

CREW DIRECTIONS

Directions to the Start/Finish

From the East (Richmond and Washington D.C.):

- Take HWY 64 West toward Waynesboro and Staunton. Take exit 96, route 624 to Lyndhurst/Waynesboro and Sherando Lake. This is the exit immediately after the Shenandoah National Park.
- At the end of the ramp, take a left (going back under the freeway) on Mt. Torry Rd. toward Lyndhurst.
- Read "For Both Directions".

From the West (Roanoke and West Virginia):

- Take HWY 81 North or South to HWY 64 East.
- Take exit 96 to Lyndhurst and Waynesboro.
- Turn right on Mt. Torry Rd toward Lyndhurst.
- Read "For Both Directions".

For Both Directions:

- Remain on this road. Be alerted that the speed limit changes to 45mph and it's very often enforced by police.
- After about 5 miles, the road will split. Stay on the left on 664 toward Sherando Lake. In the residential areas, the speed limit is 35mph.
- You will stay on this road for approximately 8 more miles, passing the town of Sherando.
- Proceed toward the mountains and you will see the sign for the entrance to Sherando Lake Recreation Area. The entrance will be on your right following the sign.
- Enter the recreation area and proceed into the park. Remain on the main road until the road climbs uphill and takes a sharp right. Please, park at the first parking area on your right by the beach area. If this area is full, there are many other lots very close to the Start/Finish (see Sherando Lake Recreation Area map). The Start/Finish is at the main lake beach pavilion. This is also the location of the bathrooms.

Start/Finish to Aid Station #1, Slacks Overlook:

- Exit the Sherando Lake Recreation area. Turn right onto Route 664.
- After a few miles, route 664 will turn left towards Reeds Gap and the Blue Ridge Parkway. DO NOT FOLLOW 664.
- Instead, continue straight onto route 814: route 814 will cross the Blue Ridge Parkway after a few miles.
- Once on the Blue Ridge Parkway, turn right or southbound. Please watch out for runners, since they will be running on AND crossing the Blue Ridge Parkway at several locations.
- Continue on the Blue Ridge Parkway: you will see mile markers on your right every mile. Just beyond mile 18 you will see the White Rock Trail aid station (#2) on your right. THIS IS NOT A CREW ACCESS, SO DO NOT STOP HERE. THIS IS ONLY A TRANSITION POINT FOR THE 100K RELAY
- Continue on the Blue Ridge Parkway. Just before the mile 20 mile post you will see Aid Station #1 on your right, Slacks Overlook. You will notice the "Overlook Ahead" sign. The Aid Station will be located on your right in the Parking area.
- Parking: Please park in the Slacks Overlook parking area ONLY, not on the Blue Ridge Parkway.
- SLACKS OVERLOOK IS ALSO AID STATION #5, THE NEXT CREW ACCESS LOCATION. For the 50K course, this is also Aid Station #7. Therefore, this Aid Station functions as ALL CREW ACCESS POINT FOR THE 50K RACE.

Aid Station #1/5 Slacks Overlook to Aid Station #7, Kennedy Ridge Trail- Coal Mt. Rd. (100k ONLY!):

- Exit the Slacks Overlook and turn left northbound onto the Blue Ridge Parkway (the way you came). Once again, please watch out for runners.
 - Turn left onto Route 814 towards Sherando Lake. Continue on Route 814 down the hill: this will turn into Route 664 as you approach Sherando (you are retracing your steps back to Sherando Town). Continue on Route 664. You will pass the entrance to Sherando Lake Recreation Area: continue straight on Route 664.
 - Shortly after the entrance to Sherando Lake there will be a gas station on your left. IMMEDIATELY beyond it you will see Coal Rd/ SSR 42 on your left: turn left onto this GRAVEL road.
 - You will also see signs to the George Washington National Forest and a National Forest sign for "Big Levels".
 - Keep driving on this main gravel road and do not take any side road or trail. PLEASE DRIVE CAREFULLY AND SLOWLY, AS THE ROAD GETS DUSTY.
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- After about 1 mile, you will see a large parking area on your left. This is the location of Aid Station #10, Turkey Pen Trail.
 - Drive for about 5 miles on this gravel road until the Kennedy Trail Aid Station. This is also Aid Station #11.
 - PLEASE WATCH OUT FOR RUNNERS ON THE GRAVEL ROAD.
 - Parking: Parking is available in the camping area across from Kennedy Trail.

NOTE: ONLY RELAY RUNNERS ARE ALLOWED AT STONY RUN TRAIL AS A TRANSITION POINT! To reach Stony Run Trail, continue on Coal Rd from Kennedy (driving away from the entrance to Coal Rd).

Aid Station #7, Kennedy Trail to Aid Station #10, Turkey Pen Trail

- From Kennedy Trail, drive northbound (back the way you came) 4 miles on Coal Rd. You will see the Turkey Pen Aid station on your right.
PLEASE WATCH FOR RUNNERS ON THE GRAVEL ROAD.

