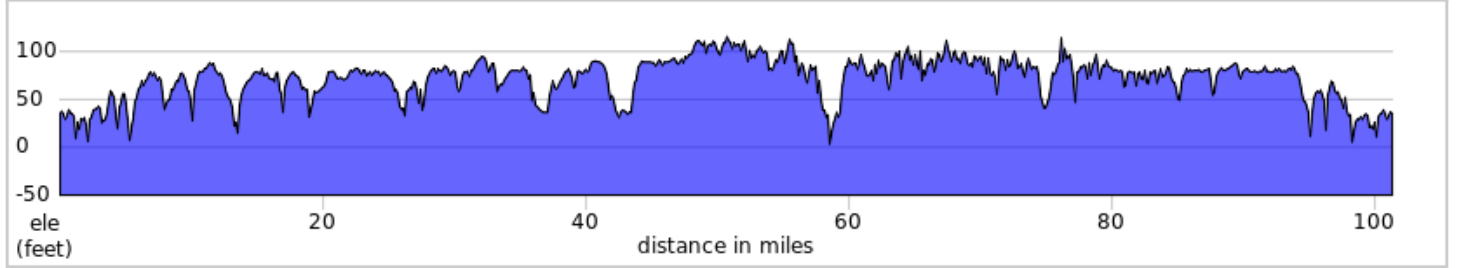
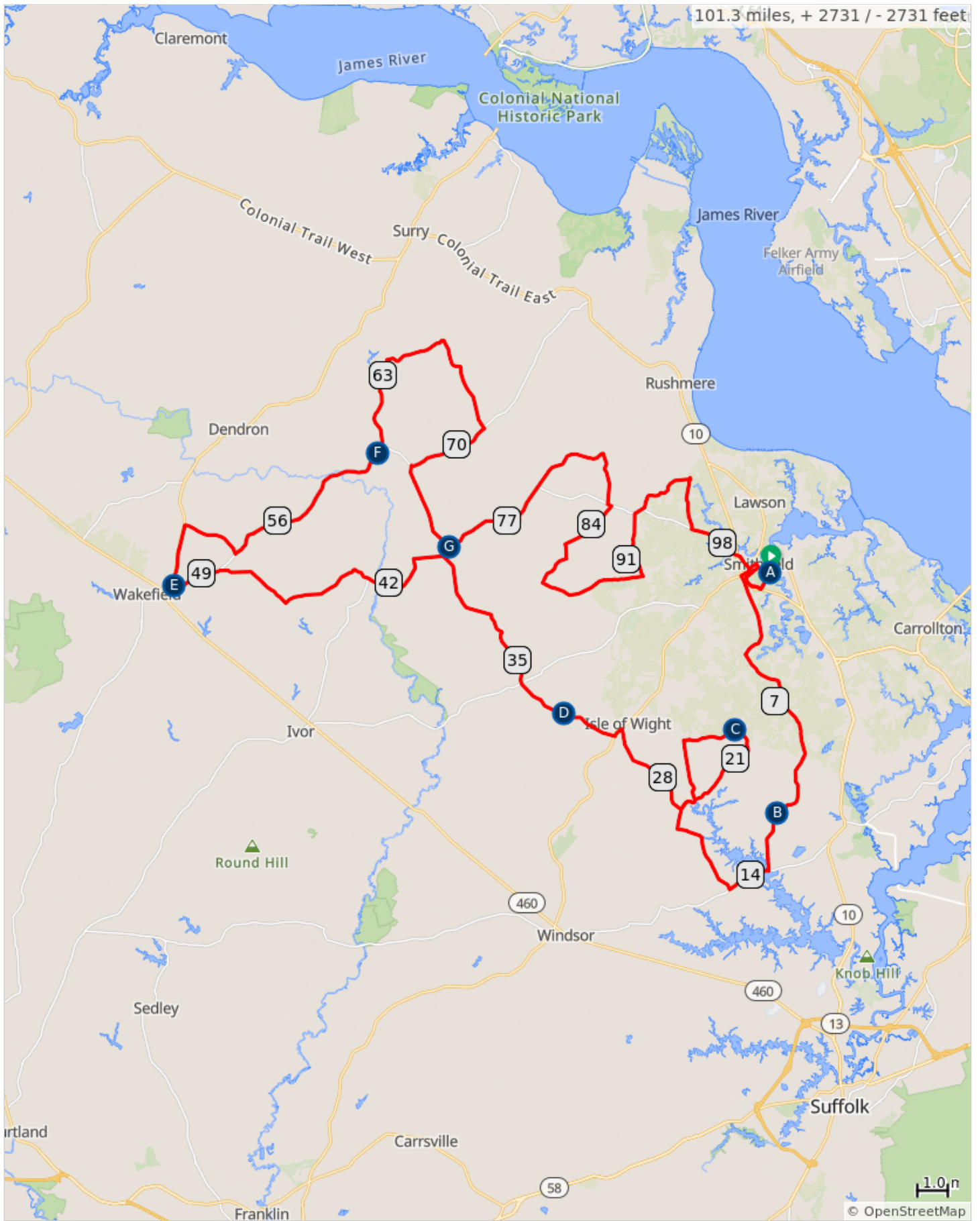


