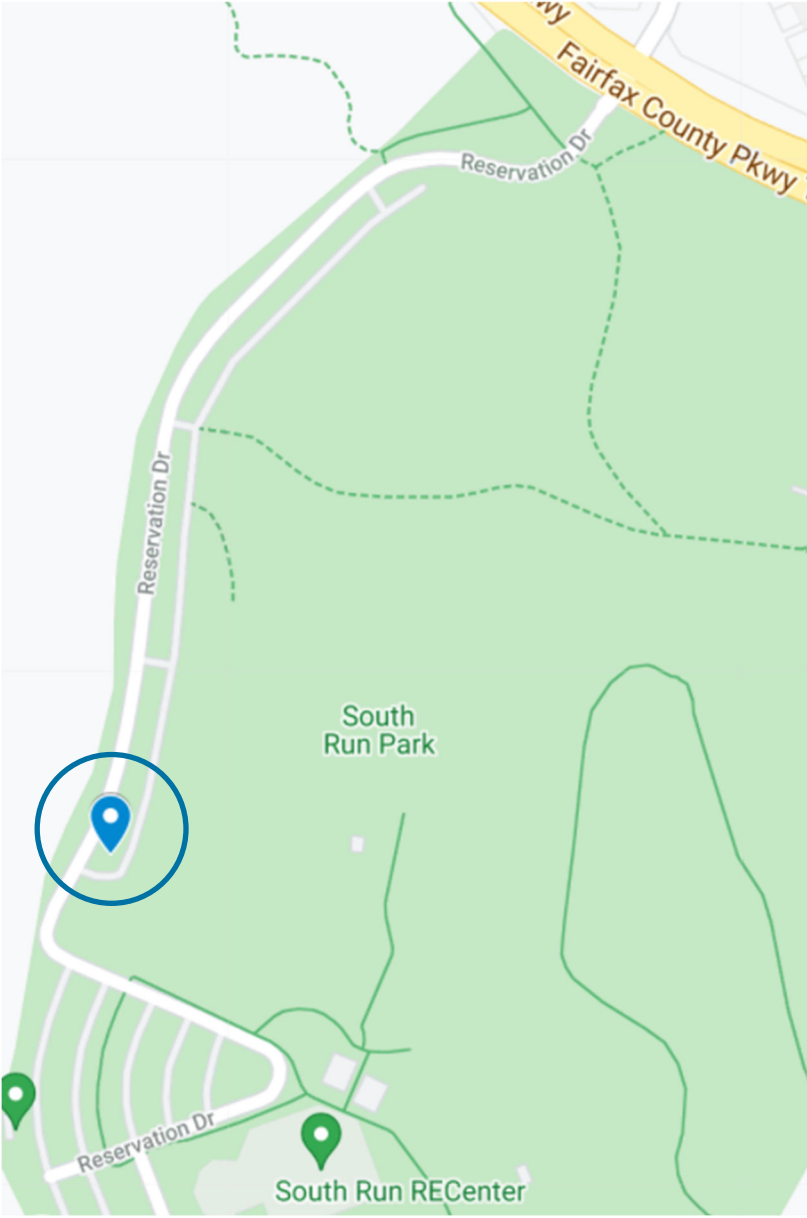
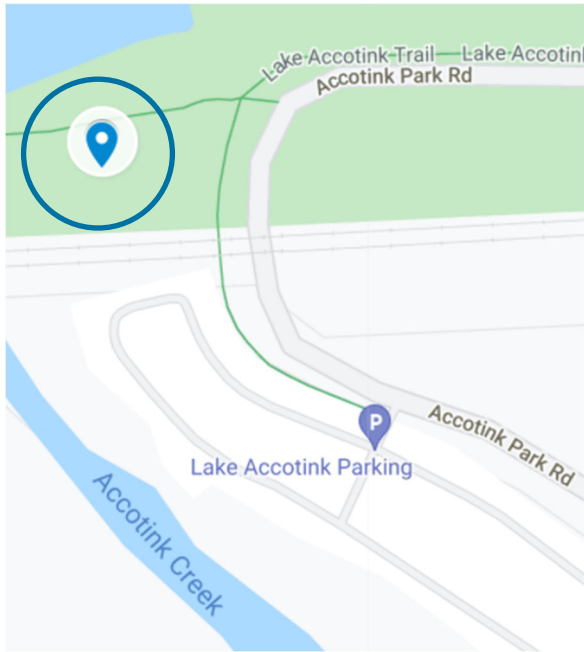


Meeting points for workouts:

