

## Tour of Anaerobia

29.3 miles

Leg	Dir	Type	Notes	Total
	←	Left	Turn left onto MD-22 E	0.3
2.7	←	Left	Slight left onto MD-156	3.1
2.5	→	Right	Turn right onto Carsins Run Rd	5.6
1.5	→	Right	Turn right onto Mahan Rd	7.0
1.0	→	Right	Turn right onto MD-156	8.0
3.1	→	Right	Turn right onto MD-155 E	11.1
0.7	←	Left	Turn left onto Webster Lapidum Rd	11.8
1.0	←	Left	Slight left onto Quaker Bottom Rd	12.8
1.2	←	Left	Slight left to stay on Quaker Bottom Rd	14.0
0.6	←	Left	Turn left onto Rock Run Rd	14.6
2.4	←	Left	Turn left onto MD-161 S	16.9
0.4	←	Left	Turn left onto MD-155 E	17.3
0.7	→	Right	Turn right onto MD-156	18.0
3.1	←	Left	Turn left onto Mahan Rd	21.1
1.0	←	Left	Turn left onto Carsins Run Rd	22.1
1.4	→	Right	Turn right	23.5
0.2	←	Left	Turn left onto MD-156	23.7
2.5	↑	Straight	Continue onto MD-22 W	26.2
2.5	←	Left	Turn left	28.7
0.1	←	Left	Turn left onto MD-22 W	28.8
0.2	→	Right	Turn right onto Thomas Run Rd	29.0