

TEENS RUN DC

we run this city!



- **TOTAL RUN = 3.9 MILES.**
 - Get together at 9 am. Be on time.
 - Warm up, stretch, and play.
 - Run begins at 9:30 am.
- Starting Point: 7th Street and Maryland Avenue, by L'Enfant Plaza Metro.
- Jefferson Drive East to 3rd Street (West).
- Left on 3rd Street to Madison Drive.
- Left on Madison Drive, continuing around Washington Monument, along reflecting pool, towards Lincoln Memorial.
- Run back along reflecting pool, past Washington Monument, along Jefferson Drive, back to 7th Street.
- Breakfast and possibly more serious play.