

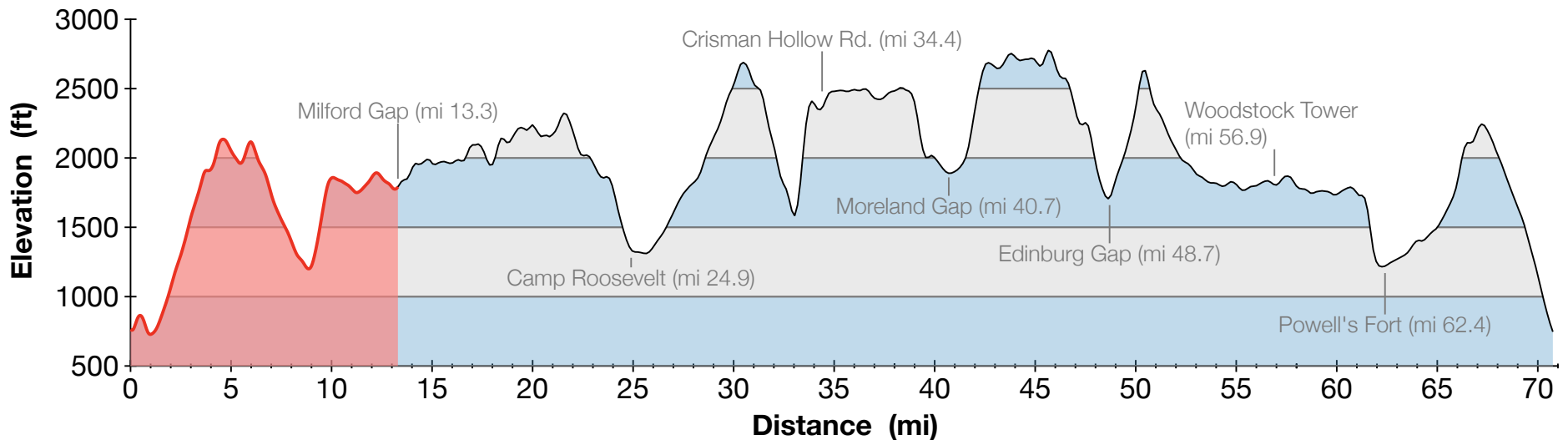
# Start

**Down: 0 mi**

**To Go: 70.8 mi**

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

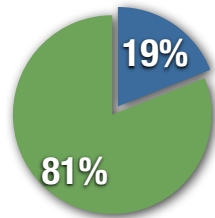
**Lots of climbing, but generally runnable. You have fresh legs, so you won't notice that this section is the longest with the most ascent.**



