

76 Mile Run Summary

<http://www.gmap-pedometer.com/?r=144762>

START: 12:00 Midnite Saturday, May 20, 2006 (Friday Night)

- **Segment I**
 - Depart 709 Varnum St. with Boss
 - Head North on Georgia Ave.
 - Turn right on Van Buren Street
 - Turn Right on Piney Branch
 - Turn Left on Georgia Ave.
 - Arrive back at 709 Varnum St. –
- Approx Segment I Distance: 4.5 miles
- Total Distance Ran: **4.5 miles**
- Approx time for segment I: 12:00am – 12:45am

- **Segment II**
 - Depart 709 Varnum St. by 1:00am (leave Boss @ home)
 - Head to Georgia and Kansas
 - **5 mile mark occurs near Kansas and Georgia**
 - Left on Kansas to 13th St.
 - South on 13th St.
 - Right on K St.
 - Continue South on 14th St.
 - Turn Left onto mall toward Capital Bldg.
 - Head East on Mall
 - Turn around at Capital
 - Head West on Mall
 - **10 mile mark occurs on Mall**
 - Head to Washington Monument
 - Head West to Lincoln Memorial
 - Go over Memorial Bridge into Virginia
 - Head to Arlington Cemetery
 - Turn around at Arlington Cemetery Loop
 - Head Northwest on Mount Vernon Trail past Roosevelt Island
 - Go over Key Bridge into DC
 - **15 mile mark occurs just over Key Bridge**
 - Head East on M St.
 - Turn Left (North) on Wisconsin Ave.
 - Continue North on Wisconsin Ave.
 - Turn Right onto Massachusetts Ave. (just before Cathedral)
 - Head South East on Massachusetts Ave.
 - Turn Left (North on Connecticut Ave)
 - Continue North on Connecticut Ave
 - **20 mile mark occurs at Connecticut and Calvert**
 - Turn Right on Calvert over Ellington Bridge
 - Continue on Calvert/Columbia
 - Turn Left on 13th St.
 - Bear Right onto Kansas
 - Turn Right on Varnum
 - Arrive at 709 Varnum St.
- Approx. Segment II Distance: 18 miles
- Total Distance Ran: **22.5 miles**
- Approx time for segment II: 1:00am – 4:00am/4:30am

- **Segment III**

- Take a short break at 709 Varnum (say hi to Boss, drink lotsa water, switch sneakers)
 - Depart 709 Varnum between **4:30 and 5:00am**
- Head West on Varnum Toward Grant Circle
- Grant Circle to New Hampshire Ave
- Head North East on New Hampshire Ave.
- Continue North East on New Hampshire Ave. (Route 650) into Maryland
 - **25 mile mark occurs just over Maryland border**
- Continue North East on New Hampshire Ave.
- New Hampshire Ave. Curves West
- Cross Capital beltway just after mile 28
 - **30 mile mark occurs just before Columbia Pike & New Hampshire Ave.**
- Continue North West on New Hampshire Ave.
- New Hampshire Ave Curves East
 - **35 mile mark occurs at Briggs Chaney Road & New Hampshire Ave.**
- New Hampshire Ave Curves West
 - **40 mile mark occurs on New Hampshire Ave. between Ashton Rd (mile 38.5) and Brighton Dam Road (mile 41.5)**
- Continue North on New Hampshire Ave.
- New Hampshire Ave. turns West
 - **45 mile mark Occurs at New Hampshire Ave. and Georgia Ave.**
- Approx. Segment III Distance: 22.5 miles
- Total Distance Ran: **45 miles**
- Approx time for segment III: 5:00am – 10:00am

- **Segment IV**

- Turn Left (South) onto Georgia Ave. (Route 29)
- Continue South on Georgia Ave.
 - **50 mile mark occurs at Olney Sandy Spring Road and Georgia Ave.**
- Continue South on Georgia Ave.
 - **55 mile mark occurs just south of Aspen Hill Rd. and Georgia Ave.**
- Continue South on Georgia Ave.
 - **60 mile mark occurs just North of Capital Beltway**
- Cross into DC just before mile 63
- Continue South on Georgia Ave in DC
 - **65 mile mark occurs near Georgia and Gallatin**
- Turn Left (East) onto Rhode Island Ave
- Turn Left (North) onto North Capital St.
 - Mile 70 occurs on North Capital St. just after Washington Hospital Center
- Turn Left (West) on Missouri Ave.
- Turn Left (South) on 13th St.
- Continue on 13th St.
- Turn Right (East) on Harvard St.
- Turn Left (North) on Georgia Ave.
 - **75 mile mark occurs just after turn onto Georgia Ave.**
- Continue North on Georgia Ave.
- Turn Right on Varnum St. NW
 - **76 mile mark occurs at Varnum St. and Georgia Ave.**
- **FINISH** at 709 Varnum St.
- Approx. Segment III Distance: 31 miles
- Total Distance Ran: **76+ miles**
- Approx time for segment IV: 10:00am – 4pm/6pm