

MMT 100 Crew Instructions

Updated for the 2018 Event

While crews are welcome at the MMT, they can cause congestion and related problems. Crews must comply with the provisions on this page. Race management reserves the right to take action on violations of these provisions ranging from a warning, to exclusion of the crew from an aid stations or all aid stations, and finally to disqualification of the runner whom the crew is supporting.

Special Note: The foregoing paragraph is especially true for the Habron Gap aid station. Crews are only allowed in areas that are designated "Crew Only." Setting up runner support on the state road is prohibited.

Bug repellent: Don't forget it. You will be around grass, weeds, and woods both at the aid stations and the start/finish. Be particularly careful of ticks.

Overall Rules

Crews are permitted at the aid stations listed below. Crews and pacers may only meet their runners within 200 feet of a designated aid station. The one exception is the 211E Parking Area, which is a checkpoint, not an aid station.

Crews may not meet runners at other places on the course due to limited parking, access, and safety.

There are special parking rules for the Visitors' Center and Picnic Area aid stations and the checkpoint at the crossing of Route US 211.

Among other things, your crew and pacer may have only one vehicle (*they may not have separate cars*) and must have a parking pass *for that vehicle* that will be issued at runner check in.

If a pacer needs to leave a car at the south end of the course, he or she may do so at the 211E parking area or the Visitors' Center parking lot and must have a parking permit. Each runner will receive only one parking permit whether he/she has a pacer or not. (Runners in the Solo Division will not receive a parking pass.) Pacers may not leave a car at Camp Roosevelt, but that point is a short walk from the Caroline Furnace Camp where you may leave a car. (It's about a mile from the parking at Caroline Furnace to Camp Roosevelt.) Pacers' cars may not be left at Gap Creek.

Crews are required to comply with the parking instructions of aid station personnel. We must restrict parking in many areas for safety reasons and Forest Service requirements.

Crews may not be allowed in certain portions of the aid station areas. Please note that if an area is cordoned off, you as crew are not allowed into these "runner only" areas.

If your runner drops out, he or she must return the bib number to the aid station captain. Don't drive away with a runner who has a bib number on!

Violation of these rules can lead to the exclusion of the crew from the aid station or all later aid stations or disqualification of the runner.

Discussion

"FR" is Forest Road. "SR" is State Road. Signs generally have numbers only. Name signs are occasionally stolen. It is better to rely on numbers and use names as confirmation. Mileages are from vehicle odometers. Maps will be valuable in helping you navigate around the course. Take a look at the map before going to the next aid station.

Aid stations: Aid station food is intended for the runners, not the crews. Please don't take food or drink from the aid stations unless it is offered to you first. Some food might be in short supply, especially sandwiches, hot soup, or other warm food prized by runners. Your cooperation with aid station volunteers is appreciated.

Please drive carefully during the MMT 100. Use extra caution when on or near the MMT 100 course (Crisman Hollow Road (FR 274), SR 730, and FR 374). The roads are not designed for speed. Drive slowly.

Staff of the Forest Service will be present during the MMT 100. We appreciate their presence, particularly during emergencies.

Dogs

Dogs are not allowed at the Caroline Furnace Lutheran Camp (the start/finish). This is both a Camp rule and a rule we want to enforce. The Camp is congested and has much food around. Please do not bring a dog on the property.

Elsewhere on the course, do not bring a dog into any aid station.

Restrooms

Except where noted, there are no restroom facilities or running water on the course or in the aid stations.

Cell phones

There is cell phone coverage over some parts of the course, but it is sporadic. Cell phones work if you are on the top of the mountain, but not if you are "in a hole" in Fort Valley. (Fort Valley is where the start/finish is.) Our experience with AT&T and Verizon cellular service is (some of these connections may be "roaming" and conditions are known to vary):

Coverage: Aid stations: 2, 6, 9, 12, 14

No Coverage: Aid stations: 5, 10, 11, 15, start/finish

Emergency Telephone Numbers

The MMT goes through three Virginia counties. Where to call depends on which county the emergency occurs in.

