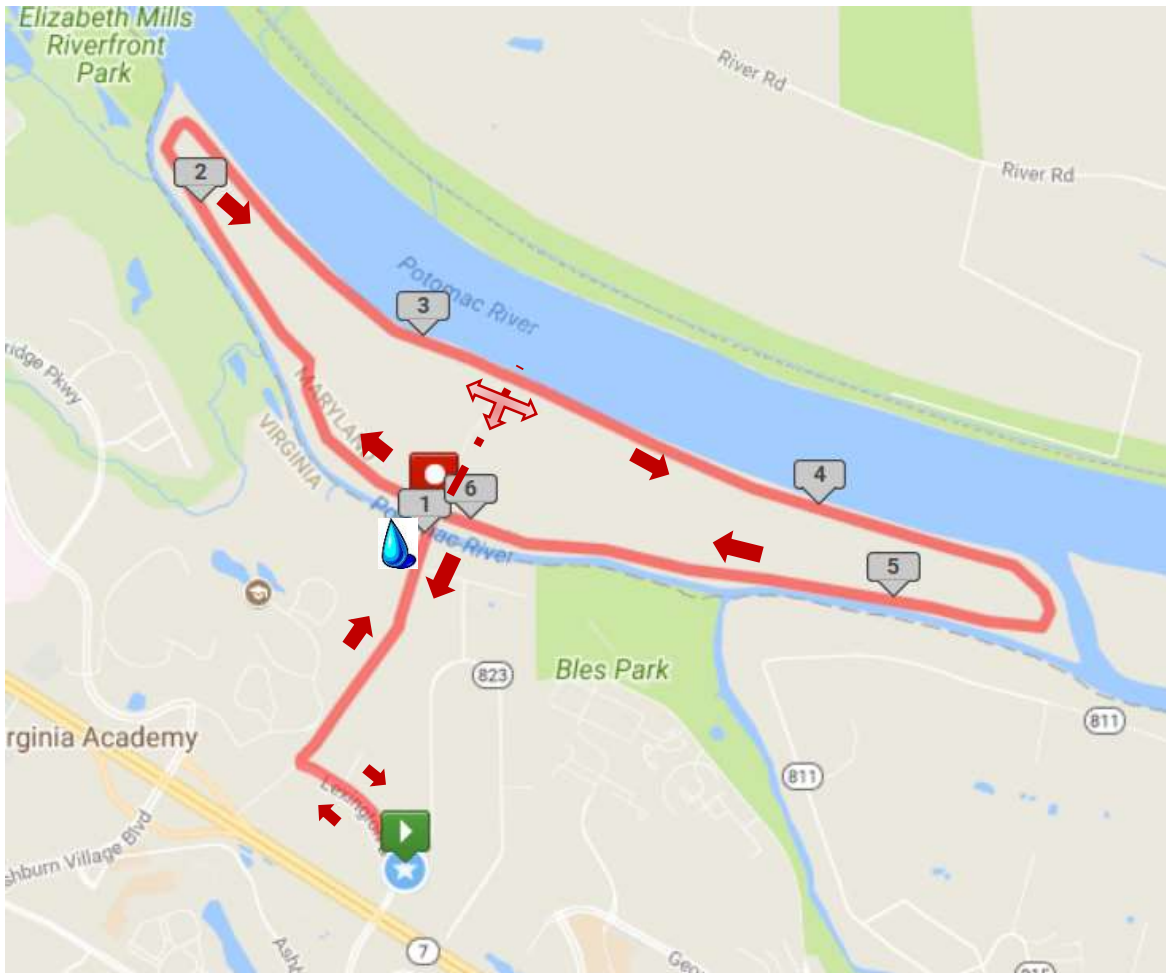


Loudoun Roadrunners Club Run

SELDEN ISLAND ver 01/21/20



Directions: (~6 miles from downtown Leesburg) (Note – New directions as of late 2019 as Lexington exit off of route 7 no longer exists)

1. Take Route 7 South to Ashburn Village Boulevard (AVB). Turn left/north onto AVB.
2. Turn right on Riverside Pkwy which soon becomes Lexington Drive.
3. Turn left at Smith Circle.
4. Take first right (immediately upon turning onto Smith Circle)
5. Park in unnamed Cul-de-sac

Description:

This is a very flat run and you can do as little as 4.3 miles (1/2 loop of island), 7 miles (1 full lap), or you can add on additional half- (+3.5 miles) of full- loops (+5 miles) to get extra distance.



Water and Gatorade will be provided at the bridge to the island.