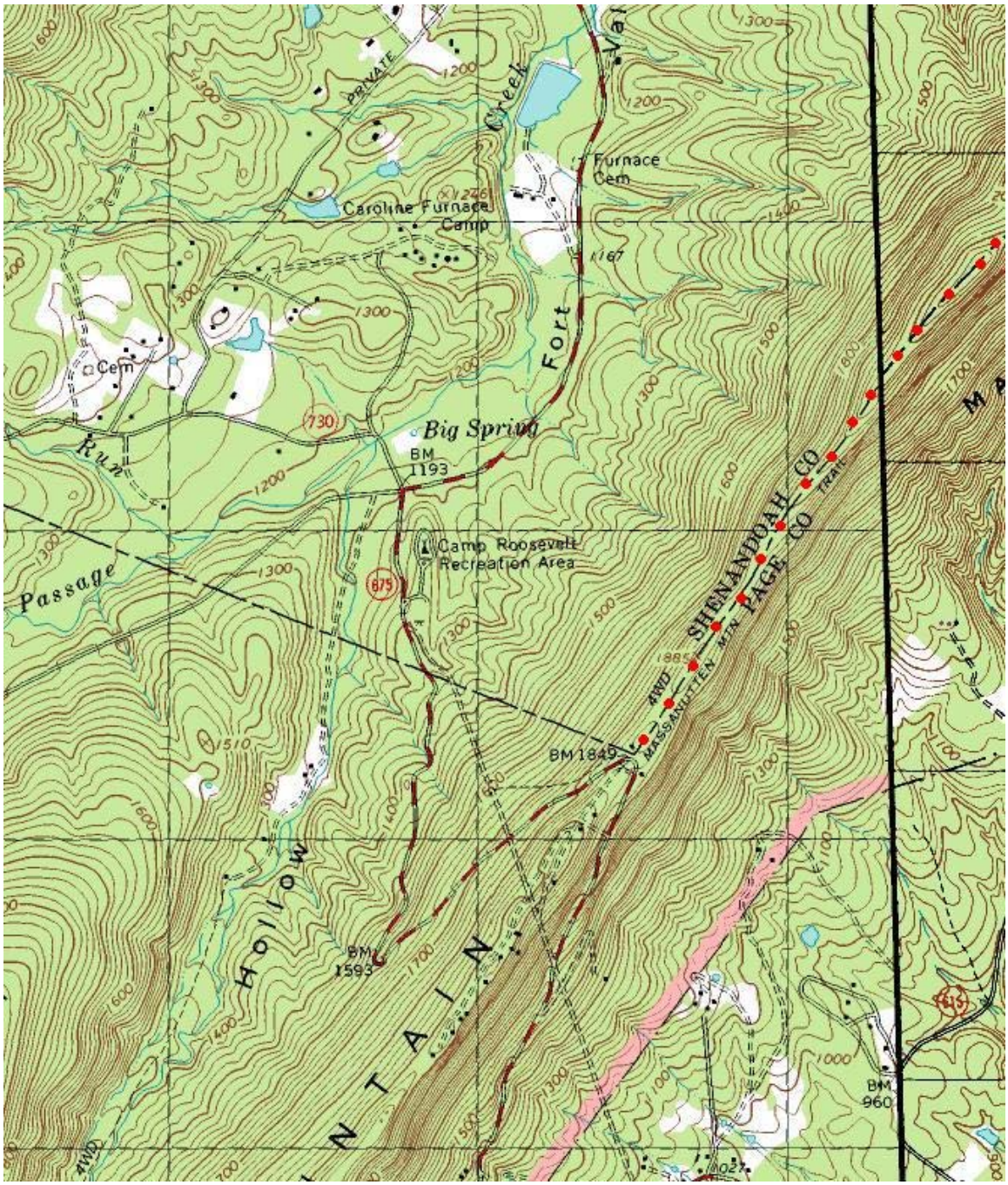
Boyer's Furnace Fat Ass 40 Miler course Turn Sheet:

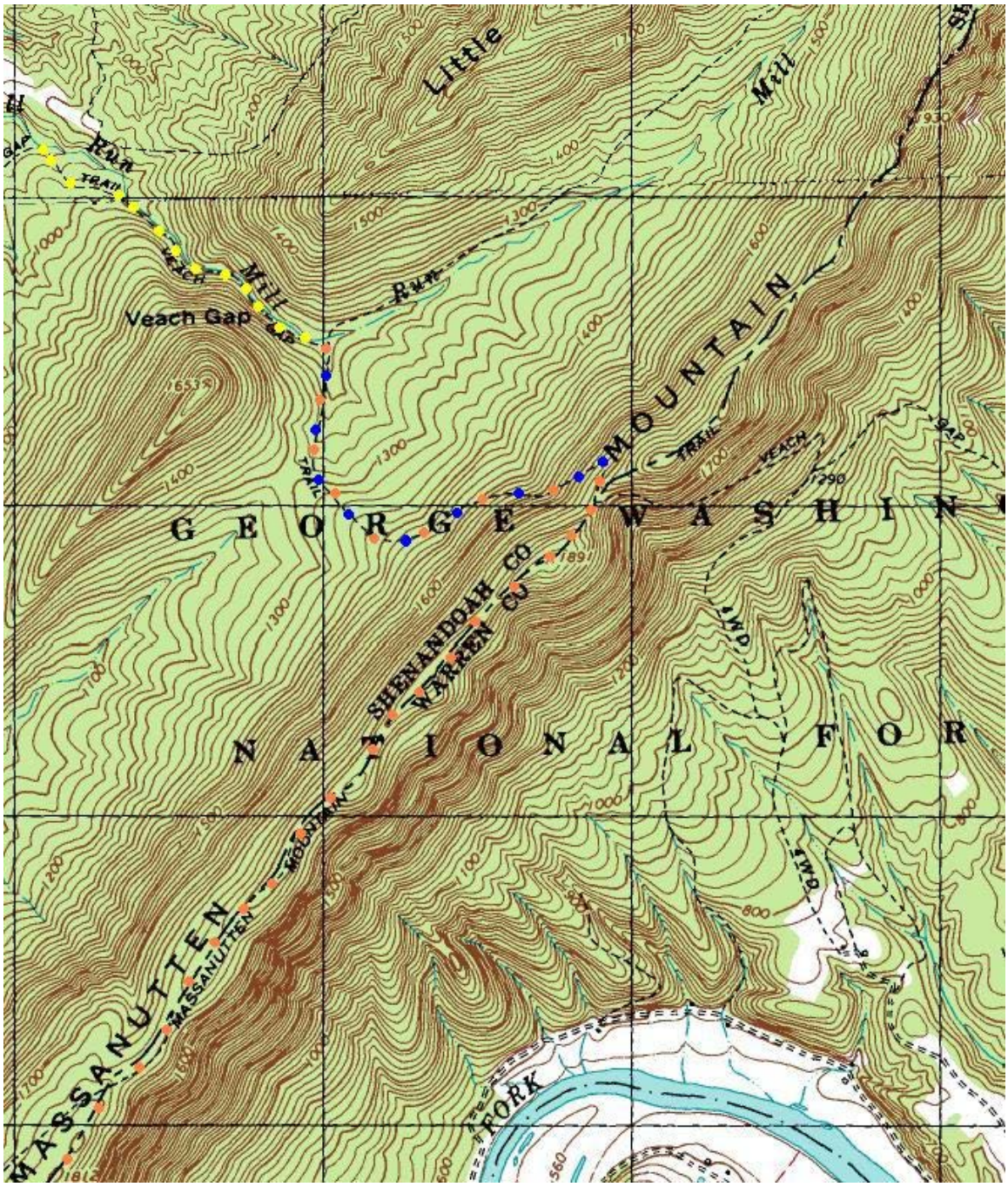
Parking: At start / finish at the upper lot of Camp Roosevelt (the area where Tom Corris has run the MMT training runs out of)

Course: Counterclockwise loop that encircles ft. valley with Start at Camp Roosevelt.