# 2024 TDC Mid Atlantic (100 Mile)



## 6 Rest Stops

A.	FINISH LINE	E.	Oak Grove Baptist Church
B.	Christian Home Baptist Church	F.	Runnymede Holiness Church
C.	Darden's Country Store	G.	Mill Swamp Rd. Baptist Church
D.	Central Hill Baptist Church		



2024 TDC Mid Atlantic (100 Mile)

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.0
2.	0.0	0.0	←	Left onto Jericho Road	0.6
3.	0.6	0.6	→	Right onto Cedar St	0.9
4.	1.5	0.9	←	Left onto Underwood Ln	0.1
5.	1.6	0.1	←	Left onto Main St	0.3
6.	1.9	0.3	←	Left onto Great Spring Rd	2.9
7.	4.8	2.9	←	Left onto SR 620 Scotts Factory Road	1.5

4.8 miles. +157/-135 feet

Num	Dist	Prev	Type	Note	Next
8.	6.3	1.5	↑	Continue straight onto SR 644 Bowling Green Road	0.7
9.	7.0	0.7	←	Left onto SR 602 Longview Drive	4.4
10.	11.4	4.4	📍	Rest Stop #1 Christian Home Baptist church	2.0
11.	13.4	2.0	→	Right onto Everets Road, CR 603	1.5
12.	14.9	1.5	↘	Sharp right onto Murphy Mill Road, SR-605	2.8

10.1 miles. +194/-180 feet

Num	Dist	Prev	Type	Note	Next
13.	17.7	2.8	→	Right onto State Rte 637	0.7
14.	18.4	0.7	→	Right onto State Rte 600	1.0
15.	19.4	1.0	→	Slight right to stay on State Rte 600	1.5
16.	20.9	1.5	←	Left to stay on State Rte 600	0.5
17.	21.5	0.5	↑	Continue onto State Rte 654	0.9
18.	22.4	0.9	←	Left onto State Rte 644	1.8
19.	24.1	1.8	←	Left onto State Rte 652	2.0

9.2 miles. +87/-87 feet

Num	Dist	Prev	Type	Note	Next
20.	26.2	2.0	→	Right onto State Rte 600	0.6
21.	26.8	0.6	→	Right onto State Rte 637	3.5
22.	30.3	3.5	←	Left onto US-258 N	0.3
23.	30.6	0.3	→	Right onto State Rte 637	5.3
24.	36.0	5.3	📍	Rest Stop #4 Mt. Sinai Baptist Church	0.2
25.	36.2	0.2	←	Left onto Jones Town Drive, SR 637	3.4

