

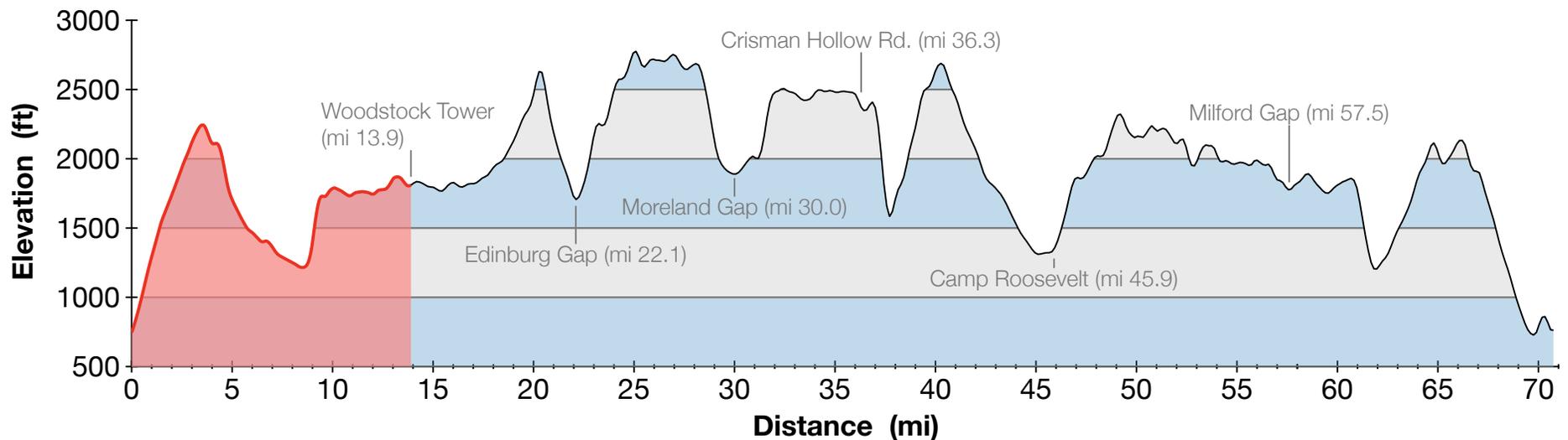
# Start: Reverse Ring

**Down: 0 mi**

**To Go: 70.8 mi**

**Next: 13.9 mi • 2,675 ft ascent • 1,625 ft descent**

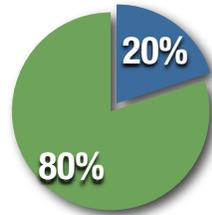
The Reverse Ring opens with the longest, and rockiest, climb on the course. Be sure to take in the view from Signal Knob off to the right at the top. The descent into Powell's Fort is very runnable double track, which is then followed by a steep climb back up onto the ridge. You will intersect the blue-blazed Tuscarora Trail at the top of this climb. Don't take it — remember, stay on orange!



