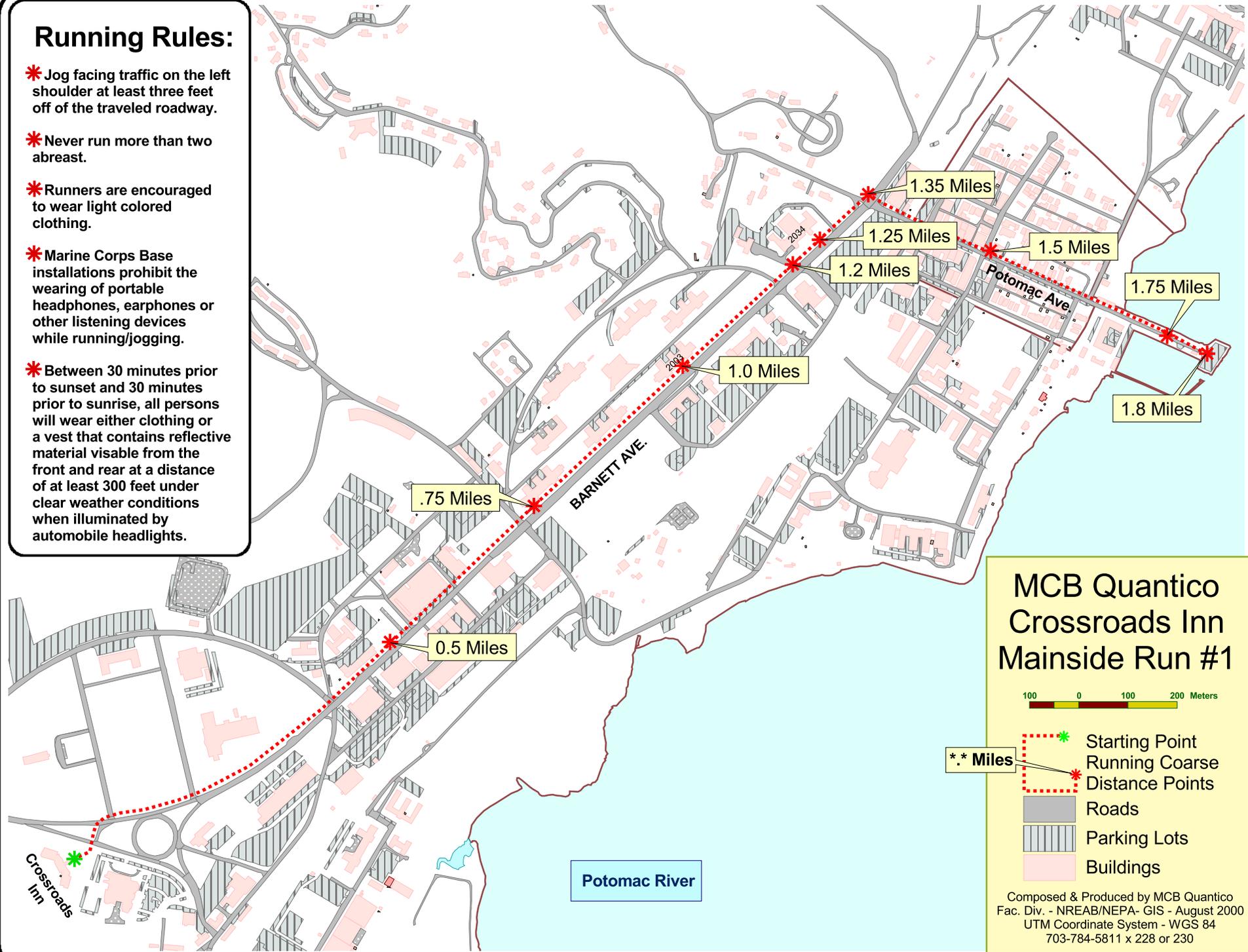


Running Rules:

- * Jog facing traffic on the left shoulder at least three feet off of the traveled roadway.
- * Never run more than two abreast.
- * Runners are encouraged to wear light colored clothing.
- * Marine Corps Base installations prohibit the wearing of portable headphones, earphones or other listening devices while running/jogging.
- * 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 visable 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 Mainside Run #1

100 0 100 200 Meters

- * Starting Point
- * Running Coarse
- * Distance Points
- * Roads
- * Parking Lots
- * Buildings

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