



Pie of Cake

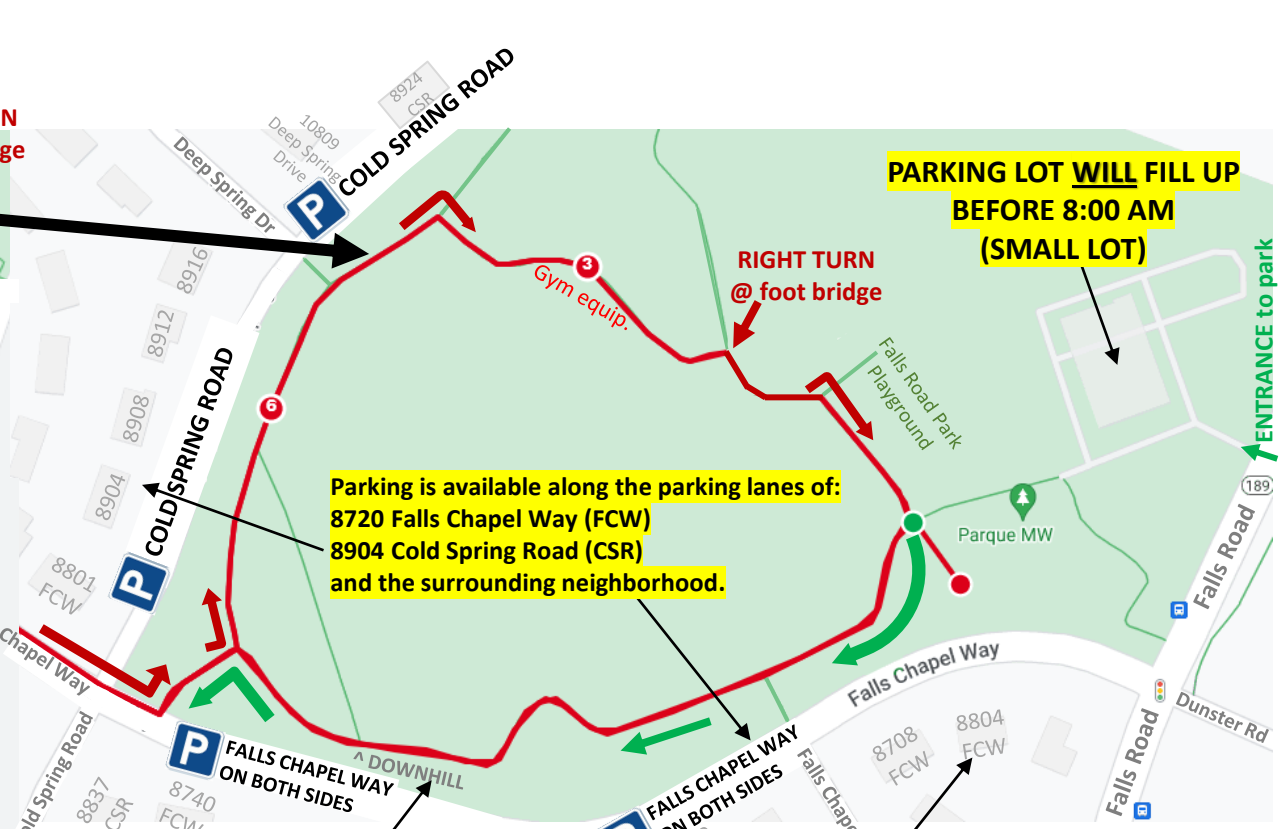
8:30AM : 10K (CS) & 5k
 8:35AM : Youth Runs

1 loop : 5k (3.1mi.)
 2 loops : 10K (6.2mi.)

Fall Road Local Park
 (also known as Hadley's Park)
 12600 Falls Road
 Potomac, MD

MCRRC.ORG

March 2023



- **START:** Counterclockwise on the park's path. Begin on the park's paved path intersection which is across 8804 Falls Chapel Way. Stay LEFT on the **DOWNHILL** path; then an immediate LEFT (slight downhill) to exit the park to cross over Cold Spring Road; run "with" traffic using the parking lane of Falls Chapel Way. After crossing over the Copenhaver Drive intersection, use the Falls Chapel Way SIDEWALK to run with traffic. Continue on the Falls Chapel Way SIDEWALK until you make a RIGHT TURN onto Reach Road. From Reach Road make a RIGHT TURN onto Trailridge Drive (this later becomes Coppola Drive). Make a RIGHT TURN onto Copenhaver Drive, then a LEFT TURN to use the SIDEWALK of Falls Chapel Way. Use the Cold Spring Road crosswalk; then run on the Falls Chapel Way sidewalk for a few yards; make an IMMEDIATE TURN LEFT to run a slight uphill on the park's paved path, then make an IMMEDIATE LEFT TURN to continue the park's paved path loop counterclockwise to Mile 6. At the foot bridge make a RIGHT TURN and continue the paved path. After making the next RIGHT TURN, the playground will be on your left side.
- **FINISH for ALL runs:** After passing the playground, the FINISH will be straight ahead on a grass dip. The 10k runners will continue the paved path to run the same loop again and FINISH on the same grass.

Youth Series: 0.50 Mile and 1.0 Mile: Loop(s) around Falls Road Park. See separate course map.