



#1 Rest Stop-13.28 miles from the start-10.64 miles to the next stop of which the last mile is a 5% climb.

#2 Rest Stop- 23.92 miles, if you turn around here you would have 47.84 miles, It is 8.96 miles to the third stop. This 8.9 miles contains rolling hills. The first climb is a 5% grade with the last .6 mile section becoming a steep 8.84% average grade climb to Rest Stop #3.

#3 Rest Stop- 32.88 miles. It is 10.97 miles to Rest Stop #4. Most of the tough climbing is in this section with major climbs having 9% and 10.4% average grades. The final 3 miles to Rest Stop #4 is all climbing (with a brief downhill) at an average grade of 5.5%. **#4 Rest Stop**- 43.85 miles Turn around here and you will have a total of 87.7 miles. It is 6.8 miles to Adam's Gap. You will have an average of 7% descent for 1.27 miles from top. The rest of the hills to Adam's Gap are rolling hills with a 5% and 7% average grade which ends with a final one-mile climb.

#5 Rest Stop - Adams Gap Turn around- 50.65 miles