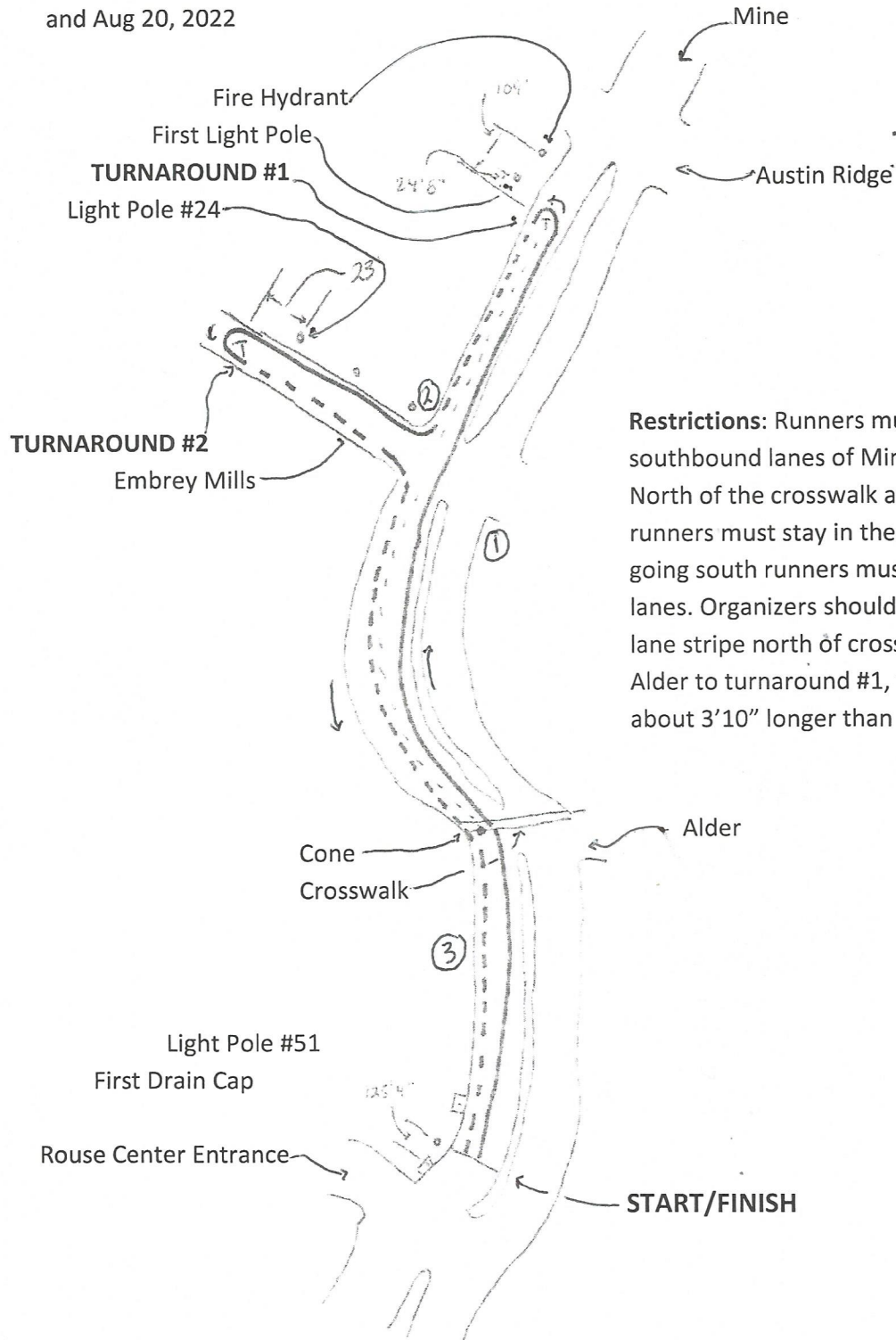


## Mine Road 5km @ Rouse

Stafford, Virginia

Measured by Vic Culp

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.

**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 #51