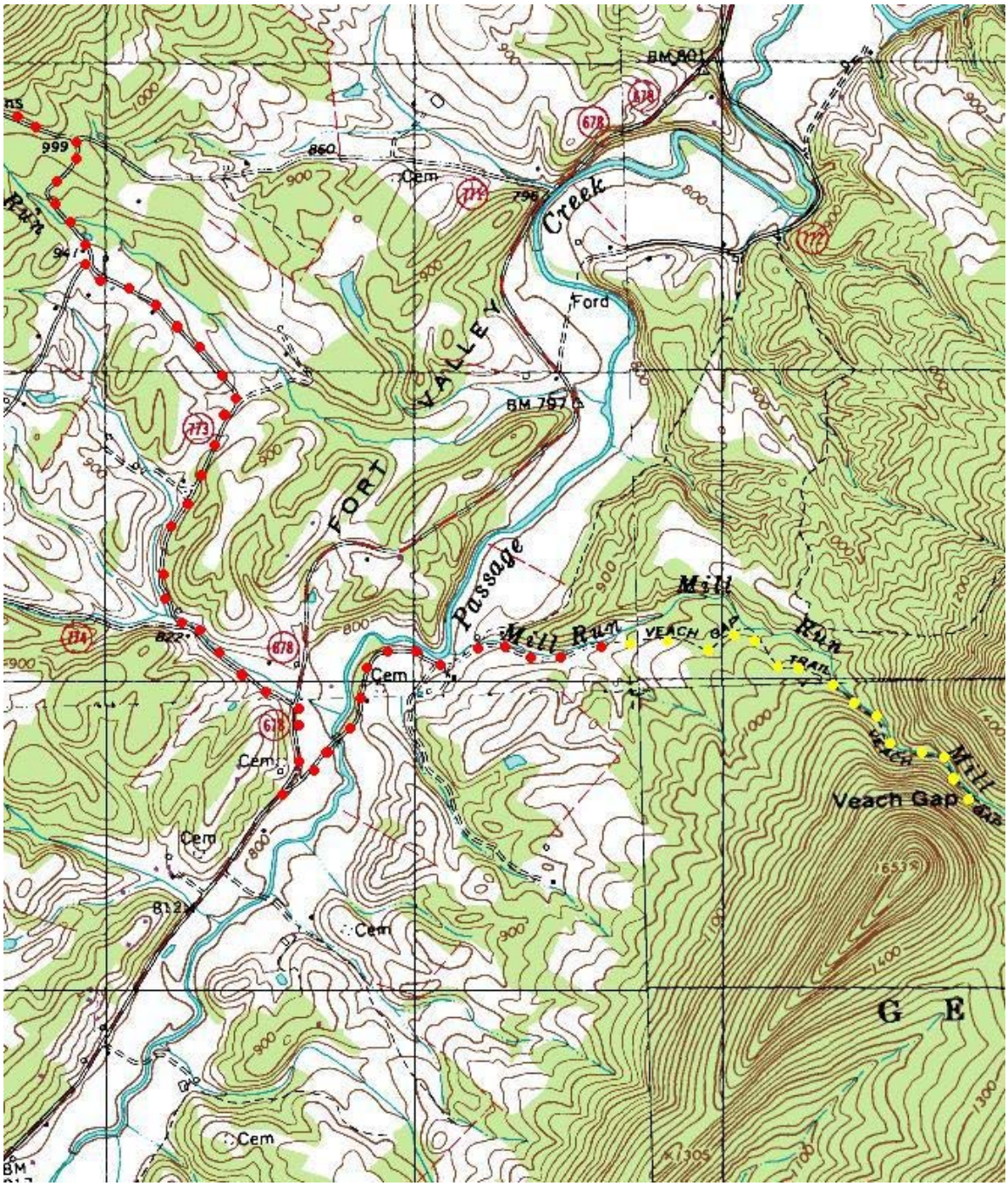
1. Travel out of parking lot and uphill on and **north** on Orange blaze Massanutten Mountain Trail for 16.3 miles!



