



# Massanutten Training Academy

## Run 1: Caroline Furnace to Elizabeth Furnace

After a 3.6 mile jog up Moreland Gap Road, reach the Massanutten Trail at Moreland Gap. On to Short Mountain, where you'll get to kick the rocks all the way to Edinburg Gap (AS #2, mi. 11.0). A long slog up Waonaze Peak is followed by a longer traverse of Powell Mountain to Woodstock Tower (AS #2, mi. 19.2). If you still have legs, the last 4 miles are a downhill delight.

### Directions

Start at driveway to the Caroline Furnace Lutheran Camp (Start/Finish of MMT) on Moreland Gap Road (Route 730). Climb **Moreland Gap Road** for 3.1 miles to intersection with orange-blazed Massanutten Trail. This is the location of AS #1 at MMT.

Take a **right** onto **orange**-blazed **Massanutten Trail**. After 1.0 mile, cross Forest Service Road 374 and continue on Massanutten Trail for another 6.6 miles over the ridge of Short Mountain. After descending off of the ridge, reach trailhead and take a **left** onto **orange**-blazed **Forest Service Road 374**. Continue 0.4 miles to aid station at Edinburg Gap (this is AS #2 at MMT).

Cross Route 675, then stay to the **left** (do not take the ATV road) and follow **orange**-blazed **Massanutten Trail** for 8.1 miles to Woodstock Tower, the second aid station for this training run (this is AS #3 at MMT).

From Woodstock Tower, continue on **orange**-blazed **Massanutten Trail**. After 4.7 miles, intersect with blue-blazed Tuscarora Trail. Keep on **orange**-blazed **Massanutten Trail** down steep descent for 0.5 miles. At the bottom, turn left on **orange**-blazed **gravel road**, passing Mudhole Gap in 0.2 miles (the location of AS #4 at MMT). Continue following **orange**-blazed **gravel road**. After a short distance pass through a gate, where there is a piped spring with reliable, good drinking water (*drink at your own risk*). After 2.0 miles, turn left on **orange**-blazed trail and follow for 0.9 miles around Strasburg reservoir to junction with Tuscarora Trail. Turn **right** on **blue**-blazed **Tuscarora Trail** and climb for 0.8 miles to ridge, then downhill on **blue**-blazed **Tuscarora Trail** for 3.4 miles to intersection with Massanutten Trail.

Take a left on **orange**-blazed **Massanutten Trail** and run 0.4 miles to Signal Knob Parking Area, where we met in the morning.

### Essential Info

Date	Sat January 17, 2015
Meeting time	6:00 am
Meeting location	Signal Knob Trailhead (38.935° N, -78.320° W)
Run start	6:30 am
Distance	32.0 miles
Total ascent	4600 feet
Total descent	5000 feet
Aid stations	1. Edinburg Gap (mi. 11.0) 2. Woodstock Tower (mi. 19.2)
In charge	Brian McNeill (301) 606-8086 (202) 344-6062

