

MCM 50K

 Mile Markers

 Water Points

 Aid Stations

 Food Stations

 Metro Rail Stations



D.C. Gauntlet
Runners must reach 15th St. & Independence by 12:33 p.m.

Beat the Bridge
Runners must reach 14th Street Bridge by 1:15 p.m.

Crystal City Gauntlet
Runners must reach 12th Street & Long Bridge Drive by 1:49 p.m.