Warren County

(Front Royal -- northeast portions of the course -- aid stations 6 - 8)

Warren County (Front Royal) Sheriff - 540-635-4128

Warren Memorial Hospital (Front Royal) - (540) 636-0300

1000 N. Shenandoah Avenue

Page County

(Luray -- southern portion of course, east of ridge top -- aid stations 9, 11 - 15)

Page County (Luray) Sheriff - (540) 743-6571

Page Memorial Hospital (Luray) - (540) 743-4561

200 Memorial Drive

Shenandoah County

(Woodstock -- western portion of course -- start/finish and aid stations 10, 1 - 5)

Shenandoah County (Woodstock) Sheriff - (540) 459-6100

Shenandoah Memorial Hospital (Woodstock) - (540) 459-1100

759 South Main Street

U.S. Forest Service

Any emergency in the National Forest, should also be reported to the Forest Service:

Lee Ranger District

95 Railroad Avenue

Edinburg, VA 22824

540-984-4101

Locations of Aid Stations with Crew Access

Here is information that should be helpful for those with GPS devices.

Aid station	Mileage	GPS Coordinates
Caroline Furnace Camp	0	38.740118° N, 78.511017° W
AS 2: Edinburg Gap	12.1	38.789360° N, 78.520912° W
AS 5: Elizabeth Furnace	33.3	38.929070° N, 78.328743° W
AS 6: Shawl Gap	38	38.895611° N, 78.304749° W
AS 9: Habron Gap	54	38.770351° N, 78.423653° W
AS 10: Camp Roosevelt	63.9	38.728168° N, 78.517052° W
AS 11: Gap Creek	69.6	38.708191° N, 78.561020° W
AS 12: Visitor's Center	78.1	38.642689° N, 78.611298° W
AS 14: Picnic Area	87.9	38.637606° N, 78.608750° W
AS 15: Gap Creek	96.8	38.708191° N, 78.561020° W
Caroline Furnace Camp	103.7	38.740118° N, 78.511017° W

Directions to Aid Stations

Note: These instructions assume you leave the start/finish from the parking area, which we expect to be off the main north-south road in Fort Valley SR 675. (This road is marked both "Fort Valley Road" and "Camp Roosevelt Road" on maps.) As you leave the parking area, turning left is heading north, turning right is heading south. If you leave the camp onto the Moreland Gap Road, turn left and go a very short way to a fourway intersection where you meet 675. At that point, turning left is going north on Route 675; going straight is going south on 675.

When will my runner arrive? Look at the section times (fastest, average, slowest) at the [bottom of the page](#). They can't

give you an exact time, but they may give you an idea.

1. Start to AS #2, Edinburg Gap (12.1 miles)

Driving distance: 3.9 miles

- Leave Caroline Furnace Lutheran Camp and turn left (north) on SR 675 and follow it to the aid station.

Watch for two intersections with SR 678. 675 makes a 90 degree left turn in Kings Crossing about 2.2 miles from the camp. After that turn, it is 1.7 miles to the top of the hill where the aid station will be. When you get to the top of the hill, turn left and park in the Off Road Vehicle parking lot. (Look for the sign to the Off Road Vehicle Area.) The aid station will likely not be located in that lot, but rather out near the road.

- The Edinburg Gap Aid Station has a pit toilet. It is at the far end of the parking lot. (There is a good spring about half mile east on SR 675. You will pass it on the right as you approach the aid station.)

2. AS #2 to AS #5, Elizabeth Furnace (33.3 miles)

Driving distance: 18.1 miles

- Go out of the parking lot to the paved road which is SR 675, and turn right (east).
- Drive 2.0 miles on SR 675 to Kings Crossing. Turn left on SR 678 at Kings Crossing.
- Drive 16.1 miles on SR 678 to the Elizabeth Furnace picnic area, about 0.5 miles past the family campground entrance.
- You want to park in the parking lot where the blue blazed Tuscarora Trail crosses SR 678. The first parking area you come to is very small. Continue through that parking lot, over a small bridge, and into a much bigger lot where you can park. You can meet runners in the first parking lot or at the aid station that is across Passage Creek. Runners will be on the same, narrow bridge that you will use to get to the parking lot. Please drive carefully.
- There are pit toilets at Elizabeth Furnace. Also, you may be able to get water at the family campground, if not at the picnic area itself.
- The parking lot at Elizabeth Furnace is quite large. But it may fill up. If it does, there are other parking lots in this area. The best alternative is south of the family campground.