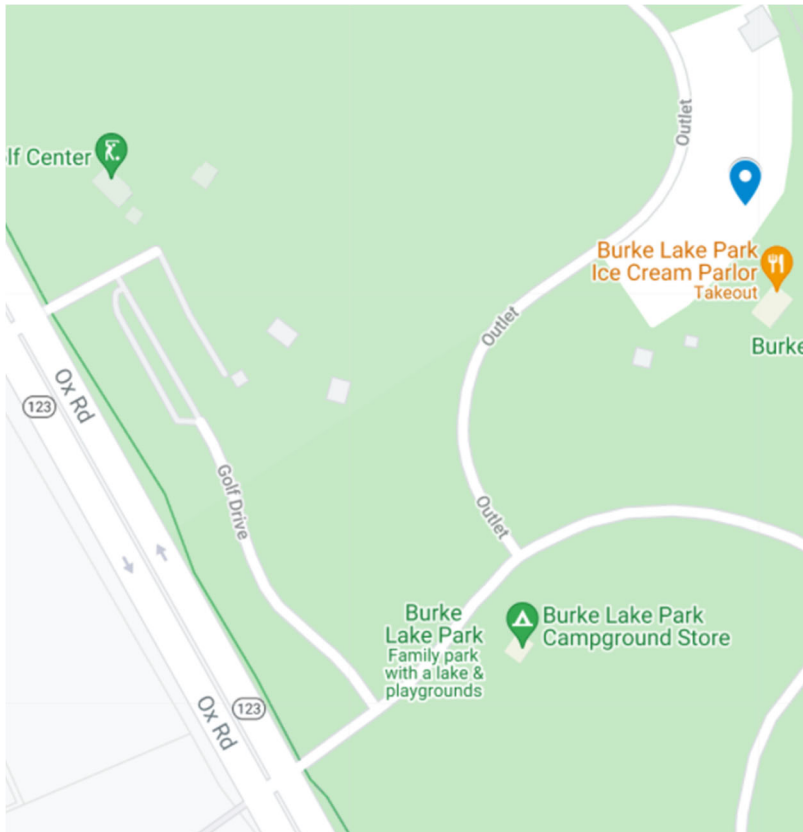
South Run: South end of parking area along soccer fields.



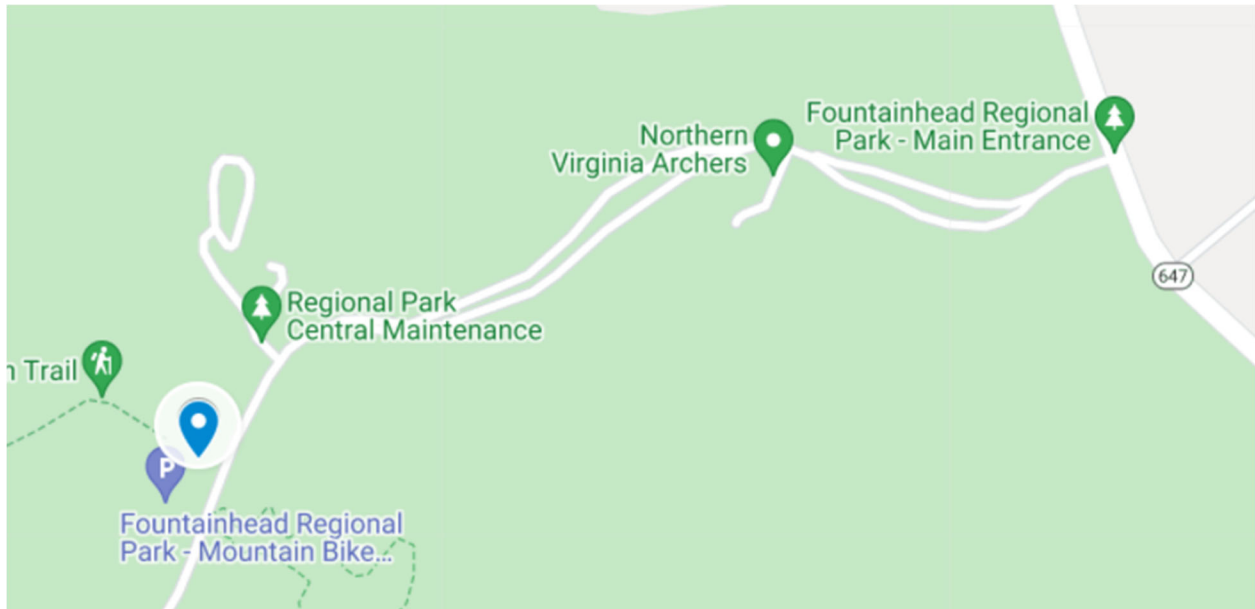
Lake Accotink: Grassy area around railroad trestle. Closest parking accessed from the entrance via 7500 Accotink Park Road. From the alternate entrance (5660 Heming Ave) the railroad trestle can be reached by a half mile walk.



Burke Lake: Parking lot next to ice cream parlor and mini golf.



Fountainhead regional park: Parking lot just past park maintenance area.



GMU Track: Off University Dr., track entrance is next to GMU Field House. Be careful to watch signage, but Lot P has some open parking and many spaces are unrestricted after 5PM.

