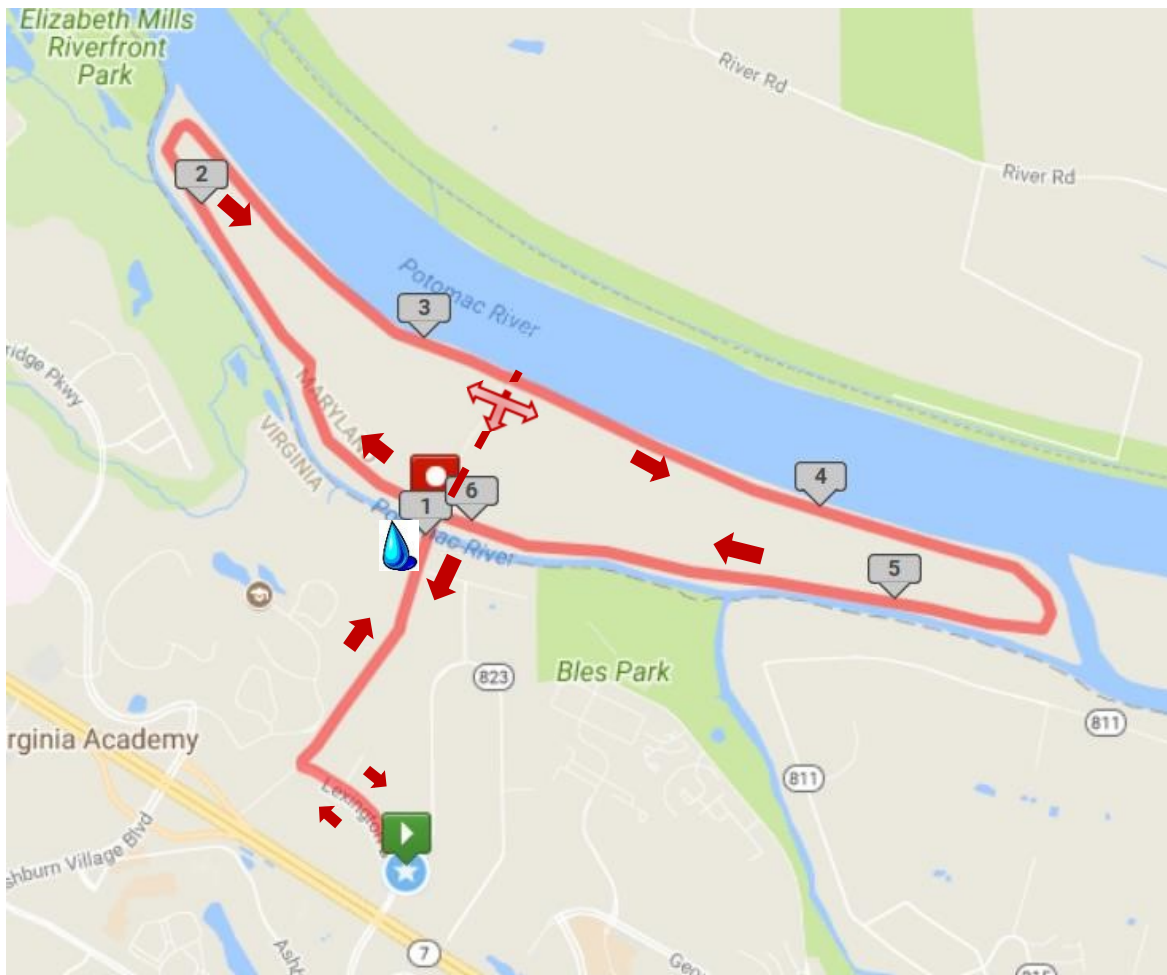


Loudoun Roadrunners Club Run: March 11th, 2018 -

SELDEN ISLAND



Directions: (~6 miles from downtown Leesburg)

1. Take Route 7 South and turn Left at Lexington (First light past Ashburn Village Parkway)
2. Take first right at Smith Circle
3. Take first right (immediately upon turning onto Smith Circle)
4. 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.