



This race is best understood if broken up into its 4 distinct sections.

SECTION 1: RIVER TRAIL

To start, you will hit the River Trail. This is a super-fast buffed out single track section that runs along the Guyandotte River the entire way. Entirely shaded, and completely flat besides a few rollers, this section allows you to wake up the legs and get some turnover to start the day.

(Section Length - 3.5 Miles // Elevation Gain: 196 ft)

SECTION 2: THE EAST RIDGE

The East Ridge is a forest lover's paradise! This section makes you work for it, starting immediately after exiting the River Trail. Your first climb of the day is gnarly and technical, be careful not to gas yourself on this climb (It is the toughest of the day). Be smart. Once you peak you begin a nice long descent down into the valley floor through some beautiful, wooded features. Once you hit the floor you wind yourself back towards the top, crossing over the gas line. After crossing the gas line, this section includes some super runnable rollers and is one of the most enjoyable sections of the course. Once you peak out on the gas line, you once again find yourself on a super-fast, long, windy section all the way back down to the Eastern Terminus of the River Trail. The longest downhill of the day. From here you will hit the Access Road which takes you to the West Ridge.

(Section Length - 5.5 Miles // Elevation Gain: 974 ft)

SECTION 3: THE WEST RIDGE

The West Ridge is a little unique. It includes a little bit of everything. If run correctly, this is an area you can make up some good time you may have lost earlier in the day. Entering onto the West Ridge requires a climb back up and towards the radio tower. Once you peak at the radio tower, you will quickly drop back down onto a short winding road section that will allow you to regroup after what you have experienced so far. After a short effort on the road, you will be treated to one of the best views in the park overlooking the entire park floor and seeing a lot of what you have covered. Once you hit the overlook you will make your way back

down to the park floor before immediately climbing all the way back up and crossing over to the north side of the ridgeline. From here you experience some incredibly technical downhill running into some two-track fire road. You are going to hit your last major climb of the day which will bring you back up and onto a plateau. From here you have a small climb followed by a gnarly winding descent all the way back down. Once you hit the bottom your climbing and descending is complete for the day. You will wind through a beautiful section of single track following below the cliff line and you will pop out on to the road for a short road section. This will lead you towards the lake where you will do a half loop (counterclockwise) and re-enter the river trail.

(Section Length - 8.8 Miles // Elevation Gain: 1,325 ft)

SECTION 4: THE RIVER TRAIL

Back onto the River Trail to take it home! Here you can expend whatever gas you have left in the tank for a super strong finish.

(Section Length - 2.5 Miles // Elevation Gain: 178 ft)