

## Directions

1. Walk Down to the UPD Hut and take a left down W Street
2. Take your first left and follow the street down to MacArthur Blvd and take a right
3. Stay on MacArthur Blvd for about 2 miles, passing the Safeway and CVS
4. Keep going straight on MacArthur Blvd, you will pass signs for Chain Bridge
5. When you get to the intersection of MacArthur and Loughboro Rd. take a left
6. You will be running down a small street with a water treatment plant on your right
7. At the end of the street, on the right, behind the fence is a path to the Capital Crescent Trail
8. Take a left on the Capital Crescent Trail heading into the city
9. Take in the sights as you run along the canal on the paved trail into Georgetown
10. Between milemarker 9.5 and 10, there will be a tunnel on your left, take it to the other side of Canal Road
11. Run up FoxHall Road, enjoy the hills, take the first left onto the MV Campus
12. Run up the Hill and then loop around to finish atop the hill in front of Somers Hall

6 - 7 Miles

