

# ACLT'S VIRTUAL BIATHLON 2020

**BEGIN & END IN PARKING LOT**  
SOUTH SIDE TRAILHEAD  
2650 Scientists Cliffs Road  
Port Republic, MD

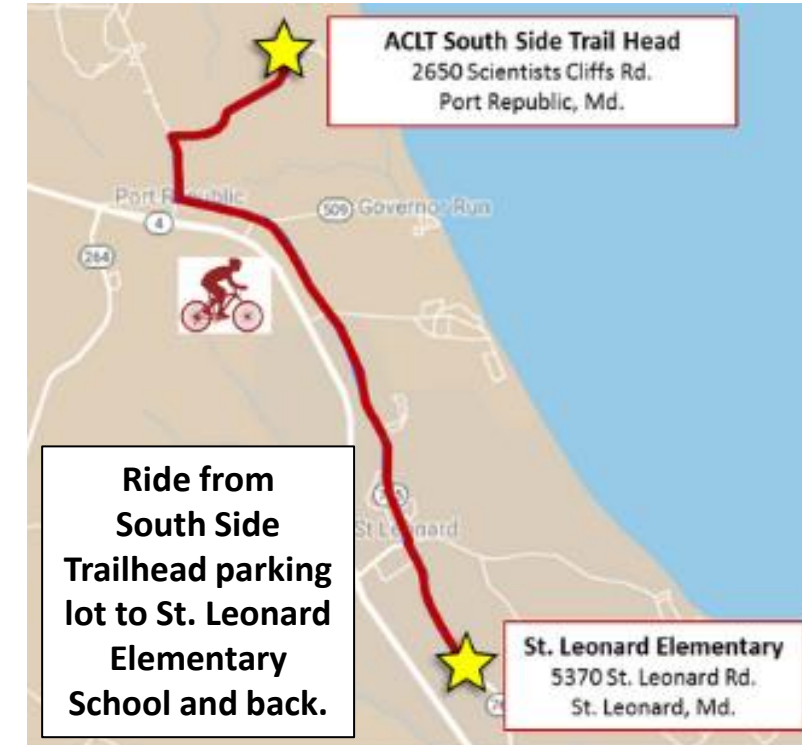
## 4-MILE RUN/HIKE ROUTE

DO FROG POND & PART OF RIDGE LOOP TWICE  
(0.46 MILES EACH)

DO LAUREL LOOP ONCE  
(1.07 MILES)

DO EAST LOOP ONCE  
(2.01 MILES)

## 9-MILE BIKE ROUTE



For more info & to register, scan the QR code with your phone's camera or visit: [bit.ly/ACLTVirtualBiathlon](https://bit.ly/ACLTVirtualBiathlon)