MMT Training Academy Run 3

This run covers the final section of the Massanutten Mountain Trails 100 mile course, from Camp Roosevelt to the finish. With 35 miles and 6,000 feet of ascent, this is the longest and most difficult of the VHTRC's Training Academy runs, with climbs up the infamous Duncan Hollow, up Duncan Knob, across Kerns Mountain, up Bird Knob, and finally up Big Run to Scothorn.

Essential Info

Date	Sat Mar 20, 2027
Start time	6:00 am
Run start/finish	Camp Roosevelt parking area (38.728°N, 78.5155°W)
Distance	35 miles
Total ascent/descent	6,000 feet
Aid stations	1. Visitor Center (13.6 miles) 2. Route 211 (24.5 miles)
In charge	Elaina Stanton (540) 623-2987 Christian Stanton (540) 735-7699

Directions

Leave Camp Roosevelt parking area, cross paved Route 675, and look to the left for **orange**-blazed **Massanutten Mountain Trail**. Follow for 3.3 miles up Duncan Hollow to intersection with Gap Creek Trail. Turn **right** on **blue**-blazed **Gap Creek Trail** and climb for 0.7 miles up Duncan Knob to Peach Orchard Gap, then descend 0.3 miles to intersection with yellow-blazed Scothorn Gap Trail. Keep **right** on **blue**-blazed **Gap Creek Trail** and follow for 1.1 miles to Gap Creek Trailhead (mile 5.5).

After crossing small footbridge, bear right and cross Crisman Hollow Road (FDR 274) and follow **blue**-blazed **Jawbone Gap Trail** for 1.3 miles to ridge saddle and intersection with Massanutten Trail. Take a **left** on **orange**-blazed **Massanutten Mountain Trail** and run along rocky crest of Kerns Mountain for a *long* 4.8 miles. There is a nice view to the west, *Q's View*, 1.1 miles before the end of this section. Trail turns left and descends to Crisman Hollow Road (FDR 274).

Take a **right** and follow **Crisman Hollow Road (FDR 274)** for 0.7 miles. Road becomes paved; continue for 1.5 miles to Route 211. Cross Route 211 and bear left for 0.1 miles to Massanutten Visitor Center parking lot and the first aid station for this training run (AS #12 of MMT).

From the Visitor Center take **white**-blazed **Wildflower Trail** for 0.3 miles. At trail intersection, make a right on **orange**-blazed **Massanutten South Trail** for the climb up

Bird Knob. Stay on **orange** for a total of 3.1 miles. Be alert for a left turn (at a wooden post, 1.85 miles from turn off Wildflower) to stay on **orange** (*do not follow* **white** *blazed Bird Knob trail*), then continue to end of double track ("Ant Road") at a gate (AS #13, Bird Knob, during MMT; no aid station during this run).

Continue downhill on gravel **orange**-blazed **Big Mountain Road** for 0.85 miles. After the first small climb, look for wooden post at trailhead on left and turn left onto **purple**-blazed **Roaring Run Trail**. Follow for 1.0 mile up and then down to Browns Hollow Run Trail (*be alert for this trail junction — if you cross any stream, wet or dry, you have gone too far downhill*). Take a left on **pink**-blazed **Browns Hollow Run Trail** and follow 4.2 miles to **orange**-blazed **Massanutten South Trail** (*it will be a sharp right — if you reach a gate you have gone about 100 feet past the correct turn*). Right off **pink** onto **orange** blazed **Massanutten South Trail** for 1.6 miles to Route 211 East parking lot and **second aid station** for this training run.

Cross Route 211, pass through gate, and enter **white**-blazed Massanutten Connector Trail. Follow dirt road for 1.1 miles, then take a left on singletrack trail for 0.7 miles. At trail intersection, go right on **orange**-blazed **Massanutten Trail** for 2.0 miles (mostly uphill) to fourway trail intersection. Make a left onto **yellow**-blazed **Scothorn Gap Trail** and go 1.4 miles to Scothorn Gap Trailhead. Take a **right** on **unblazed Crisman Hollow Road** (FDR 274) for 1.7 miles to Gap Creek (mi 31.5).

Gap Creek should look familiar (you were here 26 miles earlier). Continue north on the **unblazed Crisman Hollow Road** (FDR 274) for 3.0 miles to the intersection of Routes 675 and 730 (mi 34.5). Turn **right** (uphill) and follow Route 675 for 0.5 miles back to the Camp Roosevelt parking area, which will be on your left.

