



16815 Interstate Drive Dumfries Virginia 22026  
PH (703) 550-9446 Fax (703) 385-0096

## **ABEL DELIVERY SCHEDULE:**

### **MARYLAND**

#### **Mon-Weds-Fri**

ROCKVILLE  
KENSINGTON  
MONTGOMERY VILLAGE  
WHEATON  
CHEVY CHASE  
TAKOMA PARK  
BETHESDA  
POTOMAC  
SILVER SPRING  
LAYTONSVILLE  
OLNEY  
FREDERICK

### **MARYLAND (BELTWAY EAST)**

#### **Tues & Thurs**

BURTONSVILLE	FOREST HEIGHTS
CAPITAL HEIGHTS	BLADENSBURG
CHEVERLY	UPPER MARLBORO
LAUREL	WALDORF
BELTSVILLE	SUITLAND
GREENBELT	COLUMBIA
LANDOVER	TEMPLE HILL
HYATTSVILLE	LANHAM
COLLEGE PARK	FT. MEADE
FORRESTVILLE	FT. WASHINGTON
OXON HILL	COCKEYSVILLE
FOREST HILL	CLINTON
ELLCOTT CITY	DUNKIRK

ANNAPOLIS and BOWIE – **THURSDAY**

BALTIMORE, GLEN BURNIE, MOUNT AIRY, INDIAN HEAD, NATIONAL HARBOR – **TUES & THURS**

GAITHERSBURG, GERMANTOWN – **MON - WED – FRI**

### **VIRGINIA**

#### **Mon-Fri**

DUMFRIES	ARLINGTON
LORTON	ALEXANDRIA
NEWINGTON	FAIRFAX CITY
DALE CITY	VIENNA
BURKE	OAKTON
WOODBIDGE	ANNANDALE
TRIANGLE	
SPRINGFIELD	
NEWINGTON	
TYSONS CORNER	
FALLS CHURCH	

### **VIRGINIA**

#### **Mon-Weds-Fri**

MANASSAS  
NOKESVILLE  
GAINESVILLE  
CENTREVILLE  
HAYMARKET

### **VIRGINIA**

#### **Tues & Thurs**

QUANTICO  
FREDERICKSBURG  
FALMOUTH  
DAHLGREN  
STAFFORD  
RICHMOND

### **\*VIRGINIA**

#### **\*Weds & Fri**

#### **\*Need Warehouse Confirmation**

WARRENTON	STERLING
CULPEPPER	CHANTILLY
ASHBURN	GREATFALLS
RESTON	HERNDON
LEESBURG	

**N.W. WASHINGTON, DC – MONDAY thru FRIDAY**

**N.E. & S.E. WASHINGTON, DC (S. of Anacostia) Tues & Thurs**