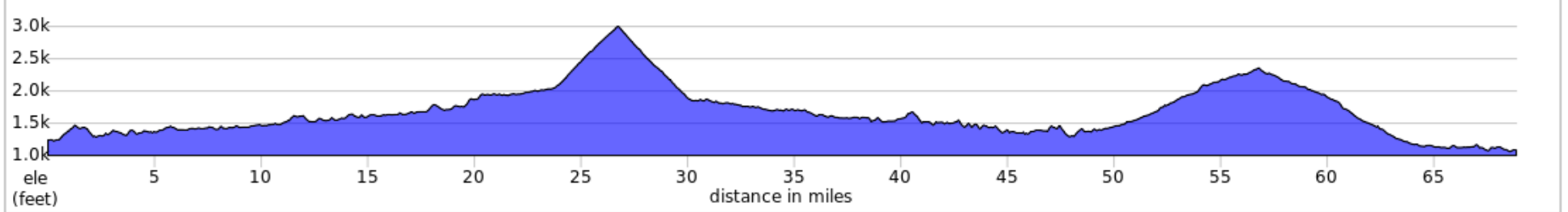
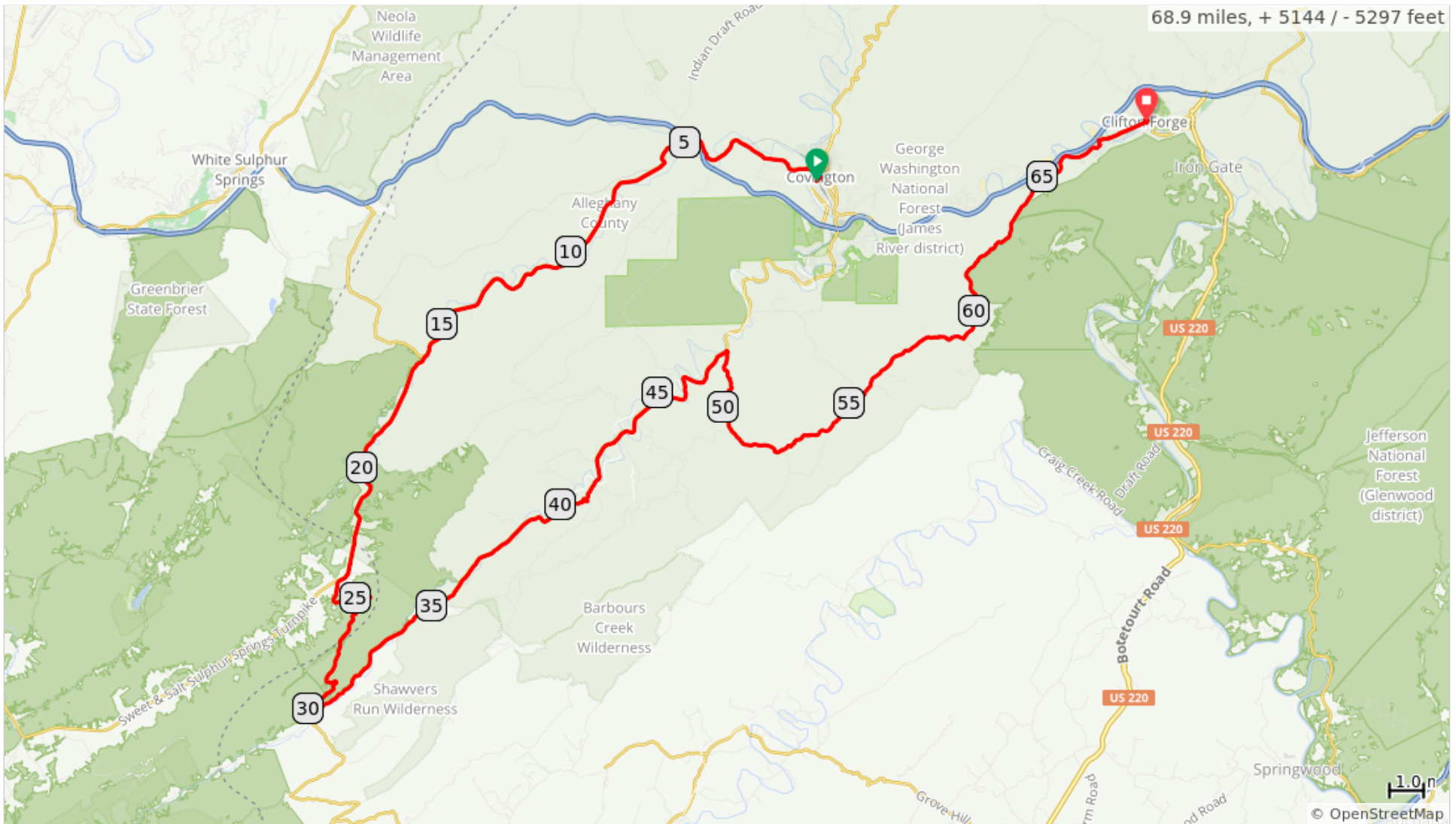


2022 Agony in the Alleghanies Medio 69 Miles



68.9 miles, + 5144 / - 5297 feet



2022 Agony in the Alleghenies Medio 69 Miles

Num	Dist	Prev	Type	Note	Next
1.	0.0	0.0	📍	Start of route	0.1
2.	0.1	0.1	←	L onto N Monroe Ave - US 60 West	5.0
3.	5.1	5.0	↘	Continue on VA 159 - Dunlap Creek Rd.	11.1

5.1 miles. +551/-424 feet

Num	Dist	Prev	Type	Note	Next
4.	16.1	11.1	↑	REST STOP ON R - Continue onto VA 311 S Crows - VA 311	7.5
5.	23.6	7.5	←	L to stay on WV 311 South	3.1
6.	26.7	3.1	↑	REST STOP ON L VA State Line - Top of Mountain	3.3

21.7 miles. +1598/-225 feet

Num	Dist	Prev	Type	Note	Next
7.	30.1	3.3	↙	CAUTION: Turn L onto VA-18 N	5.7
8.	35.8	5.7	↑	REST STOP ON R Mt. Olivet Church	12.4
9.	48.1	12.4	→	R onto VA 615 - Blue Spring Run Rd.	2.9
10.	51.1	2.9	↘	Slight L on VA 616 - Ritch Patch Rd.	1.4

24.3 miles. +1341/-1659 feet

Num	Dist	Prev	Type	Note	Next
11.	52.4	1.4	↑	REST STOP ON R Old Cliff Dale Chapel	6.7
12.	59.1	6.7	←	L to stay on VA 616 - Rich Patch Rd.	5.4
13.	64.6	5.4	→	R onto VA 696 - Selma Low Moor Rd	2.5
14.	67.1	2.5	←	Slight L to stay on VA 696	0.3

16.0 miles. +750/-1368 feet

Num	Dist	Prev	Type	Note	Next
15.	67.4	0.3	➔	R onto US-60 Busines s - Ridgew ay St.	1.3
16.	68.7	1.3	➔	R onto Main St	0.1
17.	68.7	0.1	➜	L onto Jefferso n Ave	0.1
18.	68.8	0.1	➜	L onto Church St and FINISH!	0.1
19.	68.9	0.1	📍	End of route	0.0

1.8 miles. +74/-79 feet