2. Turn left when the blue blaze Tuscarora trail intersects heading downhill toward veach gap (following orange and blue blazes)

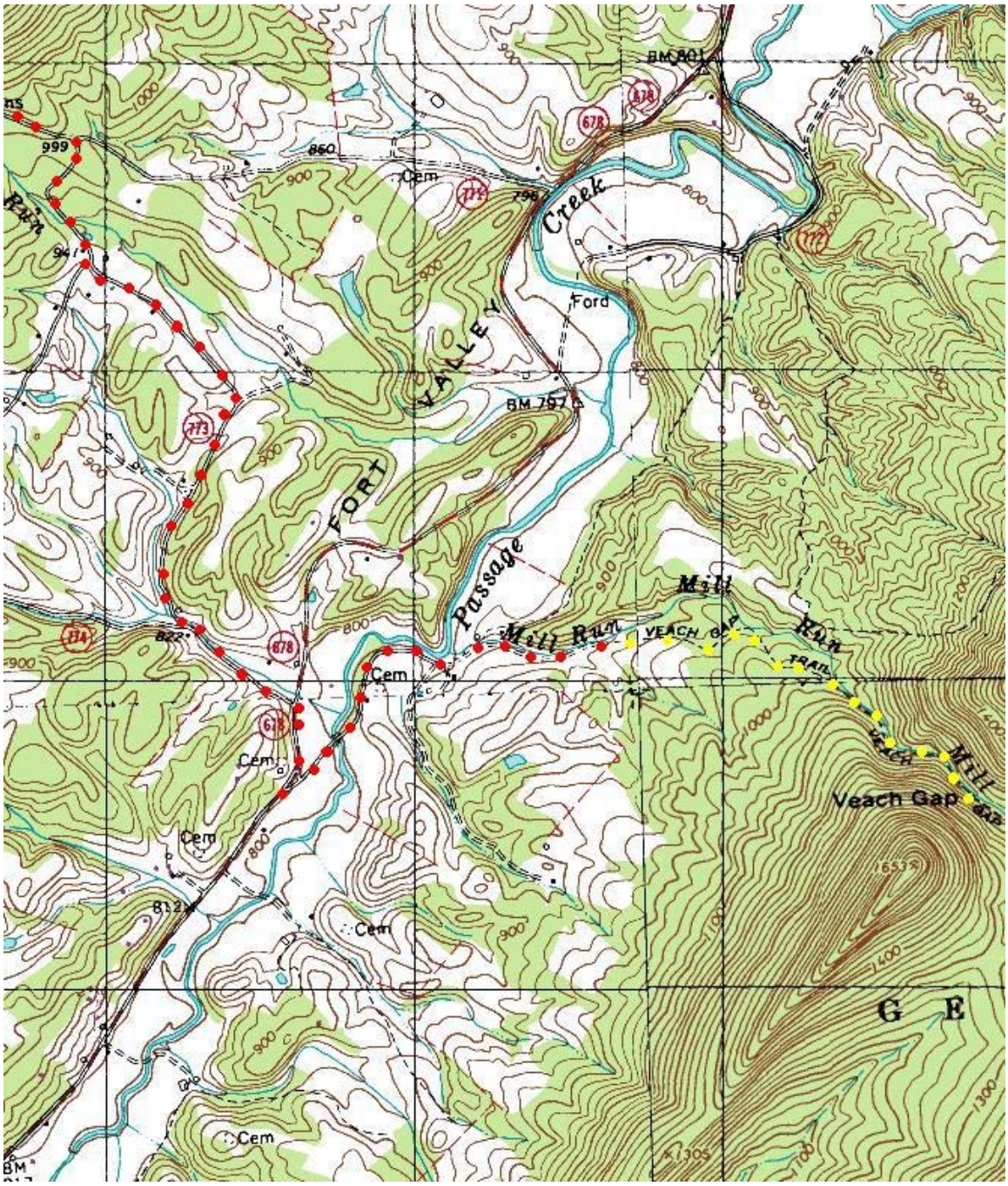


3. Pass little Crease Shelter and turn left onto yellow blazed veach gap trail along a creek heading downhill to trailhead parking area.