3. AS #5 to AS #6, Shawl Gap (38 miles)

Driving distance: 7.2 miles

- Turn right from the parking lot onto SR 678.
- Drive 2.7 miles to SR 619 and turn right. (Look for sign to Fish Hatchery.)
- Continue on SR 619 about three miles to the intersection with SR 613 - Panhandle Road. Turn right on 613.
- Go less than two miles to the Shawl Gap Trail Head on the right. Make sure all four wheels are off the road when parking.

4. From AS #6 to AS #9 Habron Gap (54 miles)

Driving distance: 39.1 miles

- Leave the Shawl Gap aid station and return along SR 613 the way you came. Turn right on SR 608 for 0.4 miles and turn right on SR 619. Continue 5.2 miles on SR 619 towards Front Royal.
- Turn right on US 340 at the traffic signal, just after crossing the Shenandoah River, going south towards Luray.
- Stay on 340 South for 22.2 miles. At that point, 340 becomes 340 Business. You go straight and pass under US 211. Continue on 340 Business for 0.5 miles until you come to Mechanic St (SR 675). Turn right and cross over the bridge on SR 675. (That right turn is the first right after the entrance to the Park-and-Ride lot and the big, circular sign that welcomes you to Luray.)
- Follow SR 675 for 3.5 miles. Cross the Shenandoah River on Bixler Bridge and turn right on SR 684.
- Follow SR 684 along the river for 7.3 miles to Foster's Landing on the right (sign at entrance says Public Boat Landing). SR 684 will become a dirt road about 3/4 of a mile before you reach Foster's Landing. AS #9 will be at Foster's Landing. Do not park on the road. Park in the lot for fishermen on the right. *Do not set up tables, chairs, etc. on the road. It must be open to local traffic.*

5. From AS #9 to AS #10, Camp Roosevelt (63.9 miles)

Driving distance: 12 miles

- Return on SR 684 for 7.3 miles to Bixler Bridge and continue straight on SR 675 for 0.5 miles. Do not go back across the Shenandoah River.
- Turn right, uphill, on SR 675 for 2.7 miles to the overlook. Stop and enjoy the view but be careful when you park and as when you leave the overlook. This overlook is your last chance for cell phone access for a while.
- Continue downhill for 1.5 miles to Camp Roosevelt on the right. Park and walk to the aid station located in the Camp Roosevelt picnic area. Be sure to follow the directions of Forest Service officials if they are in this area.
- Camp Roosevelt has flush toilets. It also has running water, but in past years it has been a bit murky and not tasty.
- You may not leave a car at Camp Roosevelt, but it is about a mile walk to the Caroline Furnace Camp where you may leave a car.

6. From AS #10 to AS #11, Gap Creek Trail Head (69.6 miles)

Driving distance: 3.2 miles

- From Camp Roosevelt, go west on SR 675 and drive 0.2 miles to the four-way intersection of SR 675, SR 730 and FR 274 (Crisman Hollow Road).
- Turn left on FR 274 and drive 3.0 miles to AS #11.
- All vehicles must park on the same side of the road, the east side (the left side as you head south).
- This aid station is one of our most congested. Please park properly and be prepared to walk a bit. You have plenty of time to see your runner.

7. From AS #11 to AS #12, the Visitors' Center (78.1 miles)

Driving distance: 6.5 miles

NOTE: Now that the MMT course puts runners on the south end of the course later, parking is not the concern that it was previously. You should be able to get a parking spot. But there is still limited parking at the aid stations on route 211 (#12 and #14). Please follow the directions of the parking attendants. You may only park one vehicle at any aid station along route 211, and you must have a permit that will be issued at check in. In the unlikely event there is no room for you to park at an aid station, you will be directed to try alternatives.