# Woodstock Tower

**Down:** 13.9 mi

**To Go:** 56.9 mi



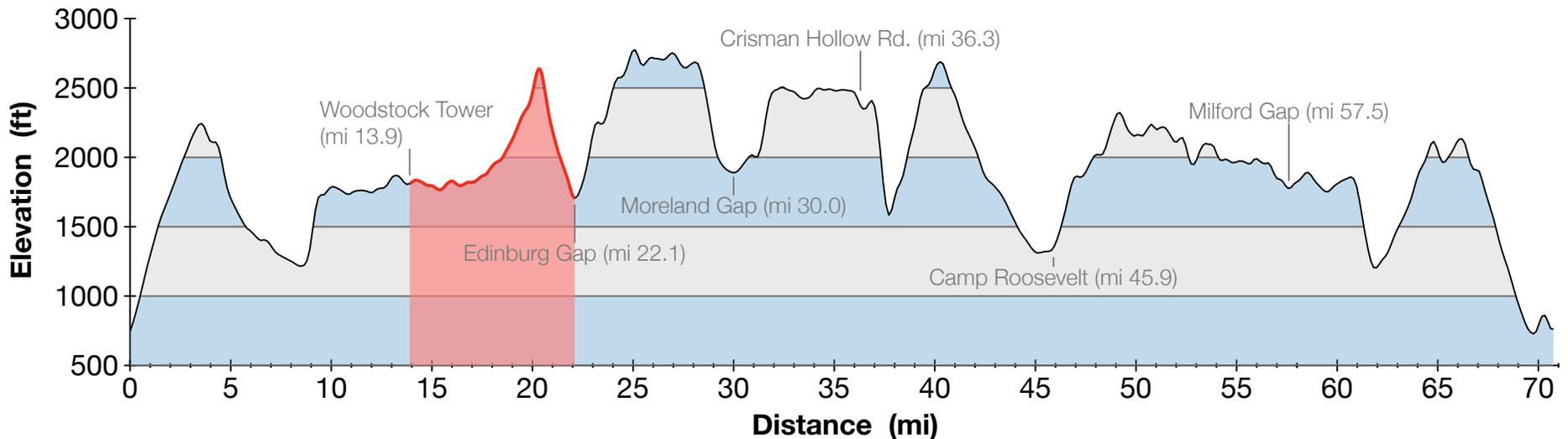
## Splits

15 h 20 h 25 h 30 h

2:20 3:15 3:45 4:30

**Next:** 8.2 mi • 1,275 ft ascent • 1,400 ft descent

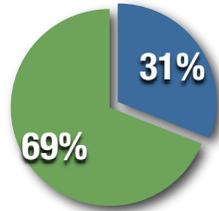
**A long section of ridge running, generally uphill (especially towards the end). You will intersect several trails on this section. Remember: always stay on orange!**



# Edinburg Gap

**Down:** 22.1 mi

**To Go:** 48.7 mi



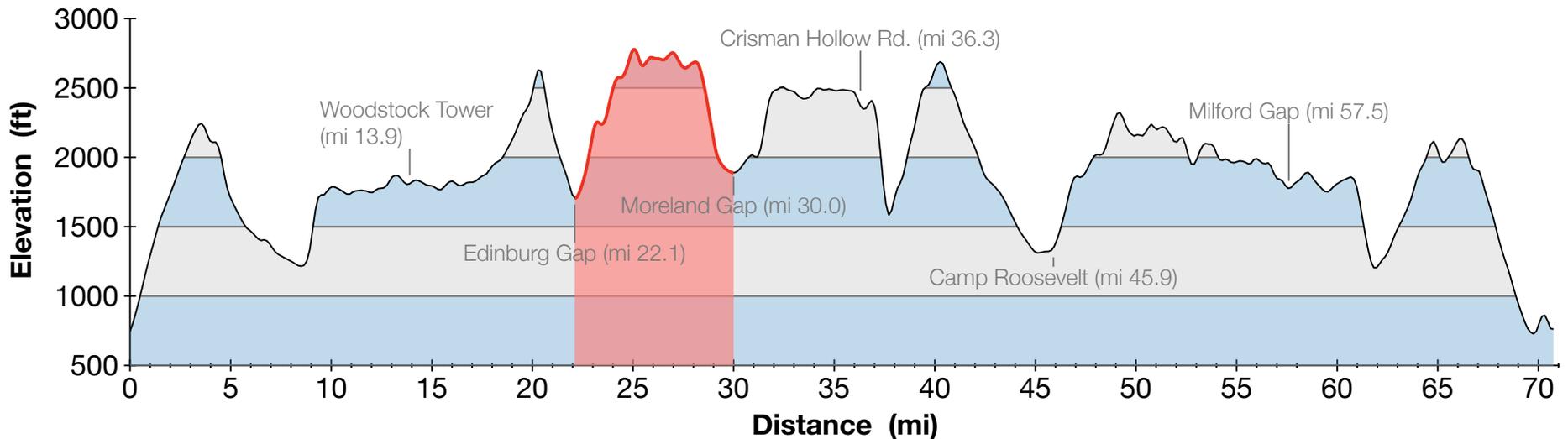
## Splits

15 h 20 h 25 h 30 h

3:45 5:00 6:00 7:15

**Next:** 8.0 mi • 1,625 ft ascent • 1,425 ft descent

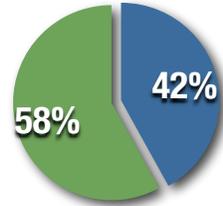
Next up is the famous Short Mountain section. Rocky, technical, and seems longer than 8 miles.



