

**Lenah Run 4/6/8M**

[www.srrunners.org](http://www.srrunners.org)



Start @ British Pantry; South on Lenah Rd

\*\*\* for 4 mile option \*\*\*

Take Lenah Rd to Braddock Intersection (2M)  
Turn around @ Braddock and take Lenah Road  
back to British Pantry (4M)

\*\*\* for 6 mile option mile option \*\*\*

Take 1<sup>st</sup> R on Lenah Run Cir (loop)  
R on Lenah Rd (2.5M)  
Turn around @ Braddock (4M)  
and take Lenah Road back to British Pantry (6M)

\*\*\* for 8 mile option \*\*\*

Take 1<sup>st</sup> R on Lenah Run Cir (loop)  
R on Lenah Rd (2.5M)  
L on Braddock (4M)  
Turn around after 1 mile on Braddock (5M)  
R at Lenah Road (6M)  
Return back to British Pantry (8M)

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**Lenah Run Early 6M**

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Start @ British Pantry  
South on Lenah Rd  
R on Lenah Run Cir  
R on Glen Meadow Pl  
L on Lenah Woods Pl  
Take trail to get to Braddock/Lurette Rd  
R on Braddock/Lurette Rd  
Turn around at Rt 15 (~3.1M)  
Take trail to Lenah Woods Pl  
R on Glen Meadow Pl  
L on Lenah Run Cir  
L on Lenah Rd; return to British Pantry

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### **Other Notes for the Run Sponsor**

Add the "Lenah Run Early 6M" as an option for anyone who may want to start early @ 6am and add 6 miles before the regular club run at 7am.

British Pantry

<http://www.thebritishpantry.us/directions.html>

41153 John Mosby Highway, Lenah Village, Aldie, VA 2010

Phone: (703) 327-3215

The route will include stretches of Lenah Run Circle (asphalt) as well as Lenah Road (dirt road).

Since parking space is limited, please carpool especially if you are coming from South Riding. Try not to use the spots in front of the British Pantry.