Martha Moats Baker



Leave North River Gap parking lot, run right (uphill) on the road for 200 yards, then **RIGHT** to begin a counter-clockwise climb on the **white**-blazed **Wild Oak Trail** (716). Go up and over Grindstone Mountain and continue on Chestnut Ridge to the top of Little Bald (7 miles).

RIGHT (north) on **Bald Mt. Road** (FDR 427) for 4.4 miles. *Pass memorial to Martha Moats Baker after 2.3 miles*.

RIGHT at junction with dirt road, **FDR 85** (just past second bar gate). Continue up this road for 1.3 miles.

RIGHT & UP at the paved road, then quick right on a short, rocky trail, to top of Reddish Knob and the **first aid station** at 13.4 miles.

Exit on north side of parking area, back down the short. rocky trail, across paved road and go **STRAIGHT** across on **yellow**-blazed **Timber Ridge Trail** (431), descending 3 miles down to a small clearing, where you will take a **LEFT** onto the **yellow**-blazed **Wolf Ridge Trail** (378).

Stay right at junction with Lynn Trail, and continue down **Wolf Ridge Trail** for a total of 6 miles to the trailhead parking lot, and the **second aid station** (22.7 miles).

Leave the aid station **ACROSS** Tilghman Road to pick up the **yellow**-blazed **Narrowback Trail** for a two mile section of newly created mountain bike trail to the **Tower Trail** (432A). You will come to a four-way trail junction, where you will take a **RIGHT** for little over a mile to **West Tillman Trail**. **RIGHT** on **West Tillman** back down to **Tilghman Road**, then left for just over 1.5 mile on the road to the **last aid station** (30.1 miles).

Essential Info

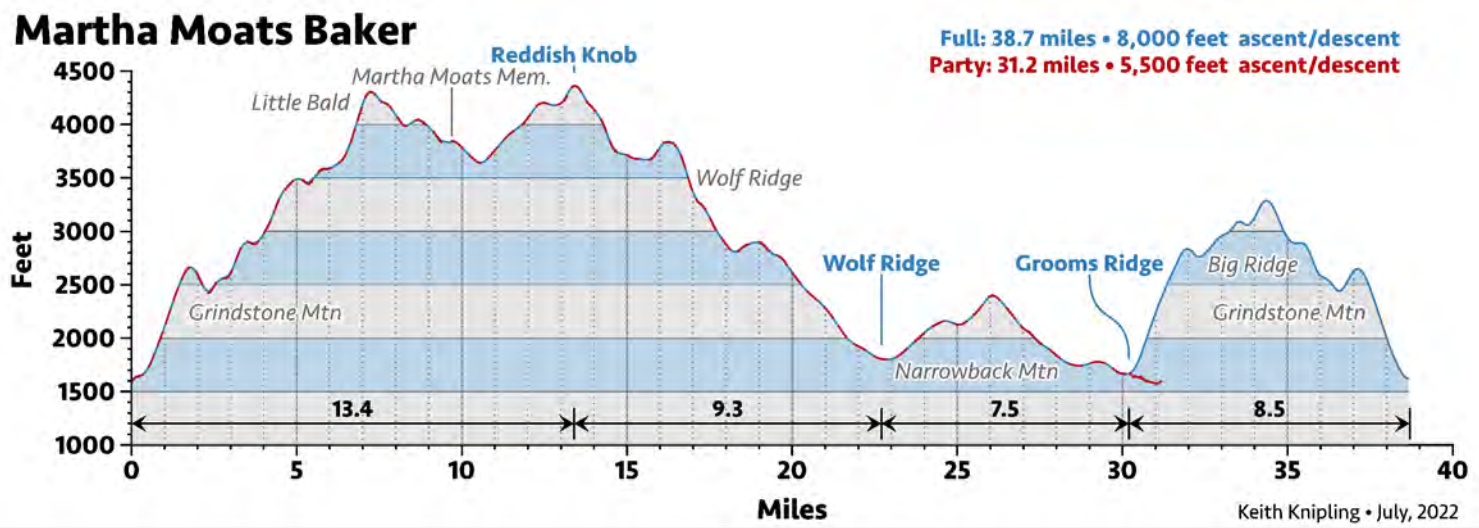
Date	Sat Aug 8, 2026
Start time	7:00 am
Run start/finish	North River Gap (a.k.a. the TWOT Lot) (38.3672°N, 79.1645°W)
Distance	38.7 miles
Total ascent/descent	8,000 feet
Aid stations	1. Reddish Knob (13.4 miles) 2. Wolf Ridge (22.7 miles) 3. Grooms Ridge (30.2 miles)
In charge	Quatro Hubbard (804) 254-7825 Brett Martin (571) 969-9864

At this aid station you decide to do the full route, with 8 additional miles and a significant climb, or the Party Route Decision Point! Will you be gunning for that last section of 8 miles, with the big climb up Grindstone, and a 60k finish? Or will you take the Party Route down Tilghman Road back to the TWOT Lot on flat road, to get that 30 mile finish? So you have decided to complete the full course?! Excellent - read on!!

Climb **RIGHT** from the road on the **yellow**-blazed **Grooms Ridge Trail** and trudge up 4 miles to the junction with the Wild Oak Trail.

Go **LEFT** on the **white**-blazed **Wild Oak Trail** and "bomb" 4 more miles down to the parking lot and the big MMB finish. You will have completed about 60 kilometers with over 7,800 feet of elevation gain - yeah, that WAS hard! [1].

These last 4 miles are the same 4 you climbed at the beginning of the run, with one slight difference: at the very end of this section of the white trail, you will bear left at the bottom of the descent at a trail junction to take a short access trail back to the TWOT lot. ↩


Martha Moats Baker
Full: 38.7 miles • 8,000 feet ascent/descent
Party: 31.2 miles • 5,500 feet ascent/descent
Reddish Knob
Martha Moats Mem.
Little Bald
Wolf Ridge
Wolf Ridge
Grooms Ridge
Big Ridge
Grindstone Mtn
Grindstone Mtn
Narrowback Mtn
Feet
4500
4000
3500
3000
2500
2000
1500
1000
13.4
9.3
7.5
8.5
0
5
10
15
20
25
30
35
40
Miles
Keith Knipling • July, 2022