

Timing Points

Start: On the Matthew Henson Trail just south of Hewitt Avenue. 17' 5" north of the tree that is even with power pole #780452-240710 on Georgia Avenue. 19' 1" east of the next tree to the north. 4" from the eastern edge of the trail.

Mile 1: At the right hand edge of the trail, just before the boardwalk forks to the left. 18' 9" from the corner post on the left.

Turnaround: Counter-clockwise through the parking lot at Layhill Road, onto the sidewalk, and back onto the trail. Runners must pass to the right of the three wooden posts at the entrance to the parking lot.

Mile 2: On Rippling Brook Drive just after the runners leave the trail. 4' north of the manhole on the right. 9' 6" from the eastern edge of the pavement.

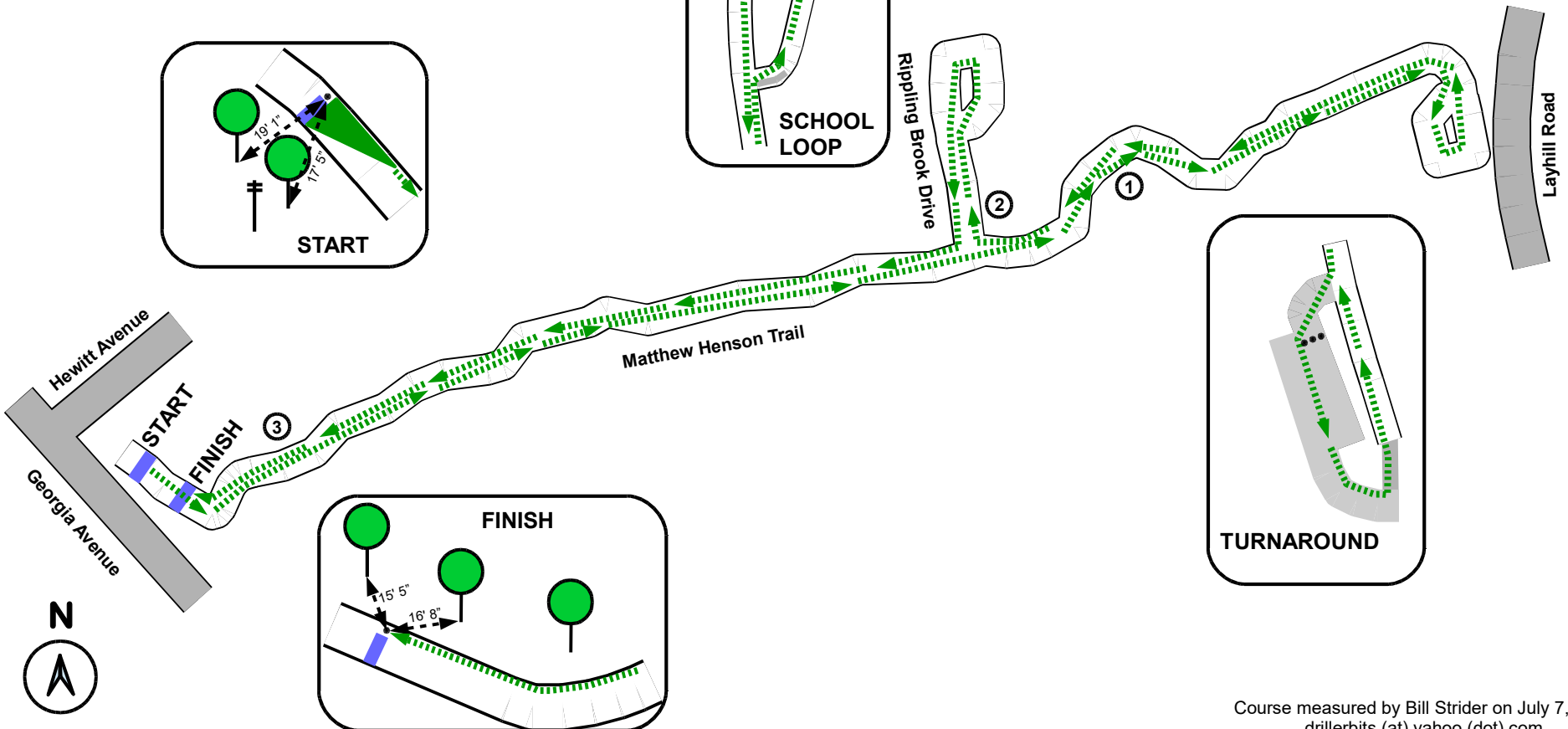
School loop: Runners exit the trail onto Rippling Brook Drive, pass to the left of the concrete median at the school, and loop counter-clockwise through the bus lane and back onto Rippling Brook Drive.

Mile 3: 4' 2" west of the 19th post in the chain link fence bordering an open field on the right. 5' 6" east of the 20th post. 4" from the northern edge of the trail.

Finish: On the trail next to the Hewitt Avenue parking lot. 15' 5" from the second tree after the right hand turn. 16' 8" from the third tree. 4" from the northern edge of the trail.

Matthew Henson Trail 5K

13421 Georgia Ave
Silver Spring, MD 20906



Course measured by Bill Strider on July 7, 2019
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