# Milford Gap

**Down: 13.3 mi**

**To Go: 57.5 mi**



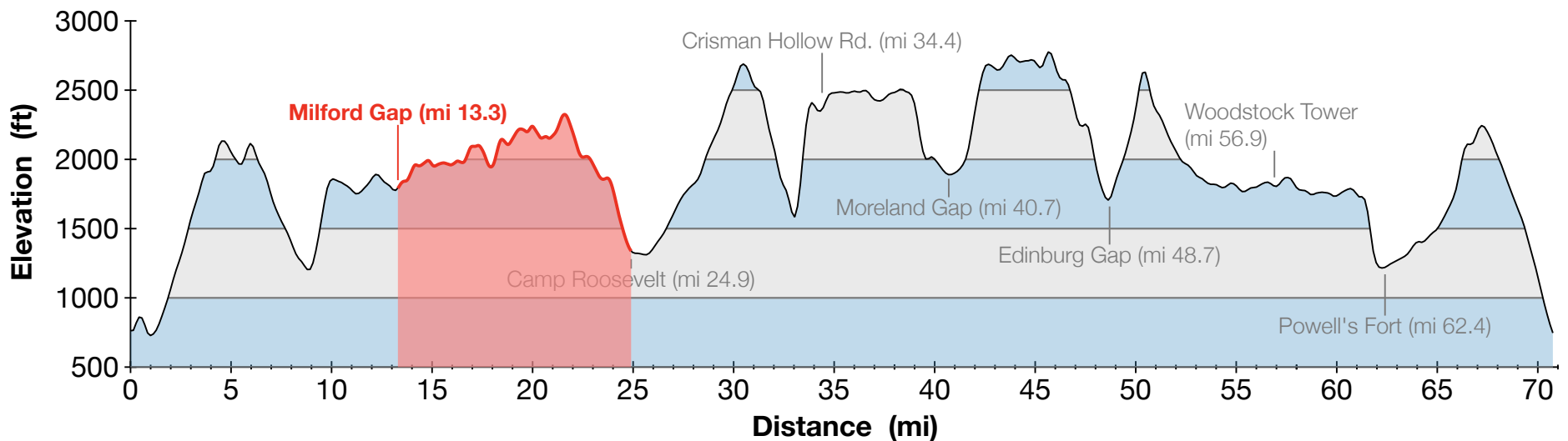
## Splits

15 h 20 h 25 h 30 h

2:35 2:50 3:25 4:30

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

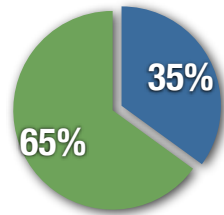
Nice ridge running, generally ascending, with several PUDs (pointless ups and downs), ending with a 3 mile descent. Beware of yellow-blazed Stephen's Trail entering from right in 7.5 miles. Stay to the left on orange! At Edith Gap (paved road), look for orange-blazed Massanutten Trail re-entering the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



# Camp Roosevelt

**Down: 24.9 mi**

**To Go: 45.9 mi**



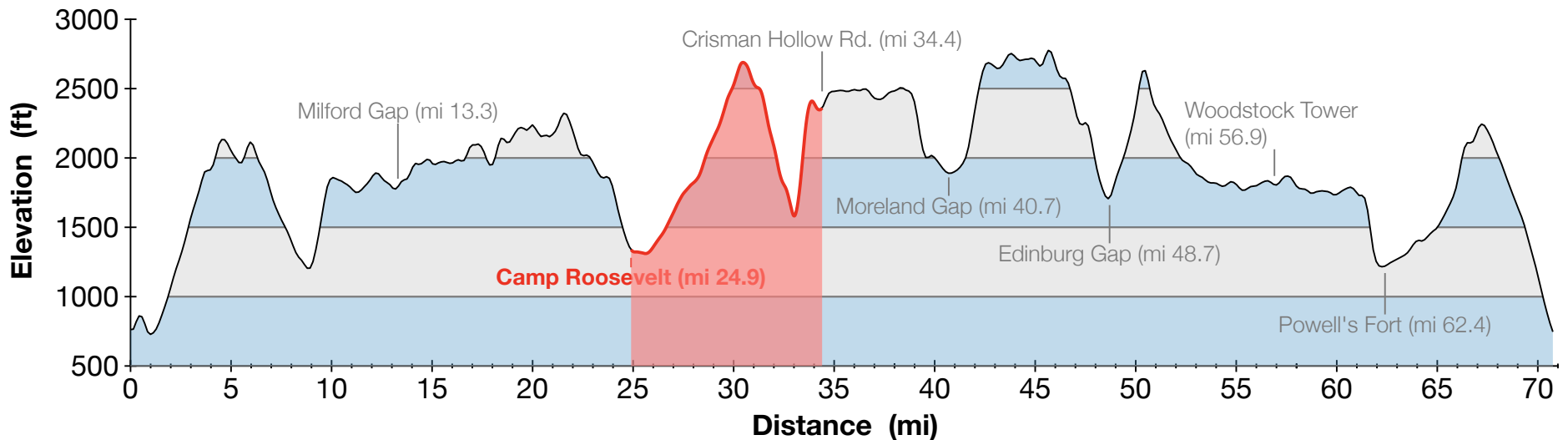
## Splits

15 h 20 h 25 h 30 h

4:45 5:45 6:45 8:30

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

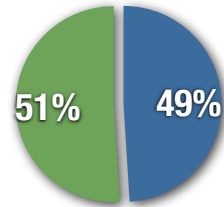
A nice (though can be hot), gradual climb up Duncan Hollow, followed by a runnable descent down Big Run (with reliable creek), then a very steep climb up Waterfall Mountain.



