

2010 Mule Run: Support Directions—FINAL 7/11/2010

These directions are verified and edited annually, so they should be reasonably accurate. The goal is to make them as error-proof as possible. If you run into any difficulty, please provide feedback so that the directions can be improved.

Course Summary

The Mule Run course follows the C&O Canal towpath approximately 62 miles (100 Kilometers) from right near the Rt. 34 bridge to Shepherdstown to Carderock, MD. The surface is generally flat dirt or light gravel trail with occasional road crossings. Since the bulk of the run is after sundown, headlights and reflective gear are required.

Station	Location	Cumulative	Increment	Towpath Mi.
	Start--Route 34 Bridge (Mi. 72.8)	-	-	72.8
1	Dargan Bend Recreation Area	7.9	7.9	64.9
2	Brunswick	17.8	9.9	55.0
3	Point of Rocks	24.6	6.8	48.2
4	Dickerson Conservation Park	33.0	8.4	39.8
5	White's Ferry	37.3	4.3	35.5
6	Edwards Ferry Boat Ramp	42.0	4.7	30.8
7	Riley's Lock #24	50.0	8.0	22.8
8	Swain's Lock #21	56.2	6.2	16.6
	Finish--Carderock	62.4	6.2	10.4

Course Details

Start: Lock 38—Rt. 34 Bridge

- Head to Harper's Ferry, WV from the starting point of your choice.
- Take 340 past Harper's Ferry to WV 230.
- Take a right on 230.
- Follow 230 into Shepherdstown to Princess St.
- Take right on Princess St.
- Take a left on E. German St.
- Take a right onto WV 480 (N. Duke St.)
- Cross the bridge from Shepherdstown, WV into MD where the road becomes MD 34.
- Make a right hand turn at the end of the bridge on the MD side and follow the road down to the parking area at the bottom of the hill. (There is a brown NPS sign just before the turn.)



Start: Facing East

Stop 1 (mi. 7.9): Dargan Bend [2010 Detour Route]

- Leave the parking lot at the start and head back up the hill.
- Make a right back on to MD 34, and head toward Sharpsburg. (MD 34 becomes E. Main St.)
- Follow the Detour signs:
 - o Turn right at Church St., which will become Burnside Bridge Rd.
 - o Turn right at Mills Rd.
 - o Turn left onto Harper's Ferry Rd. headed east.
- Turn a hard right onto Back Rd., which will send you back west toward the Dargan Bend parking area.
- The parking area will be about a mile down Back Rd. on the left.



Stop 1: Facing East

Stop 2 (mi. 17.8): Brunswick

- Turn right out of the Dargan Bend parking lot and proceed east along Back Rd. until it meets up with Harper's Ferry Rd.
- Bear right onto Harper's Ferry Rd. headed east.
- Harper's Ferry Rd. turns into Sandy Hook Rd. at the river—continue along Sandy Hook Rd. to Keep Tryst Rd.
- Take a right onto Keep Tryst Rd. and follow it to 340.
- Take a right onto 340 and follow it to the next exit for "180 to 478" to Brunswick
- Take the "180 to 478 exit and follow the ramp down to a right turn on Knoxville Rd. (478)
- Follow Knoxville Rd. into downtown Brunswick.
- Take a right on Maple Ave. (stoplight) and proceed across the tracks into the train station. Just across the 2nd set of tracks, take a right, and follow the road to the towpath parking area.



Stop 2: Facing East

Stop 3 (mi. 24.6): Point of Rocks

- Leave the train station parking lot and proceed back up Maple to the stoplight.
- Turn right onto E. Potomac St., and follow it to Park Ave. (Brunswick City Park building on corner).
- Turn left at the flashing light onto Park Ave. (or Gum Spring Rd. depending on the map), and follow it uphill along Park Ave. around to 9th Ave.
- Turn left at 9th Ave. (stop sign) and follow it up to where it meets MD 464 East (Point of Rocks Rd.).
- Go through the light to follow 464 East to Rt. 15.
- [2010 Detour. There will be marked detour that brings you around bridge construction and back to 464.]
- Take Rt. 15 south at the traffic circle, and follow it to Rt. 28.
- Turn left at Rt. 28 (-1 mi.)
- Take an immediate right into park (Commerce St.)