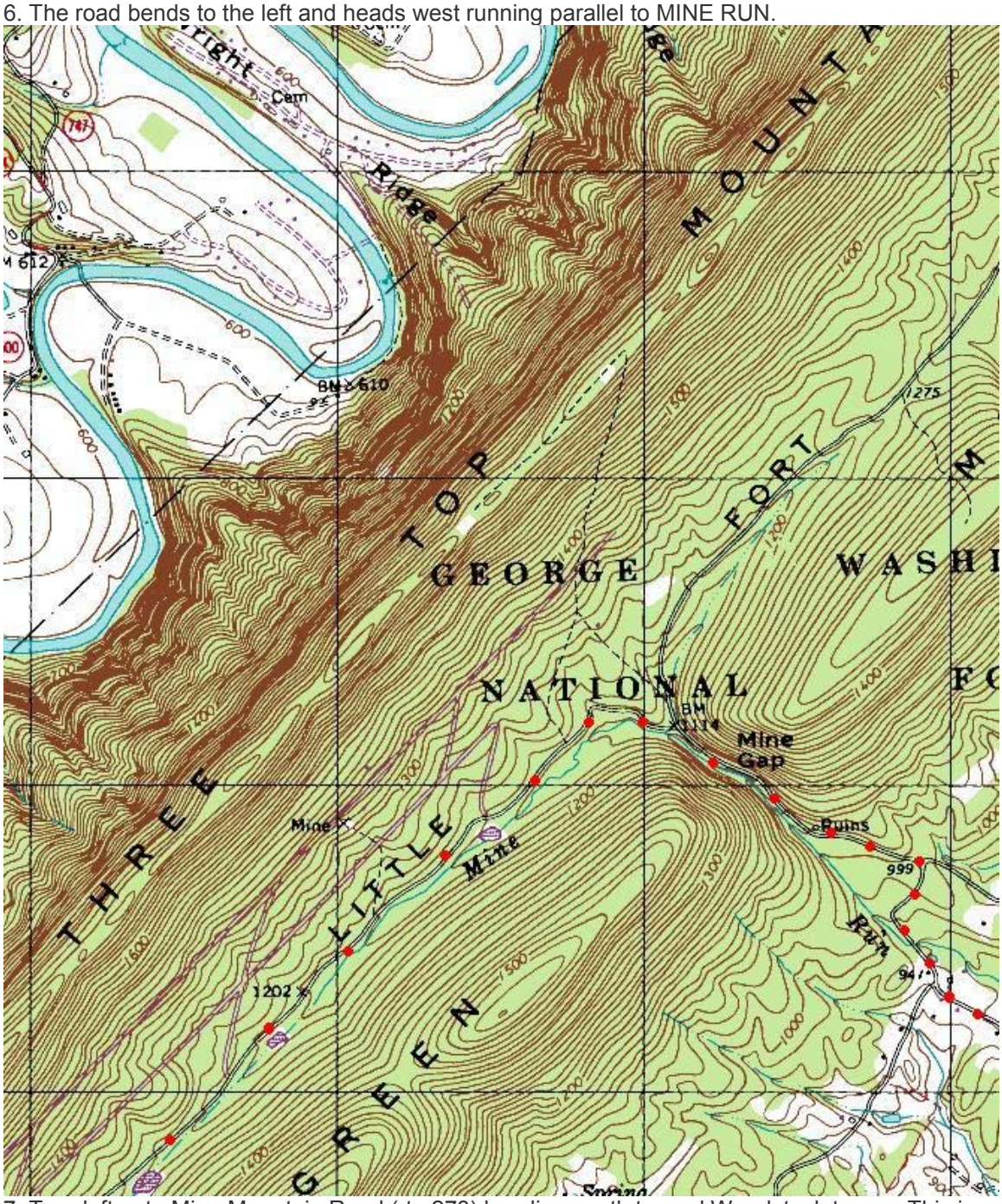
First Aid Station: (17+ miles) in the Veach Gap parking lot. Aid will be stashed to the left of the trail off toward a fire-ring. (First good place to cut the run short with a pre-planted car placed here)

4. Exit parking lot running on a dirt road (rte 774) running to rte 678(blacktop), turn right onto 678 for 200m, then take first left turn onto 774 again running parallel to stream. (This could be tricky- But, I will drop flour to mark)



