

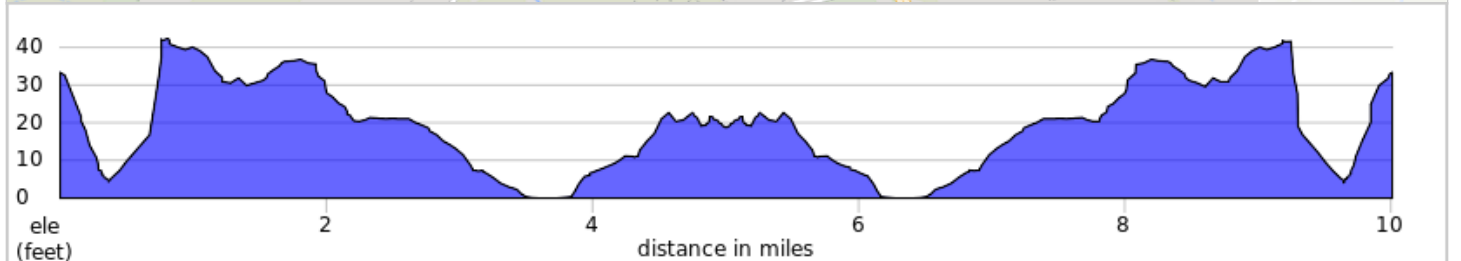
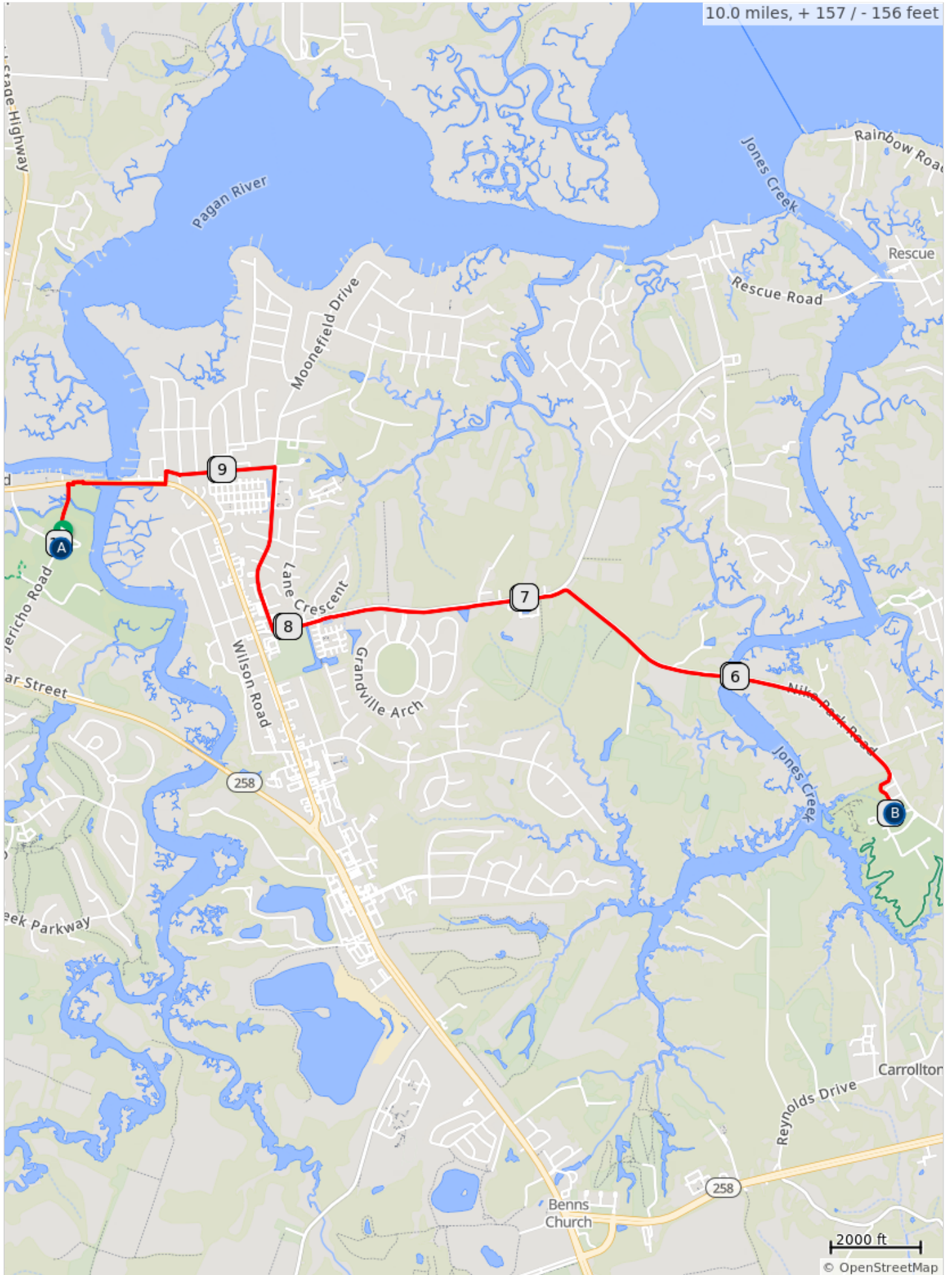
2024 TDC Mid Atlantic (10 mile)



