

## **Bel Monte Course description**

### **50 Mile**

The race begins at Shenandoah Acres. This is located at 256 Lake Rd, Stuarts Draft, VA 24477.

Runners will make a left onto Lake Road out of Shenandoah Acres. This will be pavement for about 0.7 miles and then turn to gravel.

You will run on Lake Road (gravel) for another mile then make a left onto Coal Road (gravel).

After 0.4 miles, you will reach the Kennedy Trail aid station.

This section is rolling and all runnable: Coal Road will be the road connecting the Kennedy Trail, Stony Run and Turkey Pen aid stations. We will ONLY mark Coal road with orange chalk, no flags.

At Kennedy Trail you will begin the 3.5 mile climb up Kennedy Ridge. This is a steep and sustained climb and we will NOT mark the Kennedy Ridge trail, because there are no side trails. We will only mark the turn at the top.

After 3.5 miles, you will reach the intersection of Bald Mountain Jeep Road and Stony Run trail. Make a right onto Stony Run trail.

Stay on Stony Run trail for 5.5 miles all downhill to the Stony Run Trail aid station. This is a long descent on a technical jeep road that can get rocky in sections.

Once you reach Stony Run Trail aid station, turn around and go back the way you came (5.5 miles gradual uphill, 3.5 miles steep downhill). Don't forget to make a left back onto the Kennedy trail.

Once you get back to the Kennedy Trail aid station, make a right onto Coal Road. Stay on Coal Road for 3.5 miles to the Turkey Pen aid station.

Coal Road is rolling but the climbs are pretty short, all gravel and runnable.

At Turkey Pen, make a right onto the Turkey Pen trail. After the forest service gate, it will turn into a double track jeep road and after about 1.5 miles it will turn into single track trail. The Turkey Pen trail will turn into the Mill Creek trail and cross the Mill Creek several times: your feet will get wet. This is a rocky trail and a very gradual climb for about 5.5 miles, until the switchbacks.

The switchbacks is a steep climb up to Bald Mountain Jeep Road. The climb is a little over a mile but it can get very steep at times with many switchbacks.

At the top of the climb, you will see a camping area: go right through the clearing onto Bald Mountain Jeep Road.

Make a left onto Bald Mountain Jeep Road.

Stay on Bald Mountain Jeep road (wide, double track) and stay left at the wooden map. Do not go right, or you will end up on the Blue Ridge Parkway.

After about 0.4 miles, make a sharp left onto the Torry Ridge Trail. This is a rocky trail, steep at the beginning but then gradually downhill. Some sections are very rocky and some sections are runnable.

After about one mile, make a sharp right onto the Slacks trail. Make sure not to miss this turn, as the Torry Ridge Trail continues straight.

Continue downhill for another mile on the Slacks trail.

Make a sharp right onto the spur leading to the Slacks Overlook/Camp Marty aid station. Make sure not to miss this turn, or you will bypass and miss the aid station.

Cross the Blue Ridge Parkway and immediately enter the White Rock Falls Trail to your

right: the entrance is a bit hard to see.

The White Rock Falls trail is a beautiful trail that will descend for about 1.2 miles and then climb for about 0.8 miles back to the Blue Ridge Parkway. You will cross the White Rock Falls but should be able to rock-hop without getting your feet wet.

Once you get to the Blue Ridge Parkway again, you will turn around.

Retrace your steps to the Slacks Overlook/Camp Marty aid station, Turkey Pen aid station and then the Kennedy aid station.

Once you reach the Kennedy aid station, you are 2.3 miles from the finish at Shenandoah Acres.

## **50K**

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You will run on Lake Road (gravel) for another mile then make a left onto Coal Road (gravel).

After 0.4 miles, you will reach the Kennedy Trail aid station.

This section is rolling and all runnable: Coal Road will be the road connecting the Kennedy Trail and Turkey Pen aid stations. We will ONLY mark Coal road with orange chalk, no flags.

Once you get to the Kennedy Trail aid station, keep going straight onto Coal Road. Stay on Coal Road for 3.5 miles to the Turkey Pen aid station.

Coal Road is rolling but the climbs are pretty short, all gravel and runnable.

At Turkey Pen, make a right onto the Turkey Pen trail. After the forest service gate, it will turn into a double track jeep road and after about 1.5 miles it will turn into single track trail. The Turkey Pen trail will turn into the Mill Creek trail and cross the Mill Creek several times: your feet will get wet. This is a rocky trail and a very gradual climb for about 5.5 miles, until the switchbacks.

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Once you get to the Blue Ridge Parkway again, you will turn around.

Retrace your steps to the Slacks Overlook/Camp Marty aid station, Turkey Pen aid station and then the Kennedy aid station.

Once you reach the Kennedy aid station, you are 2.3 miles from the finish at Shenandoah Acres.

## **25K**

The race begins at Shenandoah Acres. This is located at 256 Lake Rd, Stuarts Draft, VA 24477.

Runners will make a left onto Lake Road out of Shenandoah Acres. This will be pavement for about 0.7 miles and then turn to gravel.

You will run on Lake Road (gravel) for another mile then make a left onto Coal Road (gravel).

After 0.4 miles, you will reach the Kennedy Trail aid station.

This section is rolling and all runnable: Coal Road will be the road connecting the Kennedy Trail and Stony Run aid stations. We will ONLY mark Coal road with orange chalk, no flags.

At Kennedy Trail you will begin the 3.5 mile climb up Kennedy Ridge. This is a steep and sustained climb and we will NOT mark the Kennedy Ridge trail, because there are no side trails. We will only mark the turn at the top.

After 3.5 miles, you will reach the intersection of Bald Mountain Jeep Road and Stony Run trail. Make a right onto Stony Run trail.

Stay on Stony Run trail for 5.5 miles all downhill to the Stony Run Trail aid station. This is a long descent on a technical jeep road that can get rocky in sections.

Once you reach Stony Run Trail aid station, make a right onto Coal Road.

Stay on Coal Road for another 2 miles until you reach Lake Road on your left.

Make a left onto Lake Road. Lake Road is the same road you were on at the beginning of the race.

Continue on Lake Road for about 1.7 miles until you get back to Shenandoah Acres.