

# LoCo Tri – W&OD

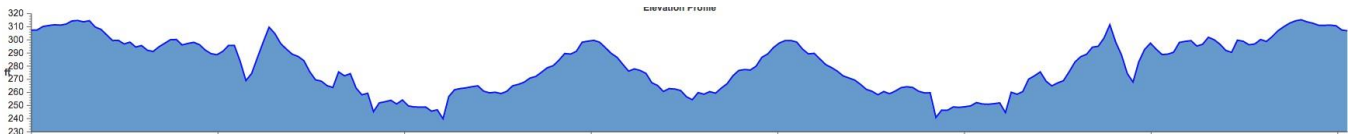


Approximately 0 miles from downtown Leesburg

**Starting Point:** Meet at the parking lot of LoCo Triathlon, 400 Madison Trade Plaza SE, Leesburg, VA 20175. Harrison Street and the W&OD.

**Distance:** Base run is 7 miles. But can be extended further by turning right on Cochran Mill Road before returning back to start or continuing further east on the W&OD. Can be made shorter by turning back prior to Cochran.

Elevation Profile:



**Detailed Route Directions and Map:**

- From parking lot turn right on Harrison Street sidewalk then immediately turn right on W&OD trail.
- Follow the W&OD for 3.5 miles to the WATER STOP just before the intersection of Cochran Mill Road. (Note: There is also a water fountain at the the trail and Lawson road which is at approximately mile 1.5 and 5.5 of the run).
- Turn around and return to starting point.
- To extend mileage either continue past Cochran Mill or turn right on Cochran Mill for desired additional distance.

