

Running Rules:

- * Jog facing traffic on the left shoulder at least three feet off of the traveled roadway.
- * Never run more than two abreast.
- * Marine Corps Base installations prohibit the wearing of portable headphones, earphones or other listening devices while running/jogging.
- * Runners are encouraged to wear light colored clothing.
- * Between 30 minutes prior to sunset and 30 minutes prior to sunrise, all persons will wear either clothing or a vest that contains reflective material visible from the front and rear at a distance of at least 300 feet under clear weather conditions when illuminated by automobile headlights.

MCB Quantico Crossroads Inn Fitness Trail Run



Composed & Produced by MCB Quantico
 Fac. Div. - NREAB/NEPA- GIS - August 2000
 UTM Coordinate System - WGS 84
 703-784-5811 x 228 or 230

- * Starting Point Running Course
- * If Barnett Ave. Beginning
- * If Russell Rd. Beginning
- ** Miles
- ** Miles

