

## 2023 High-Low HoCo

Dist	Prev	Type	Note
0.0	0.0	📍	Start of route
0.0	0.0	✍️	Control: Start at McDonalds, 702 Lisbon Center Dr, Woodbine MD Opens 08:00 Closes 09:00
0.1	0.0	➔	Proceed past Sandy Spring Bank toward Highs store
0.2	0.1	⬅️	L toward exit from shopping center
0.2	0.0	⬅️	L onto Old Frederick Road
3.7	3.5	➔	R MD 97 S
3.8	0.1	⬅️	Quick turn L onto Old Frederick Road
4.2	0.3	↗️	Keep R so stay on Old Frederick Road

4.2 miles. +156/-168 feet

Dist	Prev	Type	Note
14.1	9.9	✍️	Info Control: Bethany Fire Station R
15.3	1.3	⬆️	X US29 > Rogers Ave
16.0	0.7	⬆️	2nd exit TC tro Rogers Ave
17.2	1.2	⬆️	X US40/Baltimore National Pike
17.7	0.4	⬆️	S > Court House Drive
17.8	0.2	↗️	BR Ellicott Mills Dr
18.4	0.5	⬅️	L onto Main Street
18.8	0.4	⬆️	Cross Patapsco River to Baltimore County
19.0	0.3	✍️	Control: Highs on L 64 Frederick Rd Open 08:53 Close 10:30
19.1	0.0	➔	R from control Frederick Rd

14.9 miles. +133/-478 feet

Dist	Prev	Type	Note
19.3	0.2	⬆️	Cross Patapsco River to Howard County
20.3	1.0	⬆️	Becomes Frederick Rd
23.4	3.1	⬅️	L onto Baltimore National Pike/US 40 W
23.9	0.6	⬅️	L onto Frederick Road/MD 144 W @TL
26.5	2.5	⬅️	L onto Triadelphia Rd
30.5	4.0	➔	R to stay on Triadelphia Rd
30.8	0.4	⬆️	2nd exit TC tro Triadelphia Rd
32.1	1.3	➔	R onto Sharp Road
32.2	0.1	↙️	Slight L onto Dorsey Mill Road
33.8	1.5	⬆️	S > Roxbury Rd

14.7 miles. +912/-629 feet

Dist	Prev	Type	Note
34.3	0.5	⬅️	L onto MD 97 S
35.7	1.4	➔	R onto Jennings Chapel Road
36.0	0.3	⬅️	L onto Howard Chapel Road
38.4	2.4	➔	R onto Damascus Road/MD 650
38.8	0.4	✍️	Info Control: Hero Dogs Brewery sign on R
42.3	3.6	➔	R onto Hipsley Mill Road
45.5	3.2	⬅️	L onto Jones Road
46.1	0.6	➔	R onto Jennings Chapel Road
46.1	0.0	⬅️	Quick Turn L onto Ed Warfield Road
46.9	0.9	↙️	Sharp L onto Florence Road

13.2 miles. +745/-622 feet

Text/Call Emily (443-562-2832) when finished. "Tired" is not an emergency, but please DO call/text to inform us if you abandon; if no answer leave a message.

Dist	Prev	Type	Note
48.9	2.0	✍	Info Control:House @ MD94 & Florence Rd
50.0	1.1	←	L tro Florence Road
50.4	0.4	↖	L to stay on Florence Rd @ Shaffersville
53.5	3.2	←	L onto Long Corner Road
53.9	0.4	→	1st exit TC Penn Shop Road
55.5	1.6	→	R onto Ridge Road/MD 27 N
55.8	0.3	✍	Control: Shell R 649 Lakeview Dr Open 10:37 Close 13:56
55.9	0.1	←	Exit control Lakeview Dr
55.9	0.0	→	R onto Frederick Road/MD 144
58.7	2.9	←	L onto West Watersville Road

11.8 miles. +579/-442 feet

Dist	Prev	Type	Note
59.0	0.3	→	R onto Old Frederick Road
62.0	3.0	↑	2nd exit 2 TC tro Old Frederick Rd
62.1	0.1	←	L into shopping center
62.2	0.2	✍	Control: McDonalds Open 10:56 Close 14:40
62.2	0.0	📍	End of route

3.5 miles. +75/-178 feet