



12K Championships
Sunday, November 17, 2013
7:00am start Proposed Course
produced by Pacers Events

USATF 12K Championship – November 17, 2013
Race Route Turn by Turn

Start on Union at Oronoco
South on Union to S. Gibbon
Right on S. Gibbon
West on S. Gibbon to S. Fairfax
Right on S. Fairfax
North on S. Fairfax to King
Left on King
West on King to Commonwealth
Slight right on Commonwealth (northbound lanes)
North on Commonwealth to Uhler
Right on Uhler
East on Uhler to Mt. Vernon
Right on Mt. Vernon
South on Mt Vernon to E. Monroe
Left on E. Monroe
East on E. Monroe to Potomac Ave
Right on Potomac Ave
North on Potomac Ave to E. Howell (currently under construction)
Left on E. Howell
West on E. Howell to Main Line Ave
Left on Main Line Ave to Route 1 overpass (northbound lanes only)
South on Route 1 overpass to Slaters Lane
Left on Slaters Lane to Powhatan
Southeast on Powhatan to Bashford Lane
Left on Bashford Lane
East on Bashford Lane to E. Abingdon
Right on E. Abingdon
South on E. Abingdon to Second
Left on Second
East on Second St to N. Pitt
Right on N. Pitt
South on N. Pitt to King
Left on King
South on King to Union
Left on Union
North on Union to finish at Oronoco

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Race Route Timeline

Mile Mark	Location	First Runner In	Last Runner Out
0	Union at Oronoco	7:00	7:15
1	S. Fairfax at Wolfe	7:05	7:30
2	King north of Payne	7:10	7:45
3	Commonwealth at E. Alexandria	7:15	8:00
4	Mt. Vernon at E Windsor	7:20	8:15
5	Potomac Ave at E. Howell	7:25	8:30
6	E. Abingdon	7:30	8:45
7	King at Royal	7:35	9:00
Finish	Union at Oronoco	7:37	9:08