

Falls Church, VA to Freedom Plaza, DC

Start Location: 7525 Marc Dr., Falls Church, VA

Start Time: 6:30AM

Mile	Turn	Description
		Providence Rec Center, Falls Church va 6:30AM
0.0		7525 Marc Dr, Falls Church, VA
0.3	L	Parkwood Terrace
0.3	R	Parkwood Ct
0.5	L	Allen St.
	X	Arlington Blvd. (Rte. 50)
0.6	R	Frontage Rd (North of Arlington Blvd.)
2.4	L	South St.
2.9	X	Broad St (Rte. 7)
3.2	L	Sycamore
3.8	R	Join W& OD Trail
4.9	L	Custis Trail 6:50AM
8.4	L	Lee highway 7:00AM
9.8		Roosevelt bridge 7:10AM
10.8	R	Virginia Ave
11.3	L	20th St
11.4	R	E st.
12.1		Freedom Plaza 7:25AM
		GoogleMap Link: http://www.gmap-pedometer.com/?r=2747142