# Crisman Hollow Rd

**Down: 34.4 mi**

**To Go: 36.3 mi**



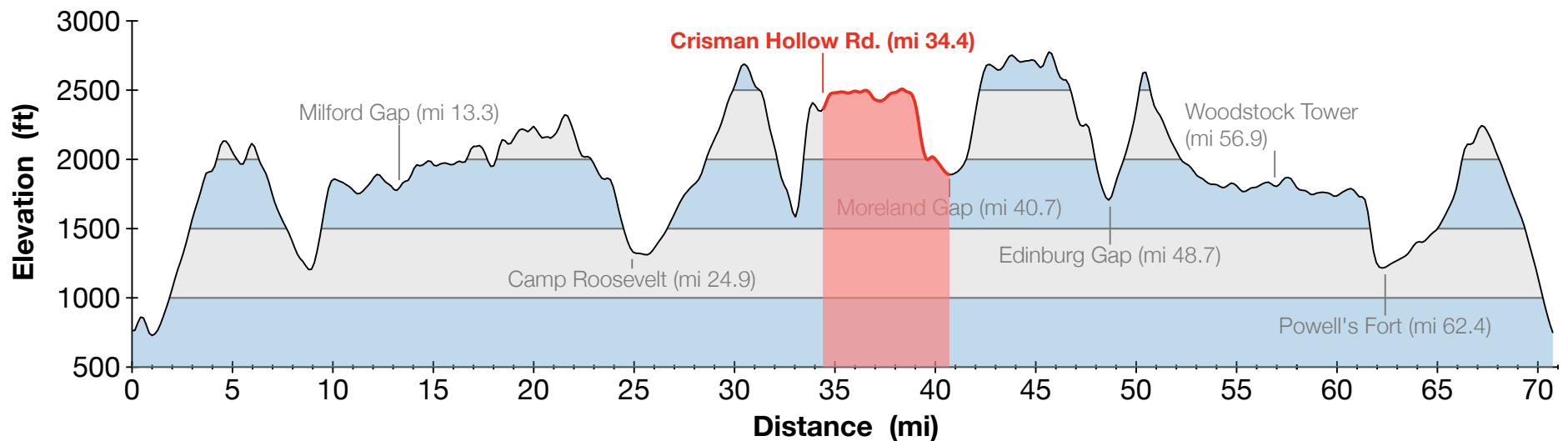
## Splits

15 h 20 h 25 h 30 h

6:45 8:15 10:15 12:30

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

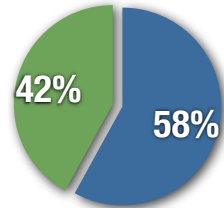
On paper, this next section seems easy. A simple 10k, mostly downhill. Unfortunately, the infamous Kerns Mountain is viewed by many to be the gnarliest, most unpleasant on the entire Ring. This section is tough.



