



Massanutten Training Academy

Waterfall 50km

From Rt 211 take **white** blazed Massanutten Connector trail (dirt road for 1.1 miles, then left for 0.7 mile on single track trail).

Left on **orange** blazed Massanutten Trail, and begin *steep* climb up Waterfall Mountain.

At mile 3, cross Crisman Hollow Rd. Continue on **orange** blazed Massanutten Trail for 4.7 miles along rocky crest of Kerns Mountain.

At Jawbone Gap, continue straight to short out-and-back (view). Return to Jawbone Gap and turn left onto **blue** blazed Jawbone Gap trail for 1.3 miles to **Gap Creek aid station** (mile 9.0).

Climb on **blue** blazed Gap Creek trail, crossing up and over Peach Orchard Gap. After 2.2 miles, intersect with **orange** blazed Duncan Hollow Trail and take a right. Follow for 2.8 miles, up gradual climb and then short decent to four-way intersection with Scothorn Gap Trail.

Take a left, staying on **orange** blazes. Descend 2 miles down Big Run to the base of Waterfall Mountain. Take a right and climb Waterfall again.

After 1.2 miles, reach Crisman Hollow Road and take a left. Follow for 2.3 miles to Rt 211. Cross Rt 211 and bear left 100 yards to Massanutten Visitor Center parking lot and the **second aid station** for this training run at mile 14.8 (AS #12 during MMT).

Take **white** blazed Wildflower Trail from the Visitor Center for 0.3 miles. Right (at bench) on **orange** blazed Massanutten South Trail (MS) and climb Bird Knob section. After 1.85 miles, take a right onto **white** blazed Bird Knob trail and follow for 2.2 miles.

Take a right onto **orange** blazed dirt road (MS/Big Mountain Road) and follow for 0.4 miles to **purple** blazed Roaring Run trail. (Wooden post at trailhead, on left at top of first climb on road section.)

Left on **purple** 1.0 mile up and then down to **pink** blazed Browns Hollow Run trail.

Left on **pink** trail 4.2 miles to **orange** blazed MS trail. Right off **pink** onto **orange** blazed MS trail (*It will be a sharp right! If you reach a gate you have gone about 100 feet too far!*) for 1.6 miles to **finish** at 211 East parking lot.

Essential Info

Date	Sun January 20, 2019
Meeting time	8:00 am
Meeting location	Route 211 Parking Lot (38.641° N, -78.590° W)
Run start	8:00 am
Distance	30.8 miles
Total ascent/descent	7980 feet
Aid stations	1. Gap Creek (mi. 9.0) 2. Visitors Center (19.7)
In charge	Mike Bur (301) 404-6452