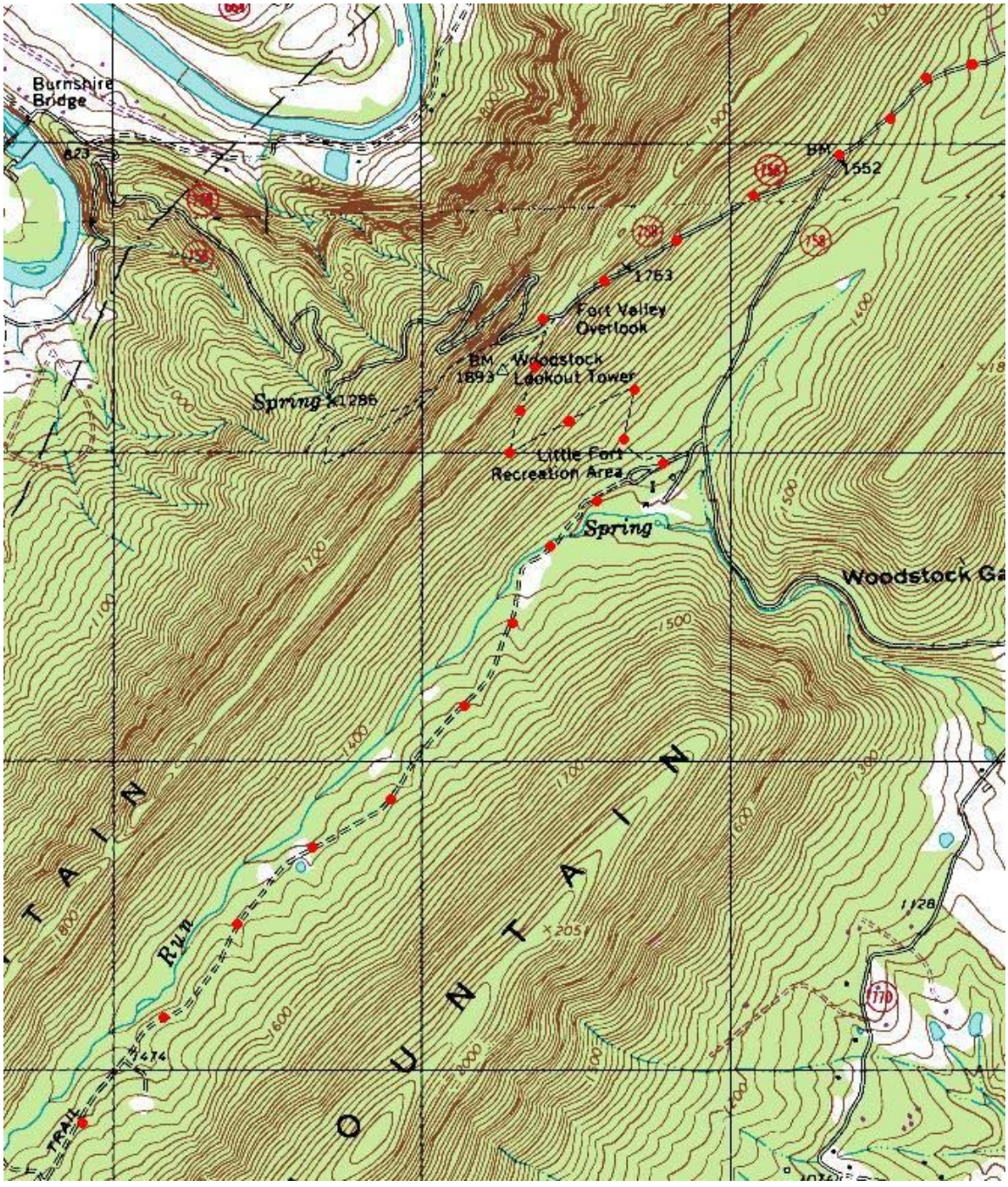
5. You will go right at the fork just past a pond and head north to the **Boyer's Furnace ruins!!!**

