



Directions:

- All Walkers begin at starting line, walk around concourse inside of park, then exit park through Left Field gate, turning left towards Potomac Ave SE. At corner, turn left towards First St SE. At intersection of Potomac and First, 1-mile walkers turn left up First St, towards N St SE; 3-mile walkers turn right and cross Potomac Ave at the crosswalk.
- 1-mile Walkers: After turning left at intersection of Potomac and First, continue up First St SE towards N St SE. Turn left at corner of First and N. Walk to corner of N and South Capitol St. (Note: Do NOT re-enter baseball park through Centerfield Gate!) At corner of First and South Capitol, turn left. Re-enter Nationals Park at Left Field Gate and proceed to the finish line.
- 3-mile Walkers: After crossing Potomac Ave (remember to wait for the walk signal), follow boardwalk along the river. When you reach Yards Park, follow walking paths to the white bridge. Follow signs and course marshals to stay on course. Be sure to do the "Pink Arrow Loop" twice—once before and once after completing the "Blue Arrow Loop". Be wary of construction sites that may be along or near the route. Walkers will double-back through Yards Park on the path indicated by the black arrows, following the boardwalk along river to get back to intersection of Potomac and First. Cross Potomac Ave (remember to wait for the walk signal), and continue up First St SE towards N St SE. Turn left at corner of First and N. Walk to corner of N and South Capitol St. (Note: Do NOT re-enter baseball park through Centerfield Gate!) At corner of First and South Capitol, turn left. Re-enter Nationals Park at Left Field Gate and proceed to the finish line.
- Pink Arrow Loop: Follow the path towards the river, turn left at river and proceed toward the Navy Yard gate. Turn left at the end of the landscaping immediately before the Navy Yard gate, and follow the paved path along the edge of the park. Do NOT go through the Navy Yard gate; it is not part of the route. *First time through loop: turn right and follow sidewalk along east side of the building, following the "Blue Arrow Loop".* After completing the "Blue Arrow Loop", re-walk along the Pink Arrow Loop. At the end of this second time, follow black arrows on map to return to Nationals Park. (See 3-mile Walkers instructions, above.)
- Blue Arrow Loop: Follow sidewalk along east side of the building, towards corner of Water and Fourth streets. Cross Water Street and follow sidewalk on west side of Fourth Street. Continue to follow sidewalk around the whole block—do not cross any additional streets until you return to the corner of Water and Fourth Streets. Cross Water Street back into Yards Park, walking along the west side of the building. Turn left at the end of the building to complete a second turn through the Pink Arrow Loop.