

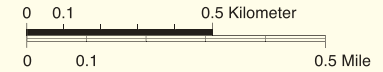
10k Course

Assemble on West Campus Drive at Shepherd University. **Left** onto WV-480. **Cross** the Potomac River on the Rumsey Bridge and pass historic Ferry Hill. **Right** onto Canal Road, go down a steep hill. **Pass** Millers Sawmill Road and continue on Canal Road. **Right** cross canal on grass. **Right** (up river) on the C&O Canal Towpath. Under the Rumsey Bridge, exit the towpath on the right, and follow bike path to Rumsey Bridge. At the top of the bridge **turn left** to **cross** the Potomac River. Follow the cones to an asphalt path leading into Shepherd University's Ram Stadium and Finish Line at the 50 yard line.



Legend

- 10 Kilometer route
- Portable toilets
- Water and portable toilets



WEST VIRGINIA

C&O Canal National Historical Park

C&O Canal Towpath

Canal Mile 75

Lock 39

Shepherdstown Pike

SHEPHERD UNIVERSITY

10k Start

bike path to bridge

Wellness Center (packet pickup)

Bavarian Inn

under bridge

Lock 38

Lock 38

parking

34

MARYLAND

Millers Sawmill Rd

Millers Sawmill

10k Finish - 50 yd line

Two Rivers Treads Freedom's Run Headquarters

POTOMAC RIVER
C&O Canal Towpath

Canal Rd

River Road

10k Turn: cross on grass to canal towpath

To Martinsburg

To Harpers Ferry

Shepherdstown

German St

W Campus Dr

480

230

45