# Moreland Gap

**Down: 30.0 mi**

**To Go: 40.7 mi**

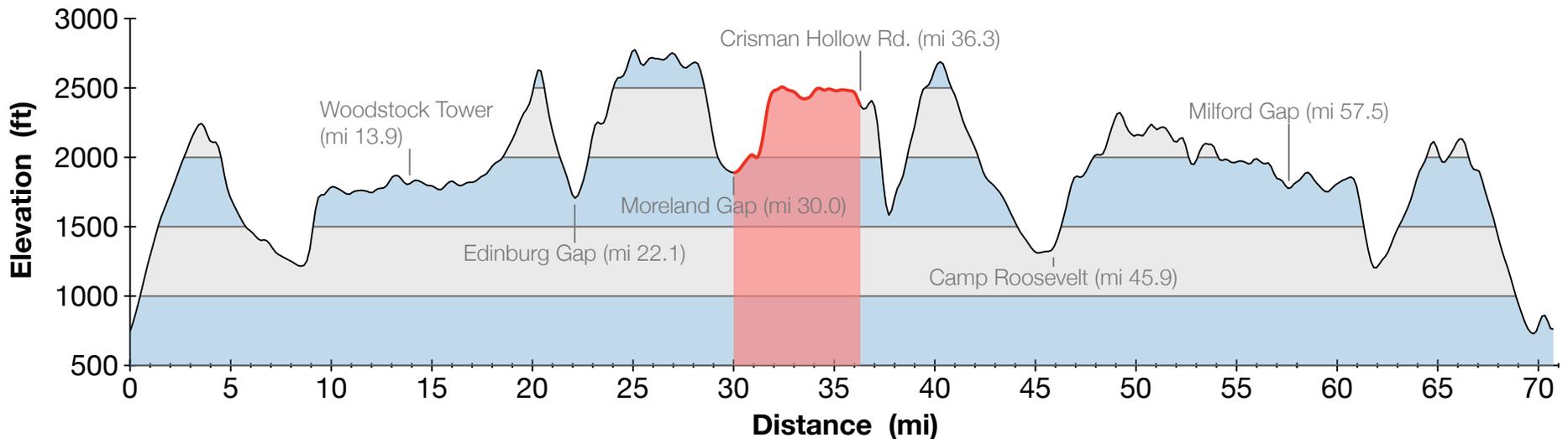


## Splits

15 h	20 h	25 h	30 h
5:30	7:15	9:00	10:30

**Next: 6.3 mi • 1,250 ft ascent • 825 ft descent**

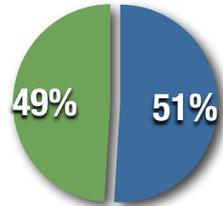
**A measly 10k to Crisman Hollow Rd. Unfortunately, the infamous Kerns Mountain is viewed by many to be the gnarliest, most unpleasant on the entire Reverse Ring. This section is tough.**



