scott Key Memorial Bridge off ramp (Key Bridge)

At the top of the ramp, turn Left onto the Key Bridge towards Georgetown

Turning Left onto M Street NW as it turns into Canal Road NW, runners will remain to the left against the traffic pattern

Remain on Canal Road NW turning Left at the Foxhall Road split in both lanes of traffic

Turn Right onto Reservoir Road

Turn Right onto MacArthur Boulevard NW

Turn Right onto Foxhall Road

Turn Left onto Canal Road NW against the traffic pattern

Remain on Canal Road NW against the traffic pattern as it becomes four lanes remaining in the left hand lanes to downtown Georgetown

Remain on Canal Road NW as it becomes M Street

Turn Right onto Wisconsin Avenue NW to the waterfront

Turn Left onto K Street NW

Turn Right onto the Rockcreek/Potomac Parkway remaining in the right hand lanes with the traffic pattern

Remain on the Rockcreek/Potomac Parkway heading South past the Kennedy Center and underneath Arlington Memorial Bridge

Bear Right onto Ohio Drive and enter West Potomac Park remaining along the Potomac River

Cross the bridge and bear Right continuing on Ohio Drive SW towards East Potomac Park

At Buckeye and Ohio Drive SW, stay to the Right running against the one way traffic pattern around Hains Point

Continue on Ohio Drive SW and turn Left through the parking lot prior to the end of the Point and former location of the "Awakening" statue

Continue on Ohio Drive SW around the East Potomac Park Golf Course staying in the Right hand lanes against the traffic pattern

From East Potomac Park, turn Right onto East Basin Drive S

Turn Left onto Maine Avenue SW against the traffic pattern continuing onto Independence Avenue

Bear Left onto Independence Avenue SW heading west against the traffic pattern along the Tidal Basin

Turn Right onto Ohio Dr SW remaining in the right hand lanes heading towards the Lincoln Memorial

Bear Left onto the Lincoln Circle at the Lincoln Memorial running behind the memorial

Turn Left onto 23rd Street NW

Turn Right on Constitution Avenue NW

Turn Right on 15th Street (Raoul Wallenburg Place) NW

Turn Left onto Madison Drive NW

Turn Left onto 3rd Street NW

Turn Right onto Pennsylvania Avenue towards the Capitol

Turn Right at E Capitol Circle onto 1st Street NW around the Capitol Reflecting Pool

Turn Right at South Capitol Circle SW onto Maryland Avenue SW

Turn Right onto 3rd Street SW

Turn Left onto Jefferson Drive SW

Turn Left onto 14th Street SW against the traffic pattern

Remain on 14th Street SW towards the HOV ramps against the traffic pattern

Cross the Potomac River returning to Virginia against the traffic pattern (south in Northbound HOV Lanes)

Follow HOV lanes to the Pentagon exit and bear Right onto the HOV on ramp

At the bottom of the ramp, turn Left onto South Eads Street

Turn Left onto Army Navy Drive staying in the left hand lanes against the traffic pattern

Turn Left onto 12th Street South continuing to stay in the Left hand lanes against the traffic pattern

Cross under the Jefferson Davis Highway overpass remaining on 12th Street South as it changes to Crystal Drive southbound

Remain in the left lanes against the traffic pattern to Crystal Park Tower #2 (CP #2)

Turn Left into the CP #2 access road and exit the driveway circle by turning Right onto northbound Crystal Drive

Cross over to the Left hand lanes heading north against the traffic pattern of Crystal Drive

Continue on Crystal Drive bearing to the Left until it becomes 12th Street South

Turn Right on Army Navy Drive into the left hand lanes against the traffic pattern

Crossover to the Right hand lanes with the Army Navy Drive traffic pattern beyond the Eads Street intersection

Turn Right onto South Fern Street toward the Pentagon

Turn Left onto South Rotary Road along the Pentagon South parking lot perimeter

Turn Left onto Columbia Pike (Highway 244)

Make an immediate Right onto the Route 27 (Washington Boulevard) on ramp

Follow Washington Boulevard to the Route 110 off ramp

Turn Right into the Route 110 access road toward the Pentagon North parking

Continue Right following the Route 110 access road under the Washington Boulevard overpass

Bear Right onto Route 110

Continue on Route 110 in the northbound lanes remaining with the traffic pattern

Turn Left onto Marshall Drive

Turn Right onto the Marine Corps War Memorial access road and follow access road to the FINISH LINE