



3.24mi
Distance

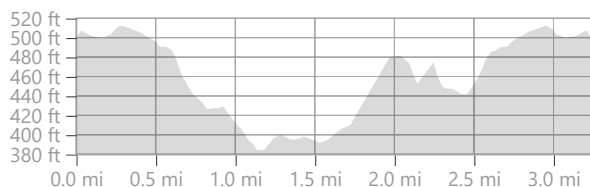
217 ft
Elevation Gain

Road Run Type

Est. Moving Time: 32:25



Map data ©2019 Google



Route recommendations may be incomplete and/or inaccurate and may contain sections of private land and/or sections of terrain that could be challenging or hazardous. Always use your best judgement about the safety of road and trail conditions and follow traffic and property laws. Est. Moving Time based on your avg pace of 10:01/mi over last 4 weeks

DIRECTION	DISTANCE (miles)
Proceed onto Old Frederick Road	0.0
Left onto Harlem Lane	0.2
Left onto Edmondson Avenue	0.7
Proceed onto Edmondson Avenue	0.8
Left onto Orpington Road	1.6
Proceed onto Orpington Road	1.7
Left onto Mount Desales Road	1.9
Left onto Academy Road	2.2
Proceed onto Academy Road	2.2
Right onto Whitfield Road	2.2
Continue on Northdale Road	2.4
Right onto Harlem Lane	2.6
Proceed onto Harlem Lane	2.6
Right onto Old Frederick Road	3.0
Arrive at Finish	3.2