

THE CAPITOL BLITZ

7.34 MI | MODERATE

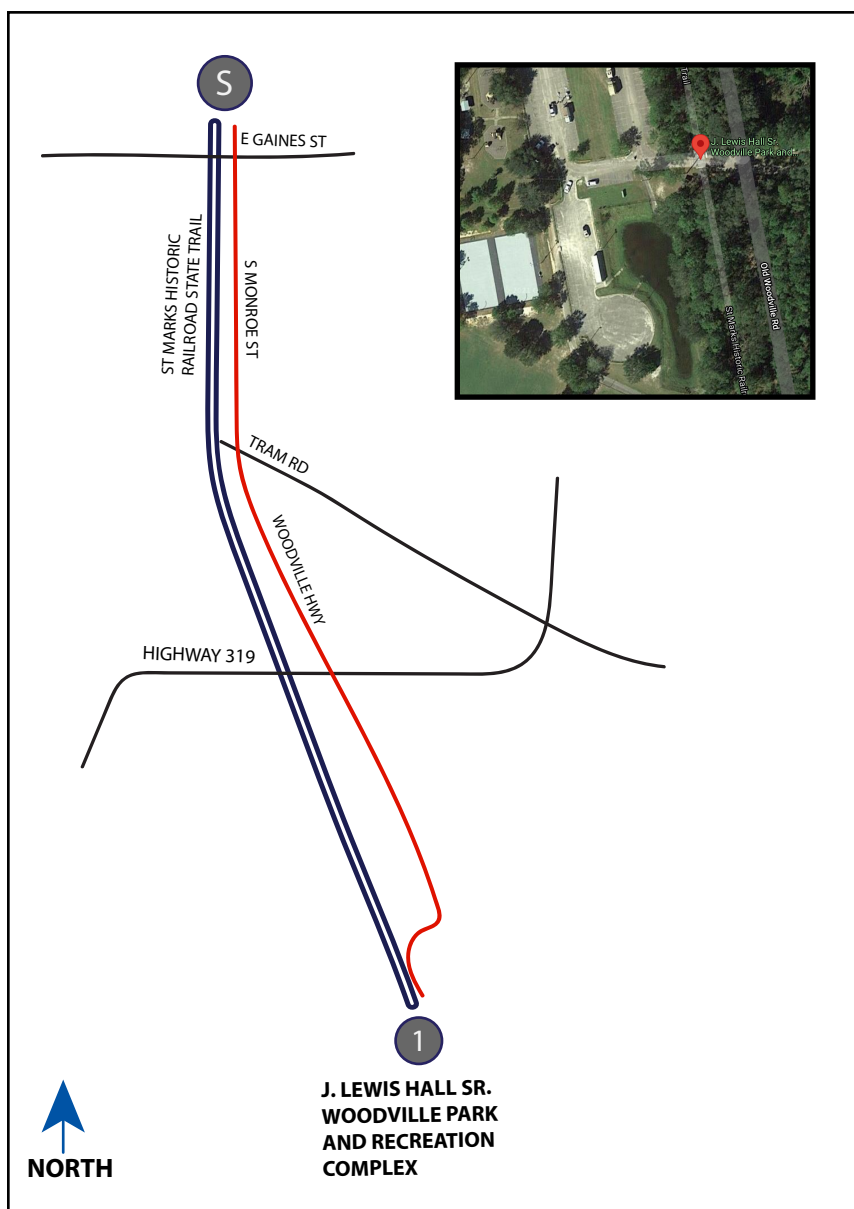


LEG DESCRIPTION: Slightly hilly beginning with a leisurely downhill route after the first couple miles

EXCH 1 ADDRESS: J. Lewis Hall Sr. Woodville Park and Recreation Complex, Old Woodville Highway, Tallahassee, FL 32305

GPS: 30.336225, -84.254564

NOTES: Commencing on the front steps of Florida's Old Capitol and in the moonlit shadow of the State's new Capitol building, runners will kick off this 7.34-mile, Moderate difficulty leg heading south, downhill, on paved 8' wide sidewalks and the beautiful 12' wide St. Mark's Trail towards Exchange Point 1 - J. Lewis Hall Sr. Woodville Park. But don't let the leg's initial downhill blitz fool you! Runners will be forced to recon with an excruciating 178-foot elevation gain....before finishing the leg at a net -171 ft. loss. So yeah, for the downhill runners of this world, you're welcome - here's your motivation.



DIRECTIONS FROM START TO EXCHANGE 1

→ 2.77 Turn RIGHT onto Gaile Ave

← 2.78 Turn LEFT onto St Marks Historic Railroad State Trail

7.34 Exchange 1

VAN DIRECTIONS FROM START TO EXCHANGE 1

Start on Monroe St

↑ 2.60 Continue onto Woodville Hwy

→ 6.90 Turn RIGHT onto Old Woodville Rd

→ 7.3 Turn RIGHT onto Black Forest Rd

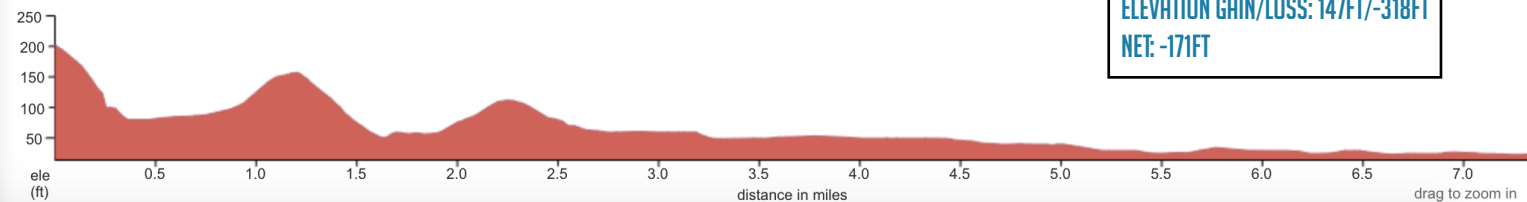
7.30 Arrive at exchange 1

Runner Directions

Van Directions

EXCHANGE NOTES

Large County Park with restrooms, open spaces, and ample paved parking for vehicles. Exchange Point will be at the entrance to the park, where the road entrance intersects the St. Mark's Trail.



ELEVATION GAIN/LOSS: 147FT/-318FT
NET: -171FT