Stop 3: Facing East

Stop 4 (mi. 33.0): Dickerson Conservation Park

- Leave Point of Rocks by turning right onto Rt. 28E (Clay St.)
- Right on Dickerson Rd. (still 28) (~4.5 mi.)
- Right on Martinsburg Rd. (~4.7 mi.). Note: Martinsburg Rd. will look like a fork in the road to the right at a stoplight ~1 mi. past Dickerson Church Rd.
- Bear left, away from power plant, and continue to conservation area. (~2 mi.)
- Make a right into the "Dickerson Conservation Park Entrance"



Stop 4: Facing East

Stops 5 & 6 (mi. 42.0): White's Ferry & Edwards Ferry Boat Ramp

- Turn right out of the Dickerson Conservation area onto Martinsburg Rd.
- Right on Whites Ferry Rd. (~2.5 mi.)
- [Note: the Whites Ferry Rd./River Rd. intersection is right near the towpath, so this an optional stop. If you plan to stop here, it's probably best to pull over on River Rd. after you make the turn and wait for runners to come up to where the towpath crosses White's Ferry Rd.]
- Turn left onto River Rd. and follow it (to the right) to Edwards Ferry Rd.
- **Note:** *Staying on the gravel of River Road requires a right turn at ~3.5 miles from Whites Ferry Rd. You'll see a red building straight ahead as you approach a sharp left bend in the road. The turn will be just after this. If you're on pavement, you missed the turn.*
- Turn right on Edwards Ferry Rd. into parking area near boat ramp.



Stop 6: Facing West

Stop 7 (mi. 50.0): Riley's Lock #24

- Leave boat ramp parking lot and proceed up Edward's Ferry Rd.
- Turn right on W. Offutt Rd. (~1 mi.)
- Continue straight (~.8 mi.) onto Mt. Nebo Rd.
- Mt. Nebo Rd. merges (~1.6 mi.) onto River Rd.
- Right on Riley's Lock Rd. (~4 mi.) (Note: This turn comes up abruptly just after an at-grade bridge and is easy to drive past—be alert.
- **Also Note:** Paved roads in Montgomery County are patrolled and monitored, so please watch your speed and observe signs and signals.



Stop 7: Facing East

Stop 8: (mi. 56.2): Swain's Lock #21

- Proceed back up Riley's Lock Rd.
- Turn right onto River Rd.
- Bear right to stay on River Rd. (190) where it meets Seneca Rd.
- Follow River Rd. to Swain's Lock Rd.
- Take a right on Swain's Lock Rd. and follow it down to the parking area.



Stop 8: Facing East

Finish: (mi. 62.4): Carderock

- Follow Swain's Lock Rd. back up to River Rd.
- Make a right onto River Rd. and Follow it to Falls Rd.
- Right on Falls Rd. (189) (**Note** Mitch and Bill's Texaco on opposite left corner. There's a Starbucks in the plaza on the opposite right corner.)
- Follow Falls Rd. to MacArthur Blvd. (entrance to Great Falls on right.)
- Left onto MacArthur Blvd. (~1.9 mi.)
- Follow MacArthur Blvd until you bear right onto Clara Barton Parkway.
- Take the first exit for Carderock.
- Take a right at the top of the ramp and follow the road down to the "T" intersection in the park.
- Take a right at the "T" and park in the first lot on the left. The towpath will be accessible via a short gravel trail through the woods just across the road.



Finish

[Note: The picture shows flashes on a tree that marks the turn off the towpath to the finish. Additional markings will be visible on race morning, so don't worry about missing it!]