



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