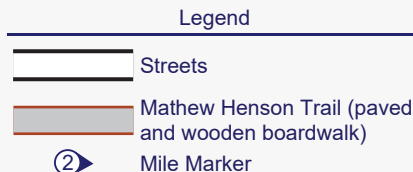


Matthew Henson 5k

Montgomery County
Road Runners Club



Bel Pre Elementary School
13801 Rippling Brook Dr
Silver Spring, MD 20906



Certification Information:
This course is 5,000 meters long and was measured using the full width of the roadways and pathways using the shortest possible route (SPR).
Measurer: Jim Dahlem jimdahlem@gmail.com
Course measured on: May 4, 2025



Global Mission Church

Mile 1:
5 feet northwest of the largest oak tree on the east side of the trail.
What3Words: ///drip.jumps.locked
Lat / Long: 39.07654, -77.06901

Turnaround:
25 feet past (NW of) the last fence post between the trail and the parking lot.
Even with the smallest tree east of the trail.
What3Words: ///acted.glad.torch
Lat / Long: 39.07683, -77.06940

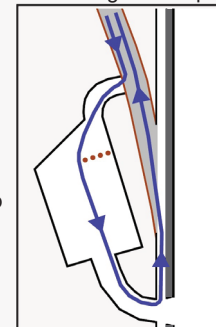
Start / Finish Line:
Even with the south edge of the concrete crosswalk.
16 feet south of the sign: "No Parking Fire Lane \$250 Fine"
What3Words: ///bravo.quite.pints
Lat / Long: 39.08156, -77.05528



Mile 2:
51 feet before the end of the boardwalk bridge.
What3Words: ///goad.tender.tulip
Lat / Long: 39.08100, -77.05258

Mile 3:
Across the street from and even with the fire hydrant near 13704
What3Words: ///rider.lies.ppoopy
Lat / Long: 39.08023, -77.05568

Parking Lot Loop



Runners run around (not between) the posts, then turn left onto the sidewalk, then left again back onto the Mathew Henson Trail.

Course Profile

