




5k 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** the footbridge at the 2nd parking lot and continue on Canal Road. Turn around on Canal Road. **Left** **Across the footbridge** to the C&O Canal. **Right** (up river) onto 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

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

