



# 10K

**Bethesda Maryland**



Certified Course MD19001JS  
Effective 7-19-2019  
Through 12-31-2029

**START - FINISH**

On Old Georgetown Road going south, between Spruce Tree Ave. and Beech Ave. 373' north of "Old Georgetown Rd./Spruce Tree Ave." street sign. 262' south of center of pedestrian cross walk at Beech Ave. 77' north of center of storm grate. 19' north of C&P pole 703. 4' south of yellow and black "cross walk ahead" sign.



*Runners are restricted to the curb lane on Wisconsin Avenue, Woodmont Avenue, and Old Georgetown Road south of Cedar Lane*

**START FINISH**

**MILE 6**  
On Old Georgetown Rd. going north. 120 ft. north of north curb of Alta Vista Rd.

**MILE 2**  
On Kingsley Ave. going north. Even with center of sidewalk to house at 9414.

**MILE 3**  
On 355 going south. Approx. 200 ft. north of south side of Elsemere Ave. Even with south side of 9422 driveway.

**MILE 1**  
On Cedarcrest Dr. going north. Approx. 500 ft. north of Cedar Lane. Even with center of south driveway to house at 9208. 14 ft. north of center of driveway to 9207.

**MILE 4**  
On 355 going south. Even with north curb of Center Dr. into NIH.

**MILE 5**  
On Old Georgetown Rd. going north. At north curb of exit driveway from Temple Beth El.

Measured and Certified by  
**John Sissala**

Map by  
**Race Resources**

lyman at race resources dot net