6. The road bends to the left and heads west running parallel to MINE RUN.



7. Turn left onto Mine Mountain Road (rte 273) heading south toward Woodstock tower. This is gradual uphill climb

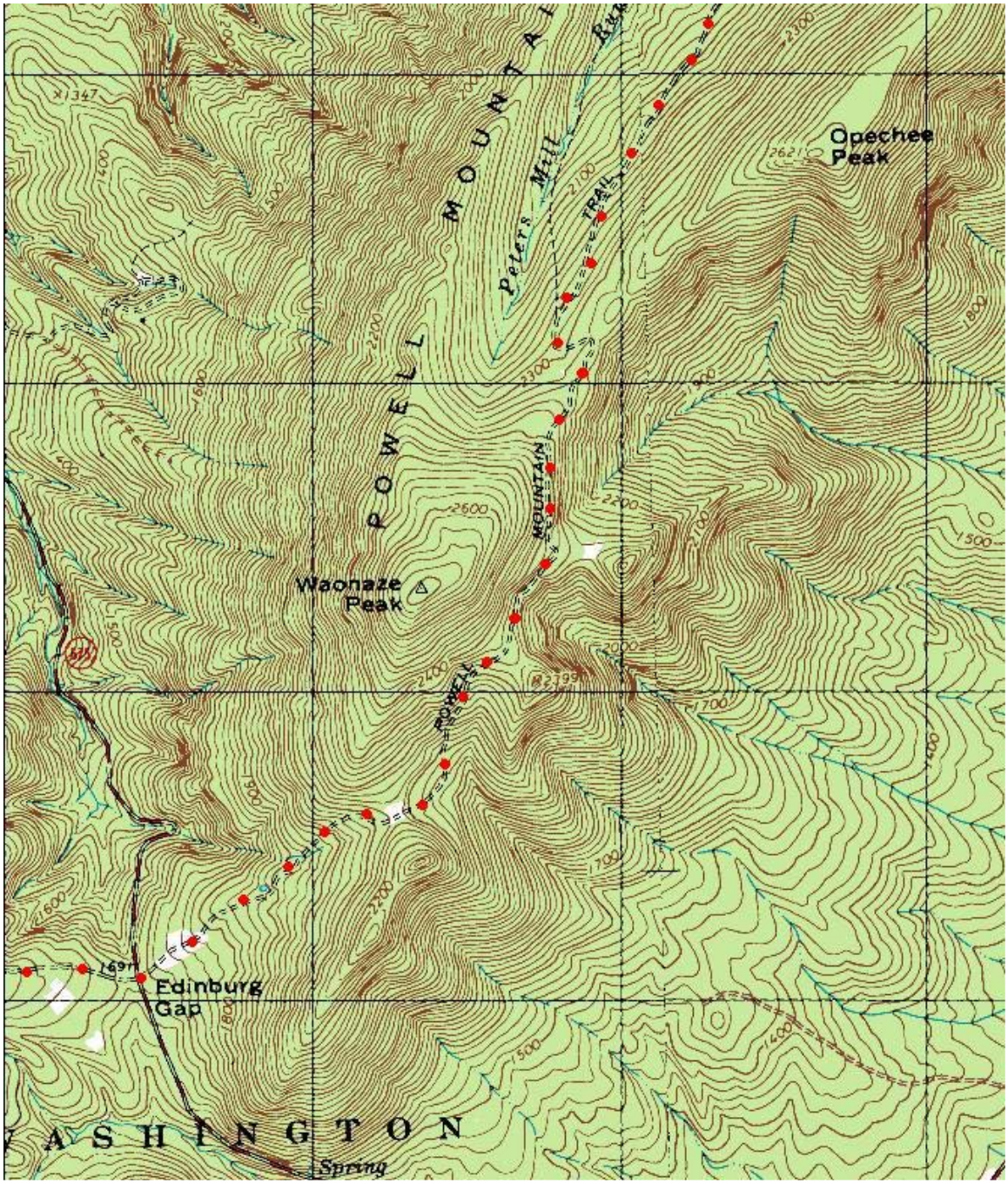
8. At intersection with rte 758 (which is more heavily used) go right onto this road 0.5 miles and steeply up hill to the parking area past the summit that is the normal MMT 100 woodstock tower aid station where the MMT Orange blaze trail crosses.



Second Aid Station (23 miles) at Woodstock tower rte 758 parking lot. (2nd great place to leave a car to cut the run short)

