

## MMTR 50K Miler Crew Instructions and Directions

The following aid stations are accessible to crews:

**Aid Stations 4, 6, 10 and 12 are park (leaving plenty of room on the road) and walk-in only. DO NOT ATTEMPT TO DRIVE TO THESE AID STATIONS.** Crews are not permitted at the other aid stations.

Understand that your crew will not physically be able to drive to every aid station to meet you, as travel times are much longer than running distances. For example, from the start to Salt Log Gap, runner distance is 8.8 miles, driving distance is 19.2 miles, but driving time is 45 minutes. Plan in advance. Use caution as you'll be driving on roads the runners are using as well as other non-runner traffic. Drive time below is from one aid station access to the next. These times will no doubt be much longer with several cars going from place to place, narrow roads and few turn arounds. Plan in advance. There is NO CELL service in Montebello.

<u>Start Line: Montebello Campground</u> <a href="https://g.page/MontebelloCampground?share">https://g.page/MontebelloCampground?share</a>	<u>Runner Mileage</u>	<u>DRIVING TIME</u>
	<b>0</b>	
<b>Aid Station 2: Salt Log Gap</b> <a href="https://goo.gl/maps/XjcDQm3GCL9SER9v8">https://goo.gl/maps/XjcDQm3GCL9SER9v8</a>	<b><u>8.8</u></b>	<b><u>50 minutes</u></b>
<b>Aid Station 3 &amp; 4 : The Loop</b> <a href="https://goo.gl/maps/BmFfuGqXgqdTdfHS7">https://goo.gl/maps/BmFfuGqXgqdTdfHS7</a>	<b><u>11.7, 16.2</u></b>	<b><u>35 minutes</u></b>
<b>Aid Station 5: Salt Log Gap</b> <a href="https://goo.gl/maps/XjcDQm3GCL9SER9v8">https://goo.gl/maps/XjcDQm3GCL9SER9v8</a>	<b><u>19.1</u></b>	<b><u>35 minutes</u></b>
<b>Aid Station 6 &amp; 7: Forest Valley</b> <a href="https://goo.gl/maps/XjcDQm3GCL9SER9v8">https://goo.gl/maps/XjcDQm3GCL9SER9v8</a>	<b><u>20.1, 23.8</u></b>	<b><u>WALKING</u></b>
<b>Finish Line: Montebello Campground</b> <a href="https://g.page/MontebelloCampground?share">https://g.page/MontebelloCampground?share</a>	<b><u>31.6</u></b>	<b><u>50 minutes</u></b>

**These directions are provided one-way, you should be able to backtrack using these if necessary.**

### **Montebello Campground**

Located at 15072 Crabtree Falls Hwy, Montebello VA 24464.

### **From Montebello Campground to Salt Log Gap**

Head North on RT 56 towards the Blue Ridge Parkway, for about 1.7 Miles.

Turn Left onto SR 603,

Turn Right onto SR 813,

Turn Left onto Blue Ridge Parkway and follow South for 8.4 miles.

Turn Left onto SR 605 Pedlar River Rd,

Follow SR 605 Pedlar River Rd for 3.3 miles,

Turn Left onto SR 633 Fiddlers Green Way for 1.4 miles

Stay straight at Y SR 633 will merge with SR 634 to become CoffeyTown Rd,

Follow up the mountain 4 miles to Salt Log Gap

*(Parking is limited at Salt Log Gap and the road is a narrow gravel road)*

### **From Salt Log Gap to Mt. Pleasant Loop**

***DO NOT DRIVE ON THE RACE COURSE DIRECTLY TO MT PLEASANT***

Drive back down the mountain on SR 634 CoffeyTown Rd 4 miles.

Turn Sharp left at Y to stay on SR 634 CoffeyTown Rd for 1.4 miles.

Turn Right on SR 755 Wiggins Spring rd. Follow 3 miles to Mt. Pleasant Loop

*(Mt. Pleasant is generally very crowded with hikers and non-race associated people – parking is limited and traffic congested on race day. If you plan on visiting the loop, please consider staying there for some time, rather than leaving and returning several times or opt to visit and stay at another station.)*

### **To Access the Forest Valley Aid Station **WALK-IN****

Proceed to Salt Log Gap.

***DO NOT DRIVE UP THE RACE COURSE***

Park well clear of the road to allow through traffic.

Walk up the race course gravel rd. 1 mile to the aid station.

*(Parking is limited at Salt Log Gap and the road is a narrow gravel road)*

50K  
**MOUNTAIN MASOCHIST TRAIL RUN**

