



# MILES FOR MIGRAINE 5K

WEST POTOMAC PARK  
WASHINGTON D.C.



USATF CERTIFICATE  
DC15020RT  
EFFECTIVE 12/3/2015  
TO 12/31/2025

### KEY POINTS

START/FINISH: 437 FT DOWNSTREAM FROM ERICSSON CIRCLE X-WALK; 87' SE OF STORM DRAIN; 240' NW OF GRAVEL D/WAY; AT W EDGE OF 5'-DIA ELM TREE.  
5K/TA: 222' SE OF (PKG BAY) "21" SIGN; 65' NW OF S END, BAY #21; 20' SE OF "NO PARKING..." SIGN.

### ELEVATIONS

START 3m  
FINISH 3m  
HIGHEST 3m  
LOW 1m

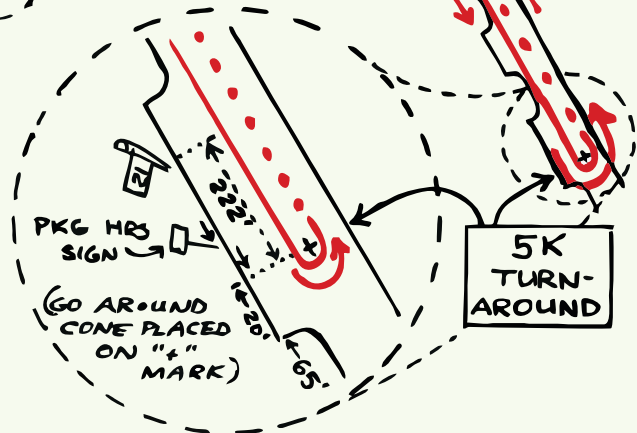
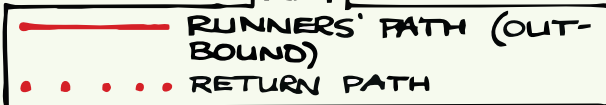
### MILE POINTS

MI 1: 50' SE (DOWNSTREAM) OF S EDGE OF OF NPS DRIVEWAY; 86' SE OF "NAT CAP REGION HQ" SIGN; 30' SE OF "SPEED LIMIT 25" SIGN.  
MI 2: 77' NW OF (PKG BAY) "25" SIGN; 20 FT NW OF STORM DRAIN  
MI 3: 102' PAST END OF BUS ISLAND; ~110 Y NW OF CENTERLINE, WEST BASIN DR; 1' BEF UPSTREAM EDGE OF STORM DRAIN (R).

NOTE: POINTS MARKED WITH LETTER "S"

OUT-AND BACK COURSE  
RUNNERS HAVE FULL USE OF ROAD.

### KEY



MEASUREMENT  
14 NOV 2015  
BY R THURSTON

MAP NOT TO SCALE

RET