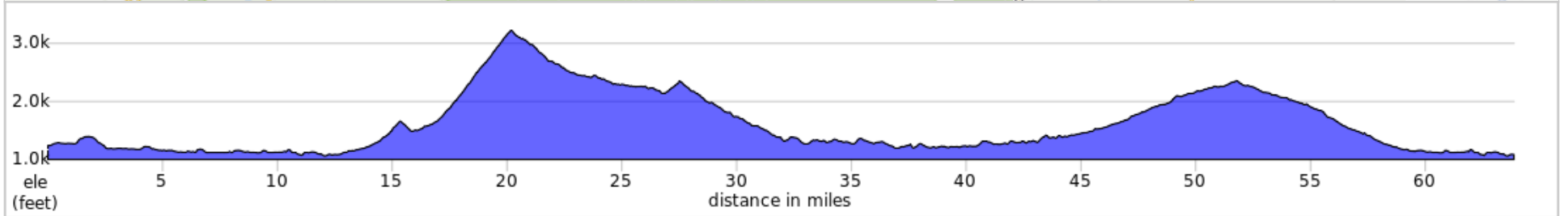
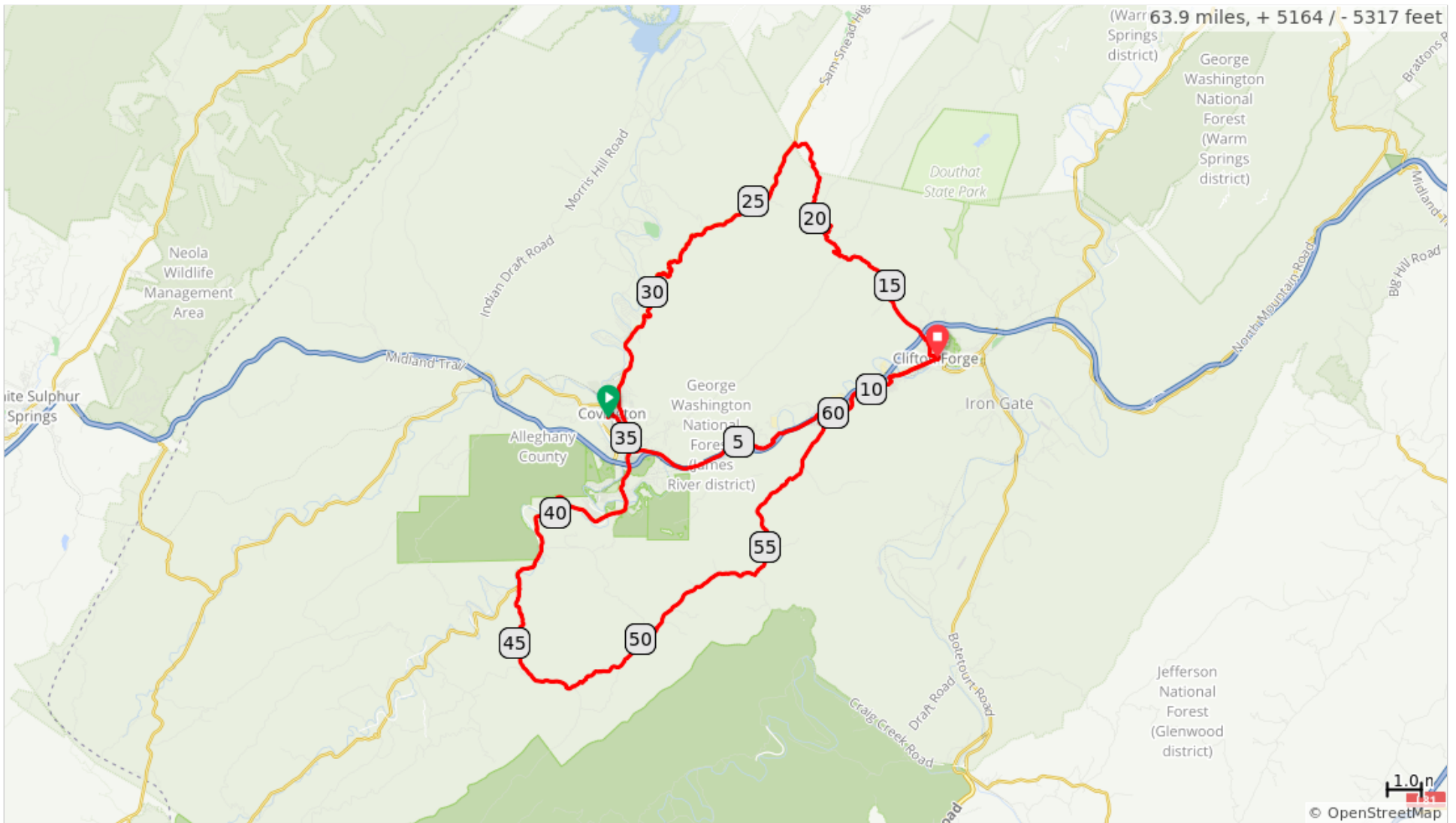


# 2022 Agony in the Alleghanies Medio Mountain 64 Miles



2022 Agony in the Alleghenies Medio Mountain 64 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. +120/-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/-240 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. +77/-116 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	2.7
20.	22.8	2.7	←	L onto US-220 S	10.4
21.	33.2	10.4	↑	REST STOP ON R Mt. Carmel Church	0.3
22.	33.4	0.3	↘	Veer L on N. Allegheny Ave. - SPLIT FROM GRAN FONDO ROUTE	1.9

20.2 miles. +453/-2347 feet

Num	Dist	Prev	Type	Note	Next
23.	35.3	1.9	↑	Continue onto E Madison St	0.1
24.	35.4	0.1	→	R onto S Carpenter Dr. (VA 18)	1.9
25.	37.3	1.9	↑	Continue onto W Indian Valley Rd. (VA 18)	5.8
26.	43.1	5.8	←	L onto VA 615 - Blue Spring Run Rd.	2.9

9.7 miles. +465/-514 feet

Num	Dist	Prev	Type	Note	Next
27.	46.0	2.9	↘	Slight L on VA 616 - Rich Patch Rd.	1.3
28.	47.4	1.3	↑	REST STOP ON R Old Cliff Dale Chapel	6.7
29.	54.1	6.7	←	L to stay on VA 616 - Rich Patch Rd.	5.4

11.0 miles. +848/-378 feet

Num	Dist	Prev	Type	Note	Next
30.	59.6	5.4	→	R onto VA-696 - Selma Low Moor Rd.	2.5
31.	62.1	2.5	←	L to stay on VA 696	0.3
32.	62.4	0.3	→	R onto US-60 Business - Ridgeway St	1.3
33.	63.7	1.3	→	R onto Main St	0.1
34.	63.7	0.1	←	L onto Jefferson Ave	0.1

9.6 miles. +168/-232 feet

Num	Dist	Prev	Type	Note	Next
35.	63.8	0.1	←	L onto Church St and FINISH!	0.1
36.	63.9	0.1	📍	End of route	0.0

0.1 miles. +/-1 feet

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