

Updated 1/31/2011

TRAVEL DIRECTIONS: Driving directions to Start Finish and designated aid stations are below. Directions are via MapQuest and I encourage everyone to carry local maps for “back up.” For GPS purposes, Fries zip code is: 24330. GPS coordinates for the race start: 36° 42' 54.77" N, 80° 58' 37.59" W at an elevation of 2159ft.

If traveling race morning, be sure to allow extra time. In the past it as been “slow going” due to heavy fog. We will have reflective signs with blinking lights at intersections in Fries.

To Fries (Start/Finish) from I-77.

Exit US-221 S/US-58 W. Drive approx 9 miles
Turn RIGHT onto LARKSPUR LN. 0.3 mi
Turn LEFT onto GLENDALE RD. 0.1 mi
Turn RIGHT onto CLIFFVIEW RD/VA-721. Follow CLIFFVIEW RD. 2.0 mi
Turn RIGHT onto FRIES RD. 0.3 mi
Turn LEFT to stay on FRIES RD. 3.1 mi
FRIES RD becomes E MAIN ST. 1.1 mi
Turn LEFT onto FIREHOUSE DR. 0.0 mi
Look for Park entrance (Start/Finish) on Left.
Total Time: 26 minutes. Total Distance: 15.84 miles

To Fries (Start/Finish) from the west (Independence, VA)

Follow US-221 N/US-58 E. 2.7 mi
Turn LEFT onto VA-274/RIVERSIDE DR. 7.4 mi
Turn SLIGHT LEFT onto SCENIC RD/VA-94. Continue to follow VA-94. 4.8 mi
Turn SLIGHT RIGHT onto W MAIN ST. 0.1 mi
Turn SLIGHT LEFT onto W MAIN ST/VA-721. Follow W MAIN ST. 0.2 mi
Turn RIGHT onto FIREHOUSE DR. 0.0 mi. Turn RIGHT into Town Park and Start/Finish area.
Total Time: 20 minutes Total Distance: 15.20 miles

From Fries (Start/Finish) to Chestnut Yard (Aid Station #2 &4)

Start out going NORTHEAST on FIREHOUSE DR toward W MAIN ST. 0.0 mi
Turn RIGHT onto W MAIN ST. 1.1 mi
W MAIN ST becomes FRIES RD. 3.1 mi
Turn LEFT on 607. Follow 607 a few miles to aid station. The road will cross a bridge and trail with an obvious parking lot on Right.
Distance... approx 8 miles?

From Fries (Start/Finish) to Cliffview (Aid Station #3-turnaround and halfway point) Please park in State Park parking at Cliffview rather than private lot across street!

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Start out going NORTHEAST on FIREHOUSE DR toward W MAIN ST. 0.0 mi

Turn RIGHT onto W MAIN ST. 1.1 mi

W MAIN ST becomes FRIES RD. 3.1 mi

Turn RIGHT onto FRIES RD/VA-721. Continue to follow FRIES RD. 0.3 mi

Turn LEFT onto CLIFFVIEW RD. 1.4 mi

Parking on Right. Access runners on Left!

Total Time: 12 minutes. Total Distance: 5.95 miles

Note: Fries Junction can be accessed only by foot, horse, or bike. No crew please at the Gambetta Road crossing!