- Continue on FR 274 for 6.5 miles to US 211. Unless you are supporting a runner in the front of the pack, there will be runners coming toward you on the road as you leave Gap Creek. Further on this road, there will be runners going the same direction as you are going. Drive carefully!
- Turn left on US 211, the Visitors' Center is immediately on your right. Park where directed by the parking attendants.
- You have plenty of time to get to the Visitor's Center. Here are options to delay your arrival there:
 - Tourist opportunity - take a walk on the Massanutten Mountain Story Trail where the dirt road ends and asphalt begins. The trail is on your left, about 4.7 miles after you leave Gap Creek. The trail is short, educational, and has great views (although it may be dark when you are there)!
 - If you want food or supplies, you will find a big supermarket, fast food restaurants, and other shopping opportunities are available outside of Luray, a little over 7.5 miles east down the hill on Route 211 or about the same distance to the west in New Market.
 - Dan's Steakhouse is a convenient place to eat. It is on 211, just about a mile down the hill from the Visitors' Center. They might give you water if you ask nice!
- Options if you can't park at the Visitors' Center:

If you are not allowed to park at the Visitors' Center, you can try to park at the Picnic Area and walk up the hill on the trail the runners are using, not the road. Parking attendants may have better information on alternatives. You may also try 211E, but that would be a longer walk to the Visitors' Center.

8. AS #12 to AS #14, the Picnic Area (87.9 miles)

Driving distance: .8 miles

- Turn right out of the Visitors' Center parking lot, going east down the hill on Route 211. You are going a very short distance. The aid station is about .8 miles down the road on the right. Look for it when the road bends sharply to the left. The entrance to the aid station comes up fast. If you miss it, there are opportunities to turn around and try again. Be very careful here.
- You may only park one car at this aid station, and you must have a permit that will be issued at check in. Even if you have a permit, you may not be able to park here if there is no room for you. If you can't park here, your option is 211E

9 [alternate]. AS #12 to 211E - Optional Meeting Point if you don't go to the Picnic Area

Driving distance: 2 miles

- Turn right out of the Visitors' Center parking lot on US 211, and go east about a 2.0 miles down

the hill to the 211E check point. Park where directed by the parking attendants.

- You may only park one car at this check point, and you must have a permit that will be issued at check in. Even if you have a permit, you may not be able to park here if there is no room for you.
- This parking area next to 211E is not an aid station, but crews can meet and pacers can pick up their runners here. This would be a good option to meeting at the Picnic Area since, for the runners, it is less than two, relatively easy miles down the hill from the latter.

10. AS #14 [or 211E] to AS #15, Gap Creek Trail Head (96.8 miles) - This aid station is often called Jawbone Gap but is at the same location as AS #11, Gap Creek.

Driving distance: 6.5 miles

- Return to Visitors' Center (top of hill) on US 211 and turn right on FR 274, immediately after the Visitors' Center.
- The Jawbone/Gap Creek Trail Head is 6.5 miles on the right.
- All vehicles must park on the same side of the road, the east side (the right side as you head north).
- If your runner is fast, there will be runners coming toward you on 274. For all crews, there will be runners on the road for the last mile or so going the same direction you are going. Please drive slowly and don't stir up dust in their faces!

11. AS #15 to Caroline Furnace (103.7 miles)

Driving distance: 3.7 miles

- Continue north on FR 274 for a little over 3 miles. At the stop sign, go straight (SR 730, Moreland Gap Road, is to your left) and go about 1/2 mile and turn left into the parking area at the camp (where you did on Saturday morning).

Section Times

These are the fastest, average, and slowest times into each aid station with crew access. The data is for 2012 and 2013. The average time is also approximately the median time. At the average time, half the runners should have arrived.

Arrival Aid Station No - Name - Sec Dist (mi)	Fastest	Average	Slowest
#2 Edinburg Gap - 12.2	1:59	2:43	3:32
#5 Elizabeth Furnace - 21.3	3:19	5:04	7:14
#6 Shawl Gap - 4.7	0:51	1:21	2:26
#9 Habron Gap - 16.0	2:34	4:12	6:43
#10 Camp Roosevelt - 9.8	1:59	3:11	5:00
#11 Gap Creek I - 5.8	1:08	2:08	3:47
#12 Visitors Center - 8.5	1:40	3:13	5:18
# 14 Picnic Area - 9.9	1:47	3:33	7:13

#15 Gap Creek II - 8.9	1:47	2:58	4:22
Finish - 6.9	1:09	1:59	2:58

Revised May 2018