

# MMT Training Run 1, COVID Edition



From the Signal Knob Parking lot, run for 0.5 miles south on the **orange**-blazed Massanutten Trail. Take a left at the trail intersection and, in 0.4 miles, cross paved Rt. 678 and pick up the access road to Elizabeth Furnace on the other side.

Cross Passage Creek on the bridge and pick up the **blue/orange**-blazed trail **Massanutten/Tuscarora** Trails, passing by historic Elizabeth Furnace. Climb for a little more than 3 miles to Shawl Gap, with orange, yellow and blue blazed trails 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 Panhandle Rd.** (Rt. 613) and run 3.1 miles to the Veach Gap Trailhead. Turn right to follow **blue**-blazed trail into the trailhead 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 climb the **blue**-blazed **Tuscarora Trail** for 1.7 miles. At the top, go straight/right and descend down the west side of Veach Gap on the **orange**-blazed **Massanutten Trail**. After about a mile, pass *Little Crease Shelter* and turn left onto the **yellow**-blazed **Veach Gap Trail** along (and down!) a creek, Mill Run, heading to the Veach Gap Trailhead and the only aid station on this run (mile 12.0).

From the aid station, continue on the road out to paved Rt. 678. Take a **right** and then, after a couple hundreds yards, a **left** onto **Frenchman Pond Rd.**. Follow for 0.3 miles, then bear **right** onto **Cover Stone Rd.** (Rt. 773). After 0.9 miles, stay **right** at junction with **Boyer Rd.** (Rt. 771). Take a left at the next intersection (in 0.3 miles) onto **Mine Mountain Rd.**, passing the Boyer's Furnace ruins.

In 0.6 miles, take a **right** onto the **Forest Service Rd.** and, shortly thereafter, look to the left for the **purple**-blazed **Mine Gap Trail**, which you will climb for almost a mile before intersecting with the **orange**-blazed **Massanutten Trail**.

Take a **right** on **orange** and follow to an intersection with the blue-blazed Tuscarora Trail. Keep on **orange**-blazed **Massanutten Trail** down steep descent for 0.5 miles. At the bottom, turn left on **orange**-blazed **gravel road**, passing Mudhole Gap in 0.2 miles (the location of AS #4 at MMT). Continue following **orange**-blazed **gravel road**. After a short distance pass through a gate, where there is a piped spring with reliable, good drinking water (*drink at your own risk*). After 2.0 miles, turn left on **orange**-blazed trail and follow for 0.9 miles around Strasburg reservoir to junction with Tuscarora Trail. Turn **right** on **blue**-blazed **Tuscarora Trail** and climb for 0.8 miles to ridge, then downhill on **blue**-blazed **Tuscarora Trail** for 3.4 miles to intersection with Massanutten Trail.

Take a left on **orange**-blazed **Massanutten Trail** and run 0.4 miles to Signal Knob Parking.

## Essential Info

Date	Sat Jan 16, 2021
Start time	6:30 am
Run start/finish	Signal Knob parking lot (38.935°N, 78.3199°W)
Distance	26 miles
Total ascent/descent	4,850 feet
Aid stations	1. Veach Gap 12.0 miles) 2. Powell's Fort Spring 18.5 miles)
Sunrise & sunset	Begin civil twilight 7:01 am Sunrise 7:30 am Sunset 5:15 pm End civil twilight 5:44 pm
In charge	Larry Huffman (703) 887-4694