

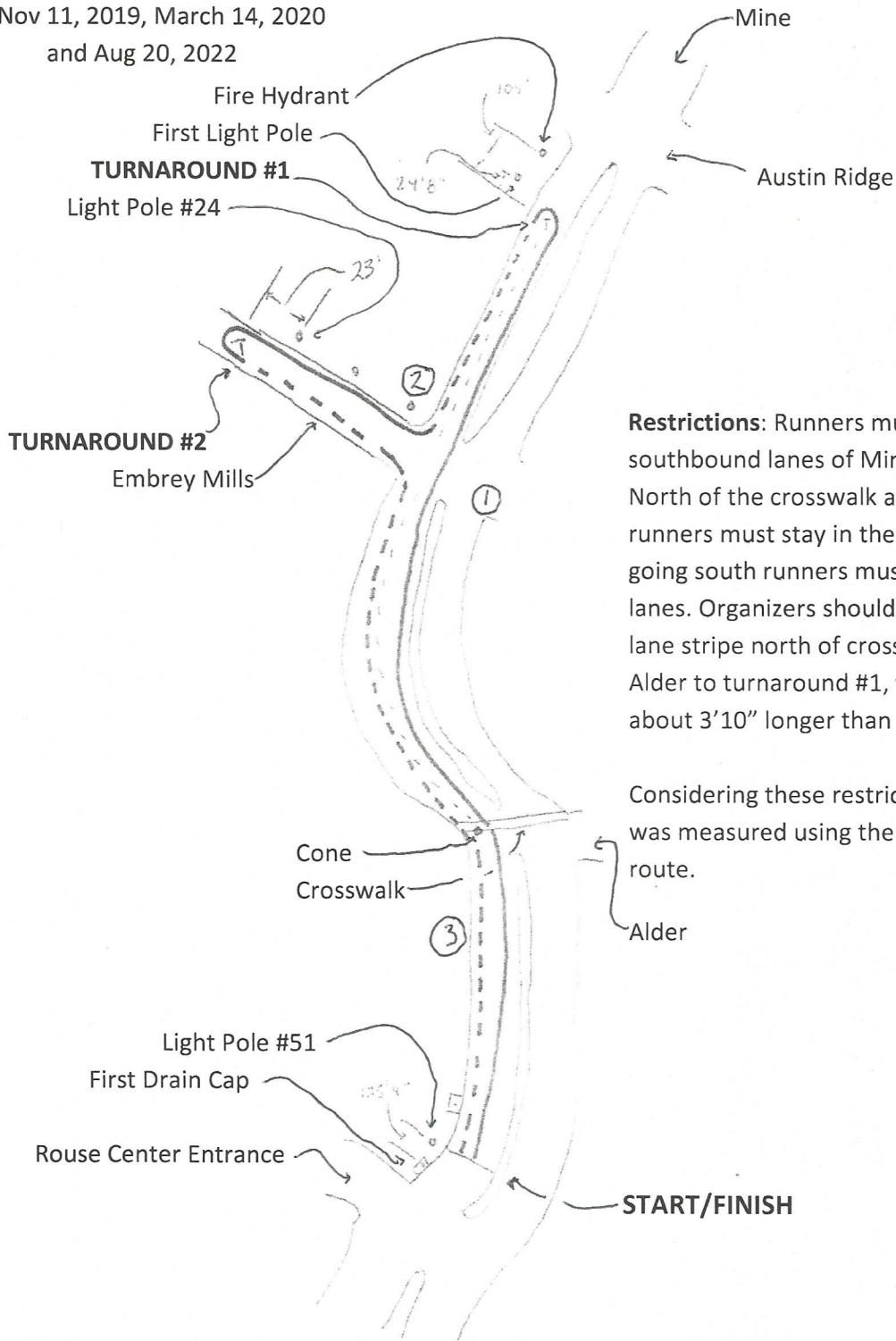
Mine Road 5km @ Rouse

Stafford, Virginia

Measured by Vic Culp

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On Nov 11, 2019, March 14, 2020
and Aug 20, 2022



Restrictions: Runners must stay in the southbound lanes of Mine Road at all times. North of the crosswalk at Alder, going north runners must stay in the median lanes and going south runners must stay in the curb lanes. Organizers should place cones on the lane stripe north of crosswalk at Alder. From Alder to turnaround #1, the curb lanes are about 3'10" longer than the median lanes.

Considering these restrictions, the course was measured using the shortest possible route.

START/FINISH – at light pole #51 which is 123'4" north of the first drain cap north of Rouse Center entrance road.

MILE 1 – 97'6" N of first fire hydrant on Mine just south of Embrey Mills

TURNAROUND #1 – 109' S of first hydrant on Mine just south of Austin Ridge

MILE 2 – 13'4" E of light pole #22 which is the first pole on Embrey Mills

TURNAROUND #2 – 23' uphill from light pole #24 which is the third pole on Embrey Mills

MILE 3 – 51'7" S of light pole #57