



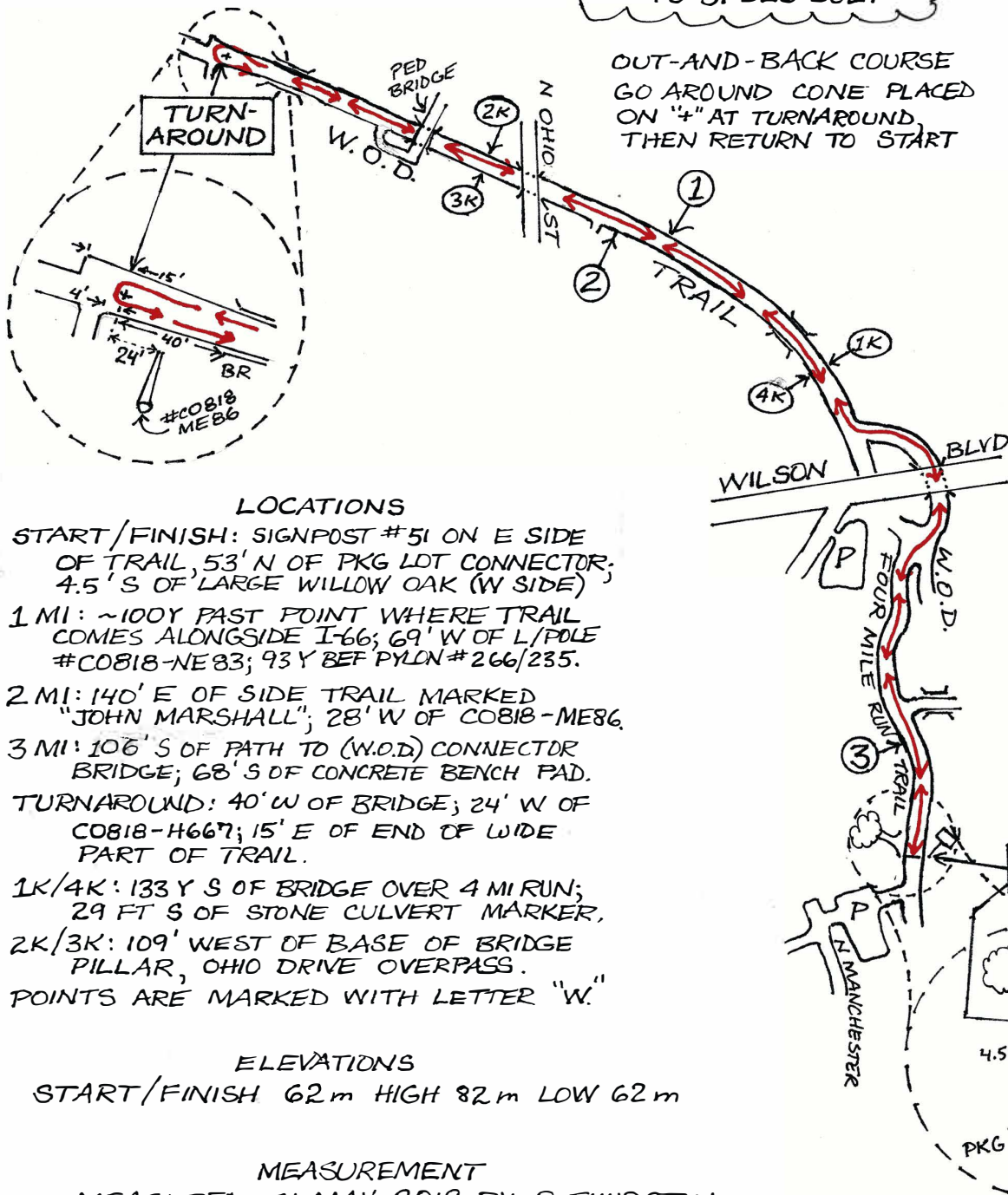
Monster Mayhem 5K and Monster Mile ARLINGTON, VIRGINIA

MAP NOT TO SCALE

USATF CERTIFICATE
VA19009RT
EFFECTIVE 6 JUNE 2019
TO 31 DEC 2029



OUT-AND-BACK COURSE
GO AROUND CONE PLACED
ON "+" AT TURNAROUND,
THEN RETURN TO START



LOCATIONS

START/FINISH: SIGNPOST #51 ON E SIDE
OF TRAIL, 53' N OF PKG LOT CONNECTOR;
4.5' S OF LARGE WILLOW OAK (W SIDE);

1 MI: ~100Y PAST POINT WHERE TRAIL
COMES ALONGSIDE I-66; 69' W OF L/POLE
#COB18-NE83; 93Y BEF PYLON #266/235.

2 MI: 140' E OF SIDE TRAIL MARKED
"JOHN MARSHALL"; 28' W OF COB18-ME86.

3 MI: 106' S OF PATH TO (W.O.D.) CONNECTOR
BRIDGE; 68' S OF CONCRETE BENCH PAD.

TURNAROUND: 40' W OF BRIDGE; 24' W OF
COB18-H667; 15' E OF END OF WIDE
PART OF TRAIL.

1K/4K: 133Y S OF BRIDGE OVER 4 MI RUN;
29 FT S OF STONE CULVERT MARKER.

2K/3K: 109' WEST OF BASE OF BRIDGE
PILLAR, OHIO DRIVE OVERPASS.

POINTS ARE MARKED WITH LETTER "W."

ELEVATIONS

START/FINISH 62m HIGH 82m LOW 62m

MEASUREMENT

MEASURED 21 MAY 2019 BY R THURSTON

PREVIOUSLY MEASURED ON 11 MAY 2008

ALSO BY R THURSTON

RET