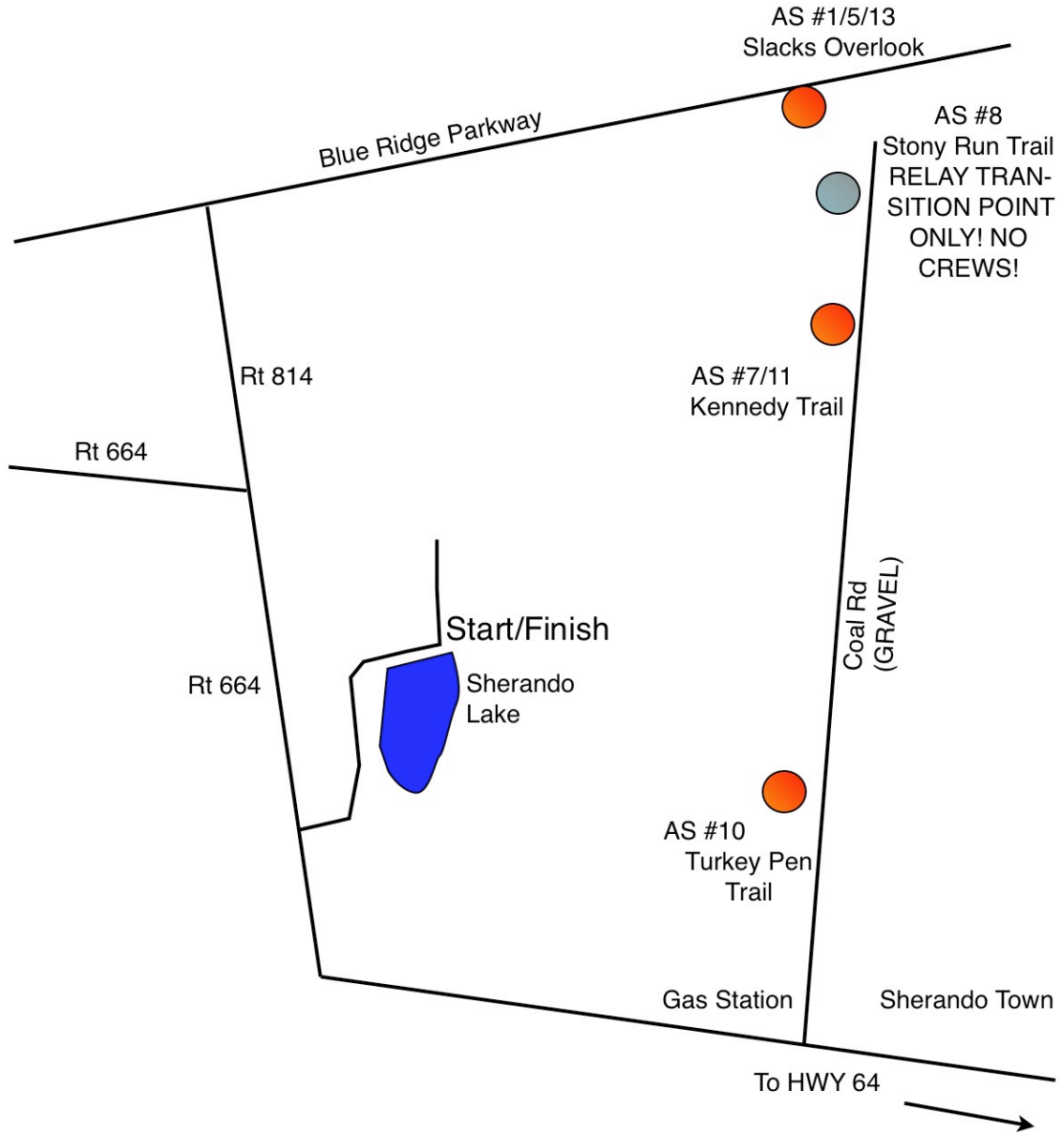
Aid Station #10, Turkey Pen Trail to Aid Station #11, Kennedy Trail

- Return on Coal Rd and drive southbound again 4 miles to the Kennedy Trail Aid Station. This is also Aid Station #7.

Aid Station #11, Kennedy Trail to Aid Station #13, Slacks Overlook.

- Drive once again northbound on Coal Rd and return to Route 664 and Sherando Town. Turn right.
- Continue on Route 664, passing the entrance to Sherando Lake.
- After a few miles, route 664 will turn left towards Reeds Gap and the Blue Ridge Parkway. DO NOT FOLLOW 664.
- Instead, continue straight onto route 814: route 814 will cross the Blue Ridge Parkway after a few miles.
- Once on the Blue Ridge Parkway, turn right or southbound.
- Continue on the Blue Ridge Parkway. Just before the mile 20 mile post you will see Aid Station #13 on your right, Slacks Overlook. You will notice the "Overlook Ahead" sign. The Aid Station will be located on your right in the Parking area.
- Parking: Please park in the Slacks Overlook parking area ONLY, not on the Blue Ridge Parkway.

Map of Crew Directions



Sherando Lake Recreation Area

