

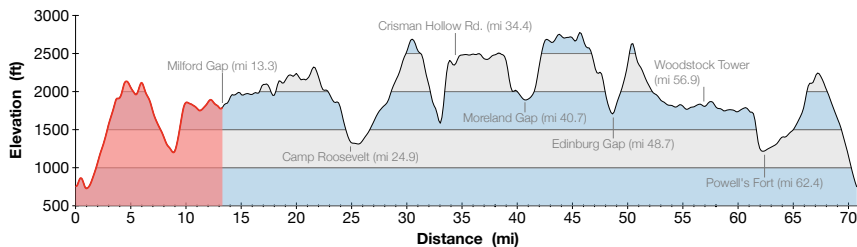
Start: The Ring

Down: 0 mi

To Go: 70.8 mi

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

Lots of climbing, but generally runnable. With fresh legs, you won't notice that this section is the longest with the most ascent.



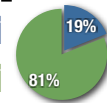
Milford Gap

Down: 13.3 mi

To Go: 57.5 mi

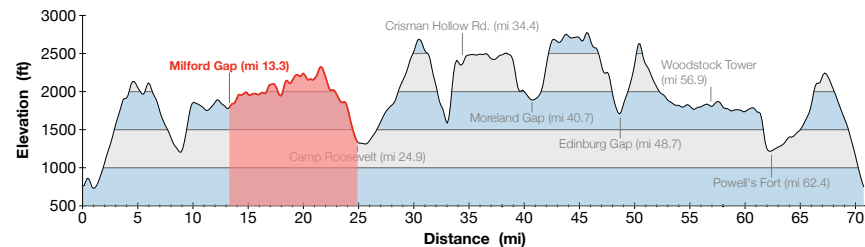
Next: 11.6 mi • 2,150 ft ascent • 2,525 ft descent

Nice ridge running, generally ascending, with several PUDs (pointless ups and downs), ending with a 3 mile descent. Beware of yellow-blazed Stephen's Trail entering from right in 7.5 miles. Stay to the left on orange! At Edith Gap (paved road), look for orange-blazed Massanutten Trail re-entering the woods on the right for final descent into Camp Roosevelt.



Splits

15 h 20 h 25 h 30 h
2:35 2:50 3:25 4:30



Camp Roosevelt

Down: 24.9 mi

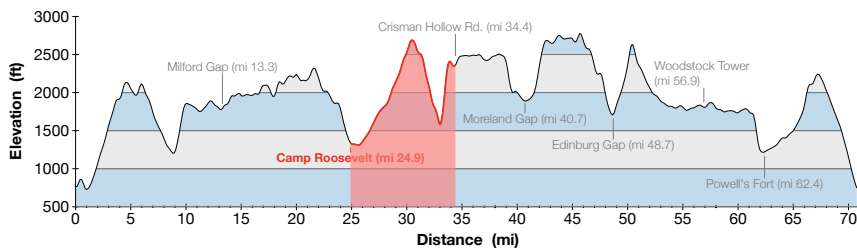
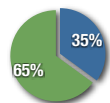
To Go: 45.9 mi

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

A nice (though can be hot), gradual climb up Duncan Hollow, followed by a runnable descent down Big Run (with reliable creek), then a very steep climb up Waterfall Mountain.

Splits

15 h 20 h 25 h 30 h
4:45 5:45 6:45 8:30



Crisman Hollow Rd

Down: 34.4 mi

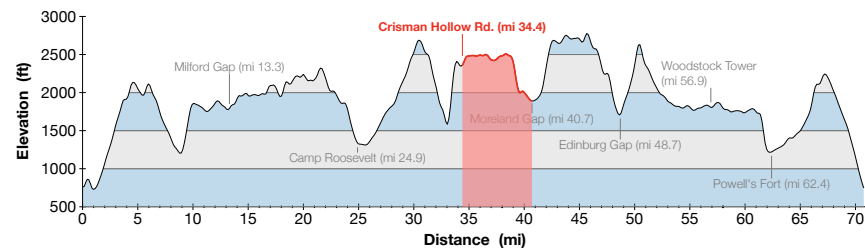
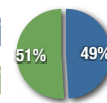
To Go: 36.3 mi

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

On paper, this next section seems easy. A simple 10k, mostly downhill. Unfortunately, the infamous Kerns Mountain is viewed by many to be the gnarliest, most unpleasant on the entire Ring. This section is tough.

