MMT Training Academy Run 2

Elizabeth Furnace to Camp Roosevelt, roughly the middle third of MMT. With several gravel road sections (between Shawl and Veach Gaps and between Indian Grave and Habron Gap) and generally runnable trail, this is one of the "easier" Training Academy runs.

Essential Info

Date	Sat Feb 6, 2027
Start time	7:00 am
Run start/finish	Signal Knob parking lot (38.935°N, 78.3199°W)
Distance	30.3 miles
Total ascent / descent	6,200 / 5,500 feet
Aid stations	1. Veach Gap (8.5 miles) 2. Habron Gap (21.1 miles)
In charge	Guy Towler (443) 942-2604

Directions

Start at Elizabeth Furnace along the **blue/orange** blazed trail (combination Massanutten Trail and Tuscarora Trail), parallel to Passage Creek. It is 2.6 miles, from RT 678, on **blue-orange** past Elizabeth Furnace to Shawl Gap, with orange, yellow and blue blazes at the gap. Cross the saddle and change from **blue/orange** to **yellow** and run downhill on the Shawl Gap **yellow** blazed trail. Turn right after 0.5 miles and continue another 1.9 miles on the **yellow** blazed Shawl Gap Trail to a road. There will be no aid here during this training run, but it will be AS #6, Shawl Gap, during MMT.

You will turn right on the **unblazed** road (Rt. 613) and run 3.1 miles to the Veach Gap Trailhead. Here you will find the *first aid station* for this training run. Turn right to follow **blue** blazed trail into the aid station parking lot. This small parking area will be AS #7, Veach Gap, during MMT. *Do not follow blue blazes down the road*!

From the parking lot move past gate and follow **blue** blazed Tuscarora Trail up to Veach Gap for 1.7 miles. Turn left at ridge on **orange**. This is once again the Massanutten Trail. Run 4.8 miles to junction with **purple** blazed trail. Turn left on purple and run 2.5 miles down the Indian Grave Ridge Trail to the road. The parking lot prior to the road will be AS #8, Indian Grave, during MMT. There will not be aid there during this training run.

Turn right on the **unblazed** road (Rt. 717) and run 2.9 miles to Rt. 684. Bear right at junction, then 1.0 mile to the Habron Gap Trailhead and the second aid station for this run (also AS #9, Habron Gap, during MMT).

Leave the aid station on **blue** blaze Habron Gap Trail, and climb for 2.0 miles. Make a hard left (do not go straight) at the ridge onto **orange** Massanutten Mountain East Trail. Run 2.7 miles to start of **yellow** blazed Stephens Trail. Turn right on **yellow** for 4.5 miles to the finish in the parking area near Camp Roosevelt. This is near to what will be AS #10, Camp Roosevelt, during MMT.