# Moreland Gap

**Down:** 40.7 mi

**To Go:** 30.7 mi



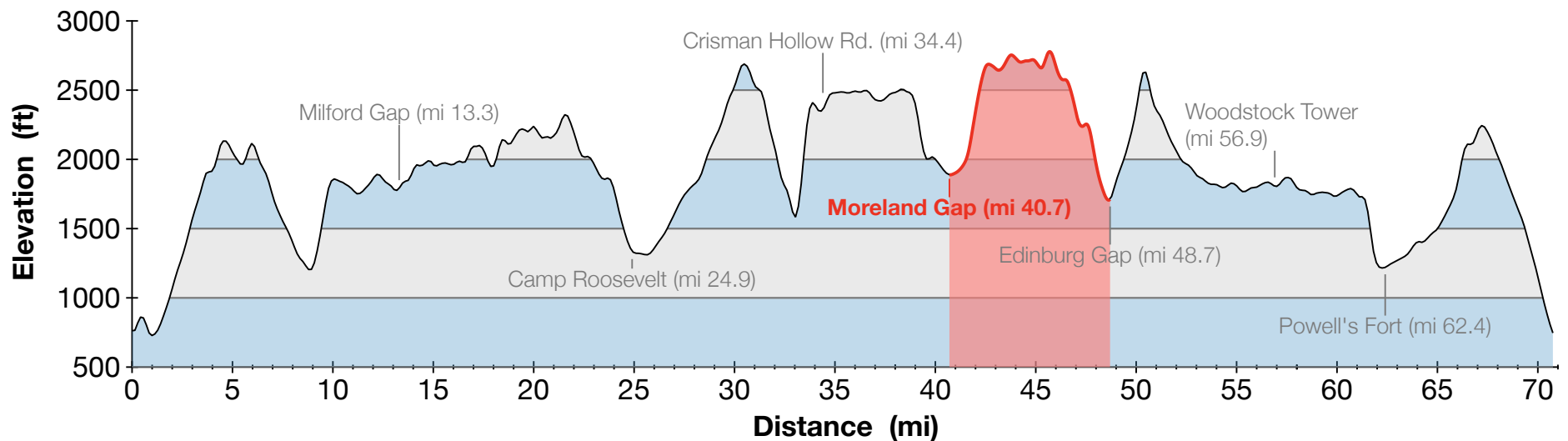
## Splits

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

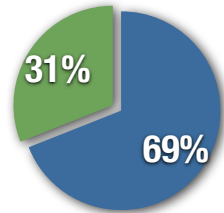
Next up is the famous Short Mountain section. Rocky, technical, and seems longer than 8 miles. This will take a while, especially in the dark.



