0.0 Begin at Iwo Jima. Run towards Memorial Bridge, cross the bridge, and go around the Lincoln Memorial to the Reflecting Pool

2.0 Run along the Mall, following Madison Dr. to the Capitol

4.0 At the Capitol, go around on the north side (to the left), and take Constitution Ave to Maryland Ave. Follow Maryland Ave

5.7 At H St., cross the intersection and take Bladensburg Rd heading NE

6.7 Turn right on R St. NE into the National Arboretum

7.0 Start the first loop going to the right, onto Azalea Rd NE

8.0 Continue straight on Azalea Rd past the columns

8.5 Turn right on Hickey Hill Rd.

9.1 After passing parking areas for the Asian Collection and Dogwood Collection, turn right on Conifer Rd.

9.5 Turn left on Hickey Ln NE and follow it back to the entrance

10.3 Pass the entrance and start a second short loop going straight on Eagle Nest Rd NE. Loop around the columns turning left on each of Azalea Rd, Ellipse Rd, and Meadow Rd.

11.3 Return to the entrance, and leave on R St. back to Bladensburg Rd. Re-trace your steps back to the start, running south of the Capitol to Independence Ave and then along the Mall on Jefferson Dr.

18.4 Return to Iwo Jima