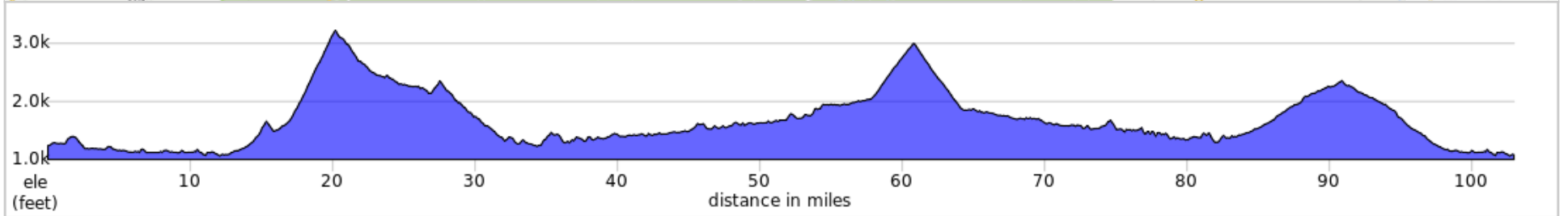


2022 Agony in the Alleghanies Gran Fondo 103 Miles



2022 Agony in the Alleghenies Gran Fondo 103 Miles

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.1
2.	0.1	0.1	➔	R onto N Monroe Ave	0.9
3.	1.0	0.9	➔	R onto S Allegheny Ave	0.3
4.	1.3	0.3	⬆	Continue onto E Madison St	1.1

1.3 miles. +117/-21 feet

Num	Dist	Prev	Type	Note	Next
5.	2.5	1.1	⬆	VA 1104 Valley Ridge Rd. - CAUTION - TRAFFIC!	3.5
6.	6.0	3.5	➔	L onto VA 1102	0.1
7.	6.1	0.1	➔	R onto VA 1101 Winterberry Rd.	1.6
8.	7.7	1.6	➔	R onto VA 696 - Selma Low Moor Rd.	2.9

6.3 miles. +155/-245 feet

Num	Dist	Prev	Type	Note	Next
9.	10.6	2.9	➔	L to stay on VA 696 - Selma Low Moor Rd.	0.3
10.	10.9	0.3	➔	R onto US-60 Business - W. Ridgeway St.	1.3
11.	12.2	1.3	➔	R onto Main St	0.1
12.	12.2	0.1	➔	L onto Jefferson Ave	0.1
13.	12.3	0.1	➔	L onto Church St	0.1

4.6 miles. +76/-119 feet

Num	Dist	Prev	Type	Note	Next
14.	12.4	0.1	⬆	REST STOP ON L Finish Line Area	0.2
15.	12.6	0.2	➔	R onto Rose Ave	0.5
16.	13.0	0.5	➔	L onto Tremont St	0.0
17.	13.1	0.0	➔	R onto Sioux St	0.1
18.	13.2	0.1	⬆	Continue onto VA 606 - Sulfur Spring Rd	7.0

0.9 miles. +72/-3 feet

Num	Dist	Prev	Type	Note	Next
19.	20.2	7.0	↑	REST STOP ON R King of Mountain Finish	2.6
20.	22.8	2.6	←	L onto US-220 S	10.4
21.	33.2	10.4	↑	REST STOP ON R Mt. Carmel Church	0.2
22.	33.4	0.2	→	R onto E Riverside St - SPLIT FROM MEDIO MTN ROUTE	0.9

20.2 miles. +450/-2346 feet

Num	Dist	Prev	Type	Note	Next
23.	34.3	0.9	→	R onto US-60 W/N Monroe Ave	4.9
24.	39.2	4.9	↙	Continue on VA 159 - Dunlap Creek Rd.	11.1
25.	50.3	11.1	↑	REST STOP ON R - Continue onto VA 311 S Crows - VA 311	7.4

16.9 miles. +1225/-831 feet

Num	Dist	Prev	Type	Note	Next
26.	57.7	7.4	←	L to stay on WV-311 S	3.1
27.	60.8	3.1	↑	REST STOP ON L VA State Line - Top of Mountain	3.3
28.	64.1	3.3	↙	CAUTION: Turn L onto VA-18 N	5.7
29.	69.8	5.7	↑	REST STOP ON R Mt. Olivet Church	12.4

19.6 miles. +1146/-1515 feet

Num	Dist	Prev	Type	Note	Next
30.	82.2	12.4	→	R onto VA 615 - Blue Spring Run Rd.	2.9
31.	85.1	2.9	↙	Slight L VA 616 - Rich Patch Rd.	1.4
32.	86.5	1.4	↑	REST STOP ON R Old Cliff Dale Chapel	6.7
33.	93.2	6.7	←	L to stay on VA 616 - Rich Patch Rd.	5.4

23.4 miles. +1195/-473 feet

Num	Dist	Prev	Type	Note	Next
34.	98.7	5.4	→	R onto VA 696 -Selma Low Moor Rd	2.5
35.	101.2	2.5	←	L to stay on VA 696	0.3
36.	101.5	0.3	→	R onto US-60 Busines s - Ridgew ay St.	1.3
37.	102.8	1.3	→	R onto Main St	0.1
38.	102.8	0.1	←	L onto Jefferso n Ave	0.1

9.6 miles. +168/-232 feet

Num	Dist	Prev	Type	Note	Next
39.	102.9	0.1	←	L onto Church St and FINISH!	0.1
40.	102.9	0.1	📍	End of route	0.0

0.1 miles. +0/-2 feet