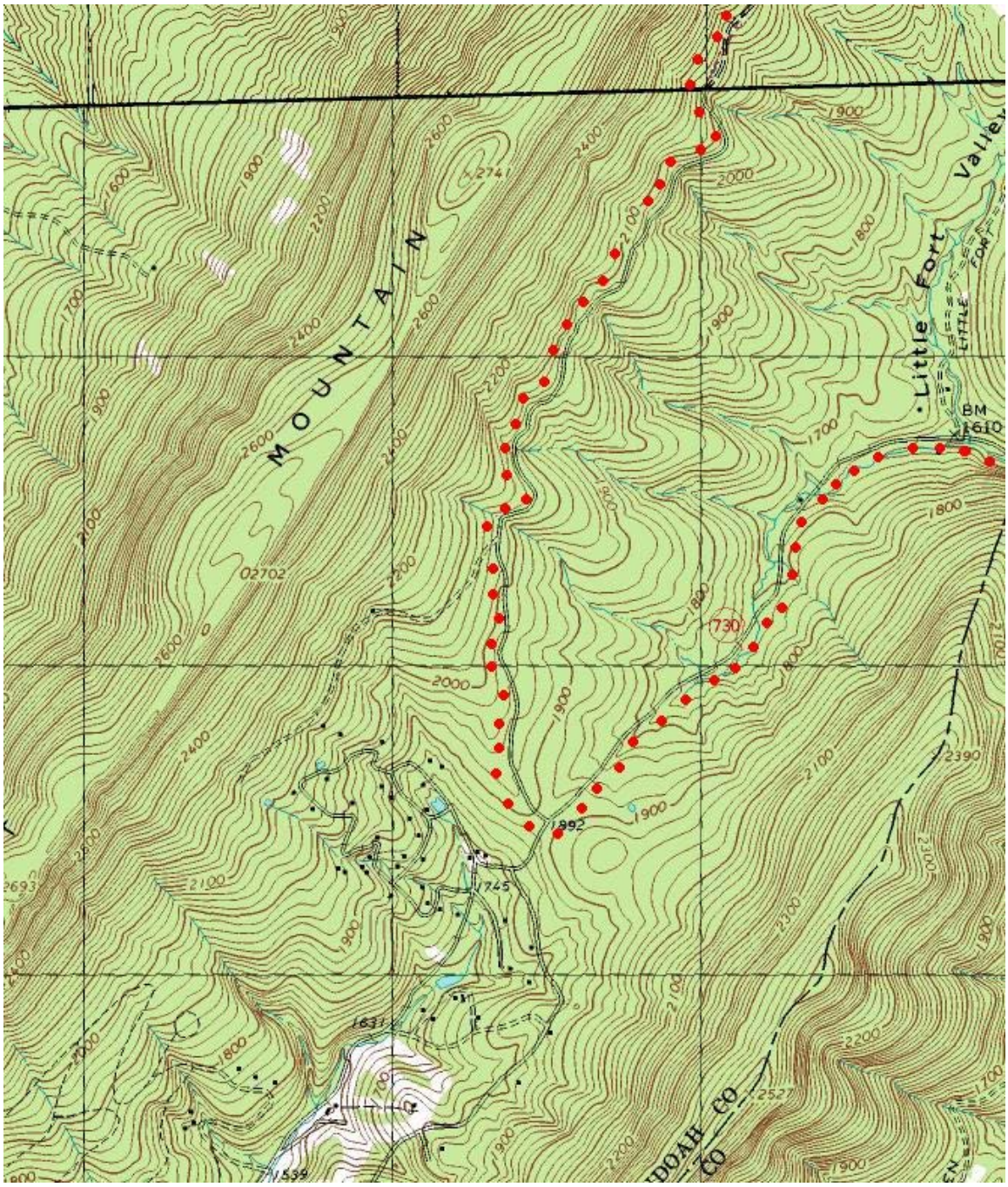
9. Climb onto the Orange blaze MMT trail (to the left side of the road) this time heading south running Powell mountain 8.2 miles to Edinburgh gap. (this will be the opposite direction you run during the MMT 100 and you will feel strange)

10. Exit the trail and cross blacktop rte 675 heading up dirt Edinburg Gap road (374)



Third Aid Station: (31 Miles) at Edinburgh gap (rte 675 and 374 intersection). (3rd good spot to leave a pre-planted get away car)

11. Run Edinburg gap road 5.8 miles to the intersection with rte 730 (Moreland gap)



Fourth Aid Station: (374 and 730 intersection)- 37miles) This is normal MMT 100 Moreland gap aid station location.

12. Take rte 730 to the left and run 3.4 miles to the intersection with rte 675 and crisman hollow r

13. Turn right (straight) onto rte 675 and run 0.4 miles uphill to camp Roos parking and finish!