Splits

15 h 20 h 25 h 30 h
6:45 8:15 10:15 12:30



Moreland Gap

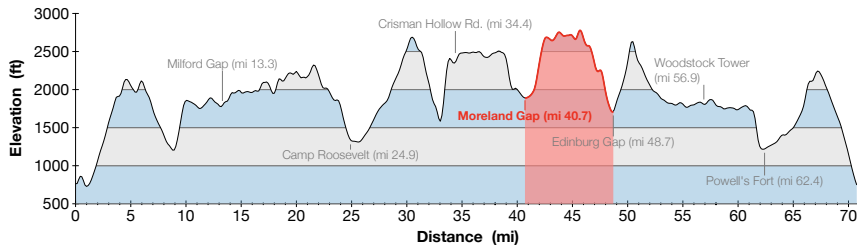
Down: 40.7 mi
To Go: 30.7 mi

Splits

15 h 20 h 25 h 30 h
 8:15 10:15 12:30 15:40

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

Next up is the famous Short Mountain section. Rocky, technical, and seems longer than 8 miles. This will take a while, especially in the dark.



Edinburg Gap

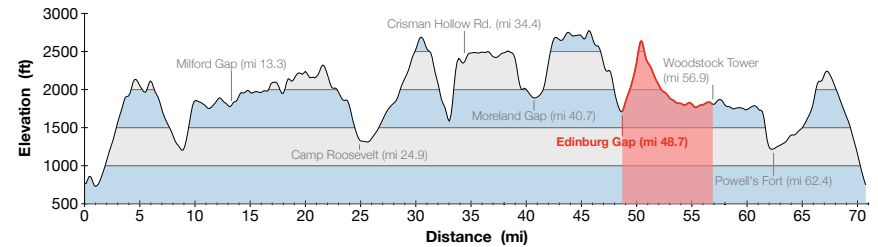
Down: 48.7 mi
To Go: 22.1 mi

Splits

15 h 20 h 25 h 30 h
 10:05 12:40 16:00 19:35

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

This is another tough, long section, especially in the dark. After the big climb up Waonaze Peak, there is runnable trail on a ridge, much of which is downhill. This section is longer than it seems. When you think you are close, you are probably halfway to Woodstock Tower.



Woodstock Tower

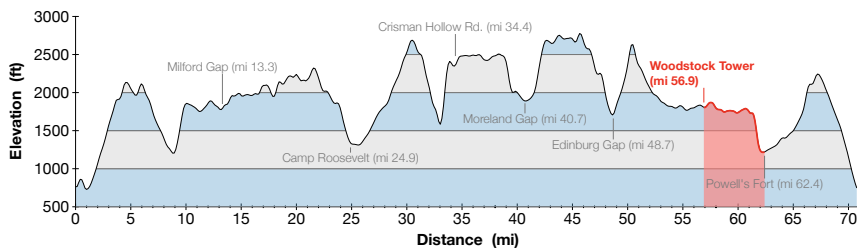
Down: 56.9 mi
To Go: 13.9 mi

Splits

15 h 20 h 25 h 30 h
 11:55 15:20 19:25 24:15

Next: 5.5 mi • 475 ft ascent • 1,075 ft descent

Runnable ridge running, with a few PUDs (pointless ups and downs), with a steep descent down to Powell's Fort Camp. You will intersect the blue-blazed Tuscarora Trail near the end of the section. Don't take it — remember, stay on orange!



Powell's Fort Camp

Down: 62.4 mi
To Go: 8.4 mi

Splits

15 h 20 h 25 h 30 h
 13:10 17:10 21:45 26:15

Next: 8.4 mi • 1,150 ft ascent • 1,600 ft descent

Leave here on a nice runnable gravel road. You will intersect a few trails before and after the Strasburg Reservoir. Always stay on orange. You will top out at Signal Knob — be sure to take the trail out to the view (this is the official course). From there you'll have one last rocky section before the final descent to Signal Knob Parking Lot.

