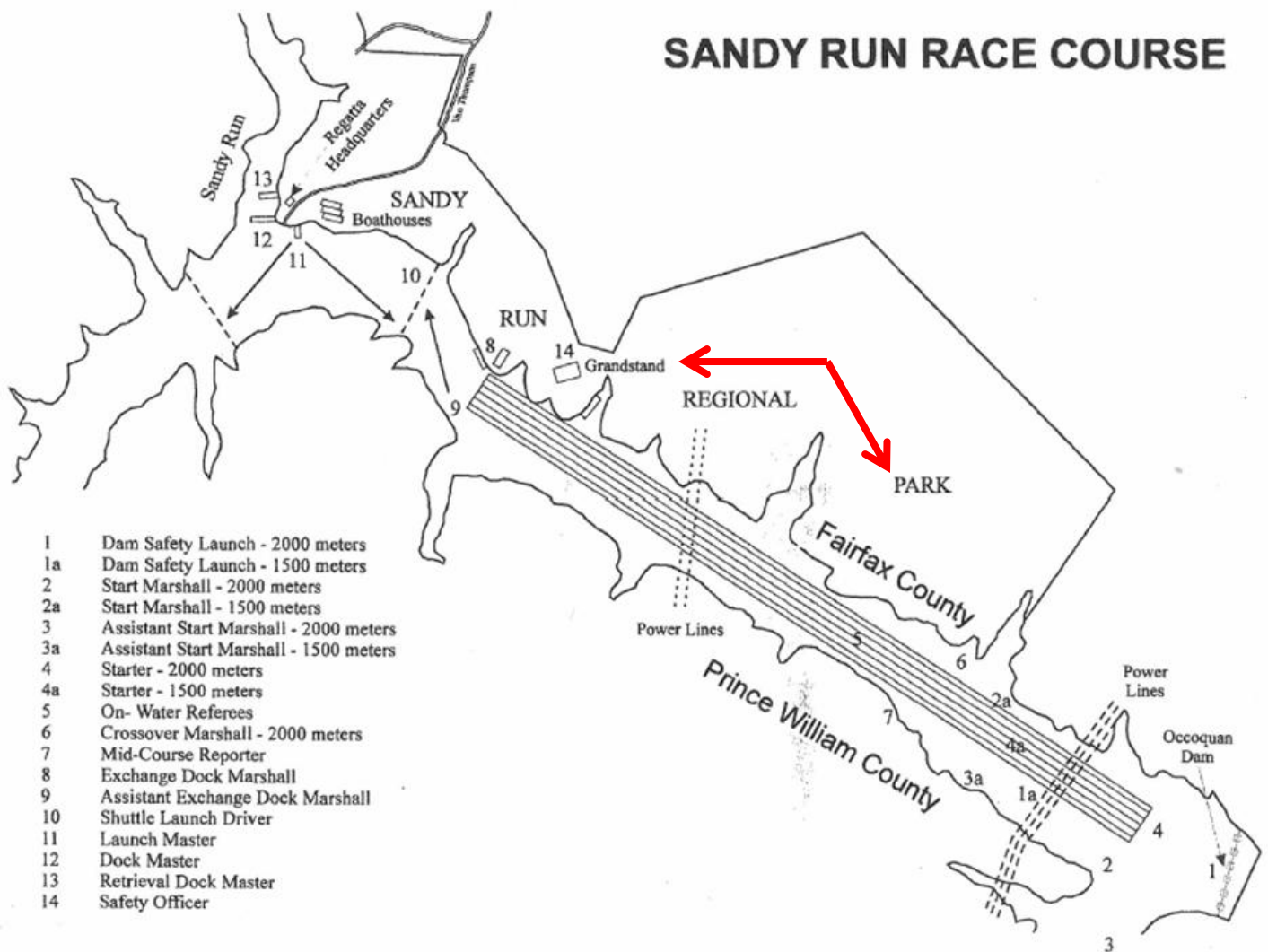


## Directions and Map for Occoquan

- Take I-64 West towards Richmond
- Take 295 North toward Washington DC
- Pick up 95N toward DC
- Take I-95 to the Lorton exit (Route 642)
- Go right onto Route 642 (Lorton Rd.) to Furnace Road (Route 611)
- Bear right onto Furnace Rd. to Ox Road (Route 123)
- Bear right onto Ox Road and go 1.2 miles to Hampton Road (Route 647) also marked by a sign for Fountainhead Regional Park
- Left on Hampton Rd. to Van Thompson Road
- Bear left onto Van Thompson Road to Sandy Run Regional Park. (The speed limit is 25 mph—strictly enforced).

### Do not bring dogs to Sandy Run Regional Park.

Parking fee at Occoquan is usually \$10. Also noteworthy, this race site is a large park, extremely hilly and requires a strenuous walk to the viewing stands although a shuttle is also available for \$2.00 each way. You can set up chairs at the waterside but it does require a steep uphill walk back to the top. Restrooms consist of port-a-potties that fill up quickly and run low on supplies, so come prepared. Concessions are usually available. T-shirts- Sales will go fast!



# SANDY RUN REGIONAL PARK

