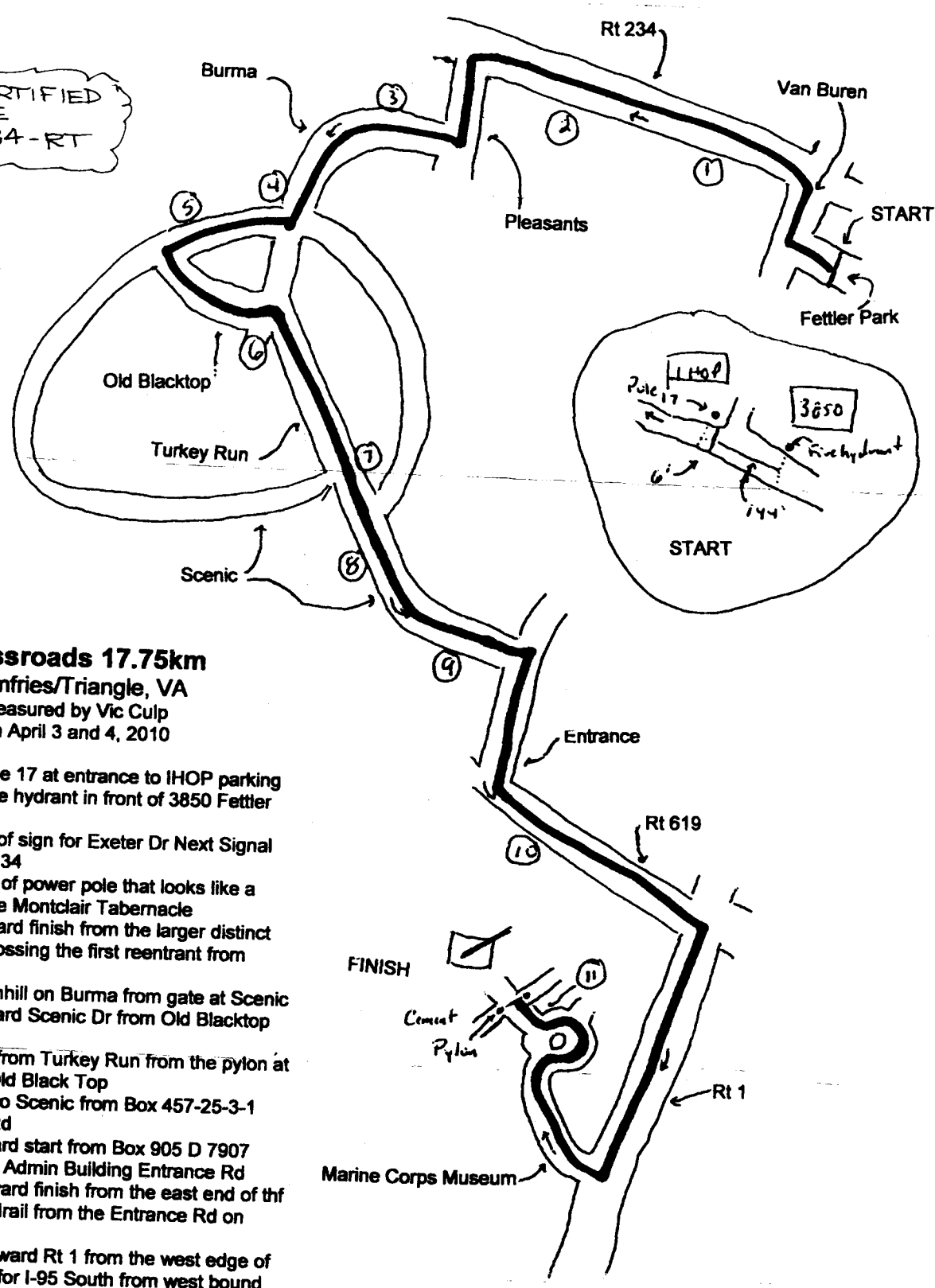


USATF-CERTIFIED  
COURSE  
VA-10034-RT



**Crossroads 17.75km**  
Dumfries/Triangle, VA  
Measured by Vic Culp  
On April 3 and 4, 2010

- Start** - 6' E of Pole 17 at entrance to IHOP parking lot or 144' W of fire hydrant in front of 3850 Fettler Park Dr
- Mile 1** - 67'10" E of sign for Exeter Dr Next Signal going east on Rt 234
- Mile 2** - 227'3" W of power pole that looks like a cross in front of the Montclair Tabernacle
- Mile 3** - 61'8" toward finish from the larger distinct tree at Burma's crossing the first reentrant from Pleasants
- Mile 4** - 718' downhill on Burma from gate at Scenic
- Mile 5** - 33'9" toward Scenic Dr from Old Blacktop Gate
- Mile 6** - 39' away from Turkey Run from the pylon at Taylor Farm and Old Black Top
- Mile 7** - 210'2" onto Scenic from Box 457-25-3-1 from Turkey Run Rd
- Mile 8** - 14'3" toward start from Box 905 D 7907 which is before the Admin Building Entrance Rd
- Mile 9** - 129'7" toward finish from the east end of the first southern guardrail from the Entrance Rd on Scenic
- Mile 10** - 154'6" toward Rt 1 from the west edge of the entrance ramp for I-95 South from west bound 619
- Mile 11** - 155' downhill from finish
- FINISH** - pylon in the first sidewalk crossing uphill from traffic circle

**Restrictions:**  
Only E bound lanes of Rt 234 may be used  
Only SE bound lanes of Scenic Dr may be used  
Only E bound lanes of Rt 619 may be used

CERTIFICATION IN EFFECT  
11 JUNE 2010 - 31 DEC 2020