# Edinburg Gap

**Down: 48.7 mi**

**To Go: 22.1 mi**



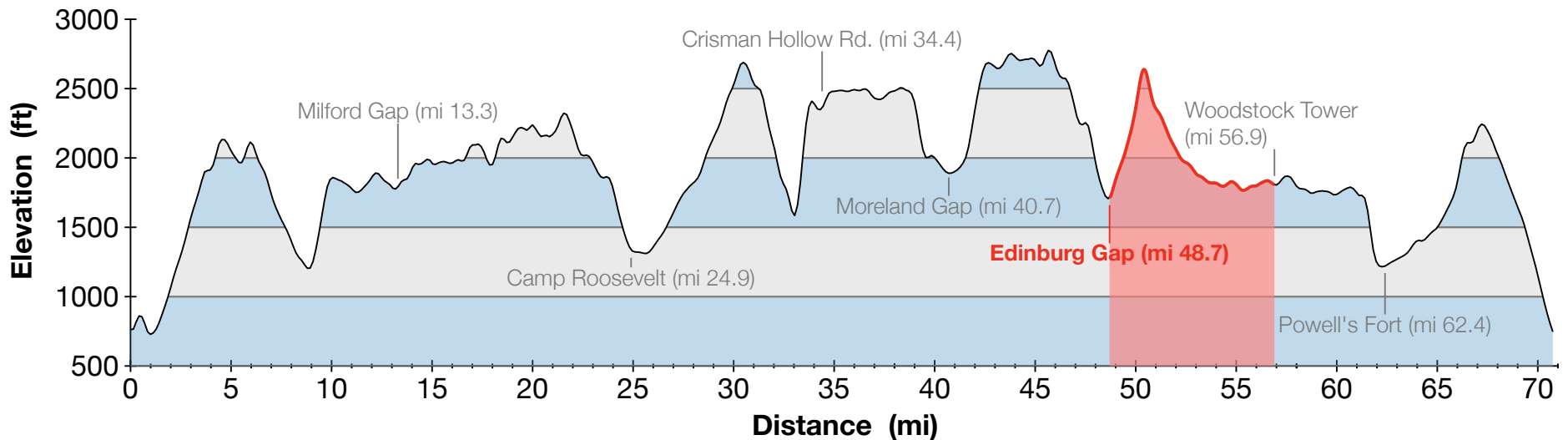
## Splits

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**

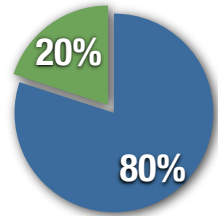
This is another tough, long section, especially in the dark. After the big climb up Waonaze Peak, there is runnable trail on a ridge, much of which is downhill. This section is longer than it seems. When you think you are close, you are probably halfway to Woodstock Tower.



# Woodstock Tower

**Down: 56.9 mi**

**To Go: 13.9 mi**



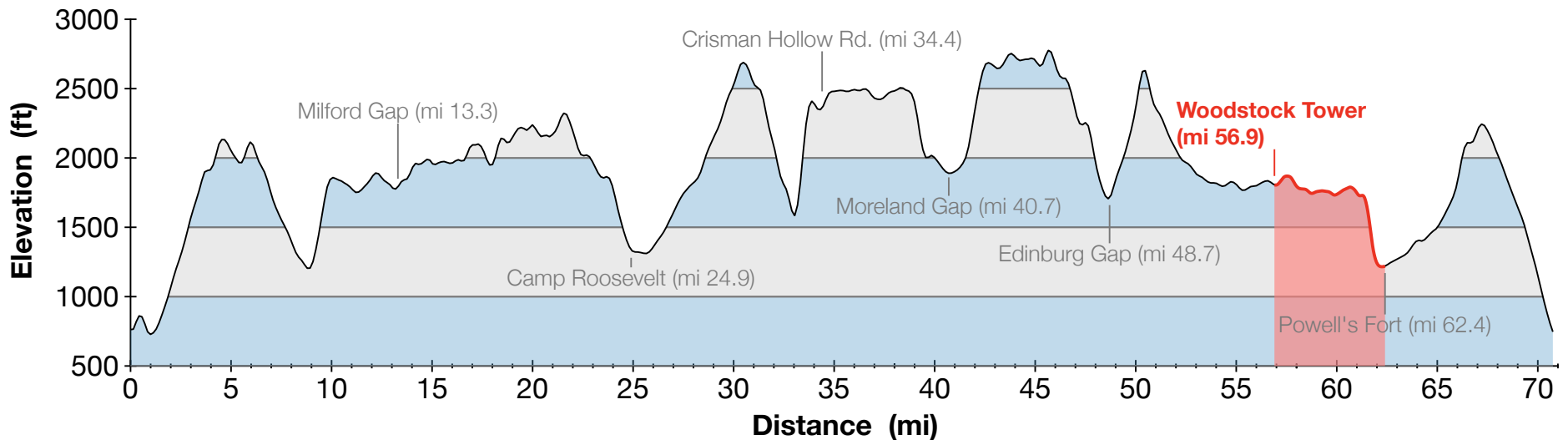
## Splits

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!

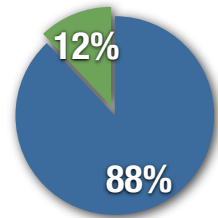


# Powell's Fort Camp

**Down:** 62.4 mi

**To Go:** 8.4 mi

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



## Splits

15 h 20 h 25 h 30 h

13:10 17:10 21:45 26:15

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. From here you'll have one last rocky section before the final descent to Signal Knob Parking Lot.