# Crisman Hollow Rd

**Down: 36.3 mi**

**To Go: 34.4 mi**



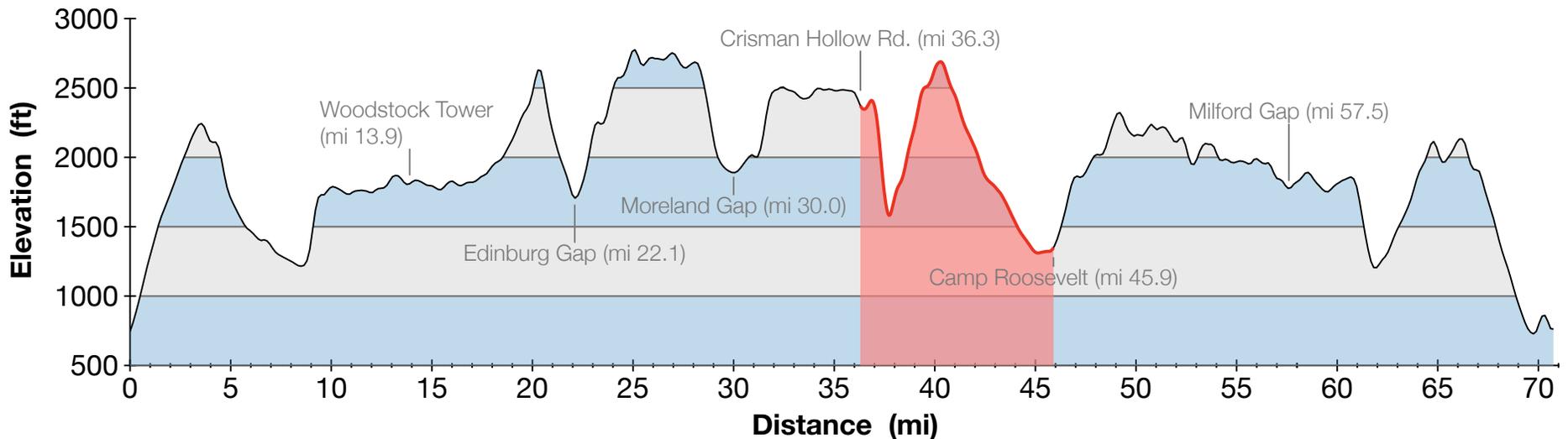
## Splits

15 h 20 h 25 h 30 h

7:00 9:15 11:15 13:00

**Next: 9.5 mi • 1,575 ft ascent • 2,525 ft descent**

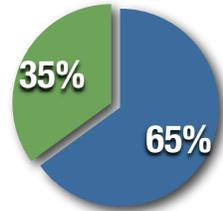
Drop down Waterfall Mountain (and be thankful you are not climbing it), then up a runnable ascent of Big Run (with reliable creek), followed by a long descent down Duncan Hollow.



# Camp Roosevelt

**Down:** 45.9 mi

**To Go:** 24.9 mi



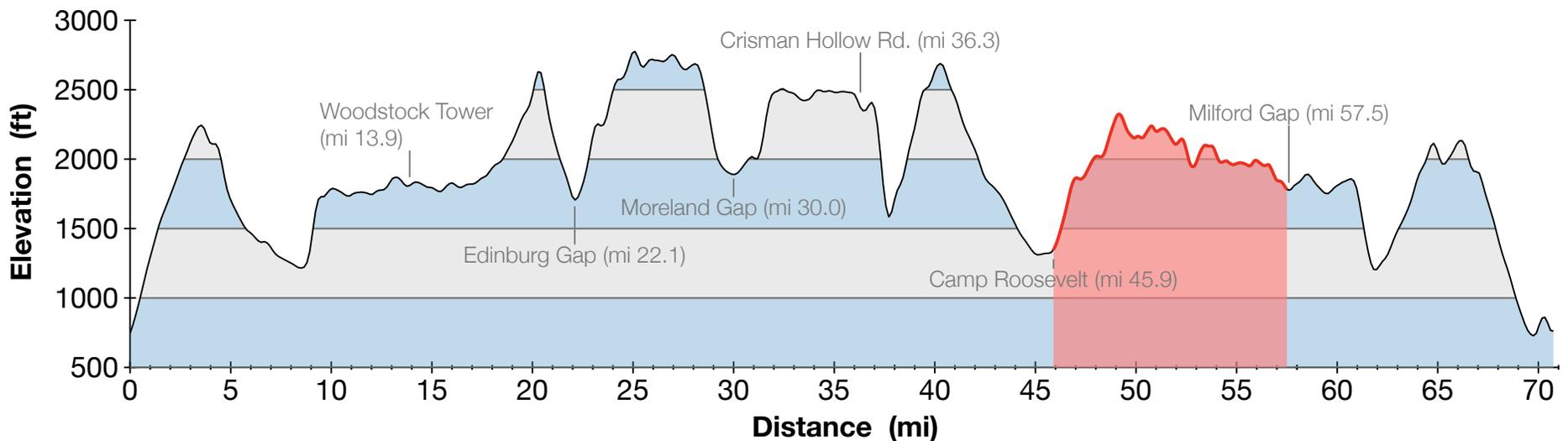
## Splits

15 h 20 h 25 h 30 h

9:00 11:45 14:00 17:00

**Next:** 16.1 mi • 3,000 ft ascent • 3,150 ft descent

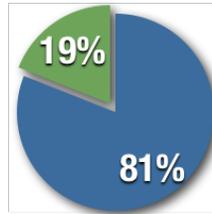
After a pretty big climb out of Camp Roosevelt, enjoy nice ridge running, generally descending, with several PUDs (pointless ups and downs). Beware of yellow-blazed Stephen's Trail forking to left in 4.1 miles. Stay to the right on orange! This is the longest unsupported section on the Reverse Ring, and will take most people over 4 hours. Not to mention it is at dark.



# Milford Gap

**Down:** 57.5 mi

**To Go:** 13.3 mi



## Splits

15 h 20 h 25 h 30 h

11:45 16:00 20:15 23:30

**Next:** 13.3 mi • 2,075 ft ascent • 3,075 ft descent

The home stretch. Ride the ridge for a couple of PUDs, then a good descent into Veach Gap. A nice steady climb out of Veach is followed by a rocky, technical ridge traverse to Shawl Gap (that cannot come soon enough). The final descent into Elizabeth Furnace is a blast. Cross the road, one more small climb, and then cruise into Signal Knob Parking Lot.

