



MMT Training Academy Run 1

After a 3.6 mile jog up Moreland Gap Road, reach the Massanutten Trail at Moreland Gap. On to Short Mountain, where you'll get to kick the rocks all the way to Edinburg Gap (AS #2, mi. 11.0). A long slog up Waonaze Peak is followed by a longer traverse of Powell Mountain to Woodstock Tower (AS #2, mi. 19.2). If you still have legs, the last 4 miles are a downhill delight.

Directions

Start at driveway to the Caroline Furnace Lutheran Camp (Start/Finish of MMT) on Moreland Gap Road (Route 730). Climb **Moreland Gap Road** for 3.1 miles to intersection with orange-blazed Massanutten Trail. This is the location of AS #1 at MMT.

Take a **right** onto **orange-blazed Massanutten Trail**. After 1.0 mile, cross Forest Service Road 374 and continue on Massanutten Trail for another 6.6 miles over the ridge of Short Mountain. After descending off of the ridge, reach trailhead and take a **left** onto **orange-blazed Forest Service Road 374**. Continue 0.4 miles to aid station at Edinburg Gap (this is AS #2 at MMT).

Cross Route 675, then stay to the **left** (do not take the ATV road) and follow **orange-blazed Massanutten Trail** for 8.1 miles to Woodstock Tower, the second aid station for this training run (this is AS #3 at MMT).

From Woodstock Tower, continue on **orange-blazed Massanutten Trail**. After 4.7 miles, intersect with 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 Area.

Essential Info

Date	Sat Jan 13, 2024
Start time	6:30 am
Run start/finish	Caroline Furnace Camp Entrance (38.7401°N, 78.5112°W)
Distance	32 miles
Total ascent / descent	4,600 / 5,000 feet
Aid stations	1. Edinburg Gap (11.0 miles) 2. Woodstock Tower (19.2 miles)
In charge	Larry Huffman (703) 887-4694