12.0 miles. +219/-214 feet

Num	Dist	Prev	Type	Note	Next
26.	39.6	3.4	←	Left onto Mill Swamp Road, SR-621	1.0
27.	40.6	1.0	←	Left onto Proctors Bridge Road	2.2
28.	42.8	2.2	↑	Continue onto Old Blackwater Road SR621	0.6
29.	43.4	0.6	↑	Continue onto SR 618 Crumpler Road	2.5
30.	45.9	2.5	→	Right onto SR 624 Southampton Road	2.5

9.7 miles. +104/-92 feet

Num	Dist	Prev	Type	Note	Next
31.	48.5	2.5	↑	Continue onto State Rte 617	1.6
32.	50.1	1.6	→	Right onto VA-31 S	2.0
33.	52.1	2.0	→	Right onto State Rte 629	2.0
34.	54.1	2.0	←	Left onto State Rte 617	6.2
35.	60.3	6.2	ψ	Rest Stop #5 Runny mede Holiness Church	0.2
36.	60.5	0.2	←	Left onto SR 622 Runny mede Road	3.1

14.6 miles. +368/-394 feet

Num	Dist	Prev	Type	Note	Next
37.	63.6	3.1	→	Right onto SR 616 Golden Hill Road	2.1
38.	65.7	2.1	→	Right onto SR 626 Beechl and Road	3.3
39.	68.9	3.3	→	Right onto SR 617 White Marsh Road	2.7
40.	71.7	2.7	←	Left onto SR 622/623 Mill Swamp Road	0.6
41.	72.2	0.6	↙	Slight Left onto SR623 White Hill Trail	2.5

11.7 miles. +366/-382 feet

Num	Dist	Prev	Type	Note	Next
42.	74.7	2.5	ψ	Rest Stop #6 Mill Swamp Baptist Church	0.0
43.	74.7	0.0	←	Left onto SR 621 Mill Swamp Road	2.6
44.	77.3	2.6	←	Continue Left onto SR 621	1.3
45.	78.7	1.3	↑	Continue straight SR 621 Burwells Bay Road	2.6
46.	81.3	2.6	→	Right onto SR 627 Moonlight Road	1.7

9.1 miles. +201/-169 feet

Num	Dist	Prev	Type	Note	Next
47.	83.0	1.7	←	Left onto State Rte 626	0.1
48.	83.1	0.1	→	Right onto State Rte 681	1.4
49.	84.6	1.4	↑	Continue onto State Rte 680	0.5
50.	85.1	0.5	←	Left onto State Rte 681	0.5
51.	85.6	0.5	→	Right to stay on State Rte 681	1.2
52.	86.7	1.2	←	Left onto State Rte 683	1.2
53.	88.0	1.2	↑	Continue onto State Rte 682	2.3

6.7 miles. +96/-97 feet

Num	Dist	Prev	Type	Note	Next
54.	90.2	2.3	←	Left onto State Rte 680	0.8
55.	91.0	0.8	→	Right onto State Rte 708	1.6
56.	92.6	1.6	→	Right onto State Rte 626	0.3
57.	92.9	0.3	↑	Continue onto State Rte 678	2.1
58.	95.0	2.1	↘	CAUTION SLOW SHARP RIGHT Turn SR677 Wrenns Mill Rd	1.7

7.0 miles. +29/-94 feet

Num	Dist	Prev	Type	Note	Next
59.	96.7	1.7	←	Left onto SR 626 Mill Swamp Rd	2.4
60.	99.1	2.4	←	Left onto Grace Street, SR 258 Alternative	0.3
61.	99.4	0.3	→	Right onto North Mason Street	0.1
62.	99.5	0.1	→	Right onto Cedar Street	0.3
63.	99.8	0.3	↑	Continue Straight onto Cedar St	0.9

4.8 miles. +60/-106 feet

Num	Dist	Prev	Type	Note	Next
64.	100.7	0.9	←	Left onto Jericho Road	0.6
65.	101.3	0.6	↗	FINISH LINE !! CONGRATULATIONS !!	0.0

1.5 miles. +8/-9 feet