Bike Paths , cross walks, Bridges and a turn-around point @ Nike Park , 1 Rest Stop

A. Windsor Castle Park Manor House

B. Nike Park water stop Turn-Around Point



2024 TDC Mid Atlantic (10 mile)

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.0
2.	0.0	0.0	↗	Slight right onto Jericho Road	0.0
3.	0.0	0.0	→	Right Follow Signs across field to Station Bridge	0.3
4.	0.3	0.3	→	Right Proceed to Cross Walk	0.0
5.	0.3	0.0	←	Left Safely Use cross walk	0.0
6.	0.3	0.0	→	Right Proceed to Bridge	0.0

0.3 miles. +0/-25 feet

Num	Dist	Prev	Type	Note	Next
7.	0.4	0.0	→	Right Enter Left Shoulder of Road for Bridge Crossing	0.0
8.	0.4	0.0	←	Proceed onto Left side shoulder of South Church Street Bridge, US 258/SR 10	0.3
9.	0.7	0.3	←	Left onto Red Point Drive	0.1
10.	0.8	0.1	→	Right onto Lumar Road	0.1

0.4 miles. +25/-0 feet

Num	Dist	Prev	Type	Note	Next
11.	0.8	0.1	←	Left onto Jordan Drive	0.0
12.	0.8	0.0	↑	Continue onto Lumar Road	0.4
13.	1.2	0.4	→	Right onto John Rolfe Drive	0.7
14.	1.9	0.7	←	Left onto Battery Park Road, SR-704	0.1
15.	2.0	0.1	→	Cross road to right side to enter Trail	0.0
16.	2.0	0.0	←	Left onto Park to Park Trail	3.0

1.2 miles. +7/-17 feet

Num	Dist	Prev	Type	Note	Next
17.	5.0	3.0	📍	Rest Stop Nike Park	0.0
18.	5.0	0.0	↻	Around Point Nike Park	3.0
19.	8.0	3.0	→	Safely Cross road to right side of Battery Park Road	0.1
20.	8.1	0.1	→	Right onto John Rolfe Drive	0.7
21.	8.8	0.7	←	Left onto Lumar Road	0.4
22.	9.2	0.4	↑	Continue onto Jordan Drive	0.0

7.2 miles. +55/-34 feet

Num	Dist	Prev	Type	Note	Next
23.	9.2	0.0	→	Right onto Lumar Road	0.1
24.	9.2	0.1	←	Left onto Red Point Drive	0.1
25.	9.3	0.1	→	Right onto South Church Street Bridge, US 258 /SR 10	0.3
26.	9.6	0.3	→	Right onto sidewalk	0.0
27.	9.7	0.0	←	Left Proceed to Crosswalk	0.0
28.	9.7	0.0	←	Safely Use Cross Walk	0.0

0.5 miles. +0/-36 feet

Num	Dist	Prev	Type	Note	Next
29.	9.7	0.0	→	Right Proceed to Bike Path Station Bridge	0.3
30.	10.0	0.3	↙	Follow signs across Field to Jericho Road Finish Line	0.0
31.	10.0	0.0	📍	End of route	0.0

0.3 miles. +25/-0 feet