

GOMR LEGS 5/23 – 4.11 miles – HARD

Elevation (feet):

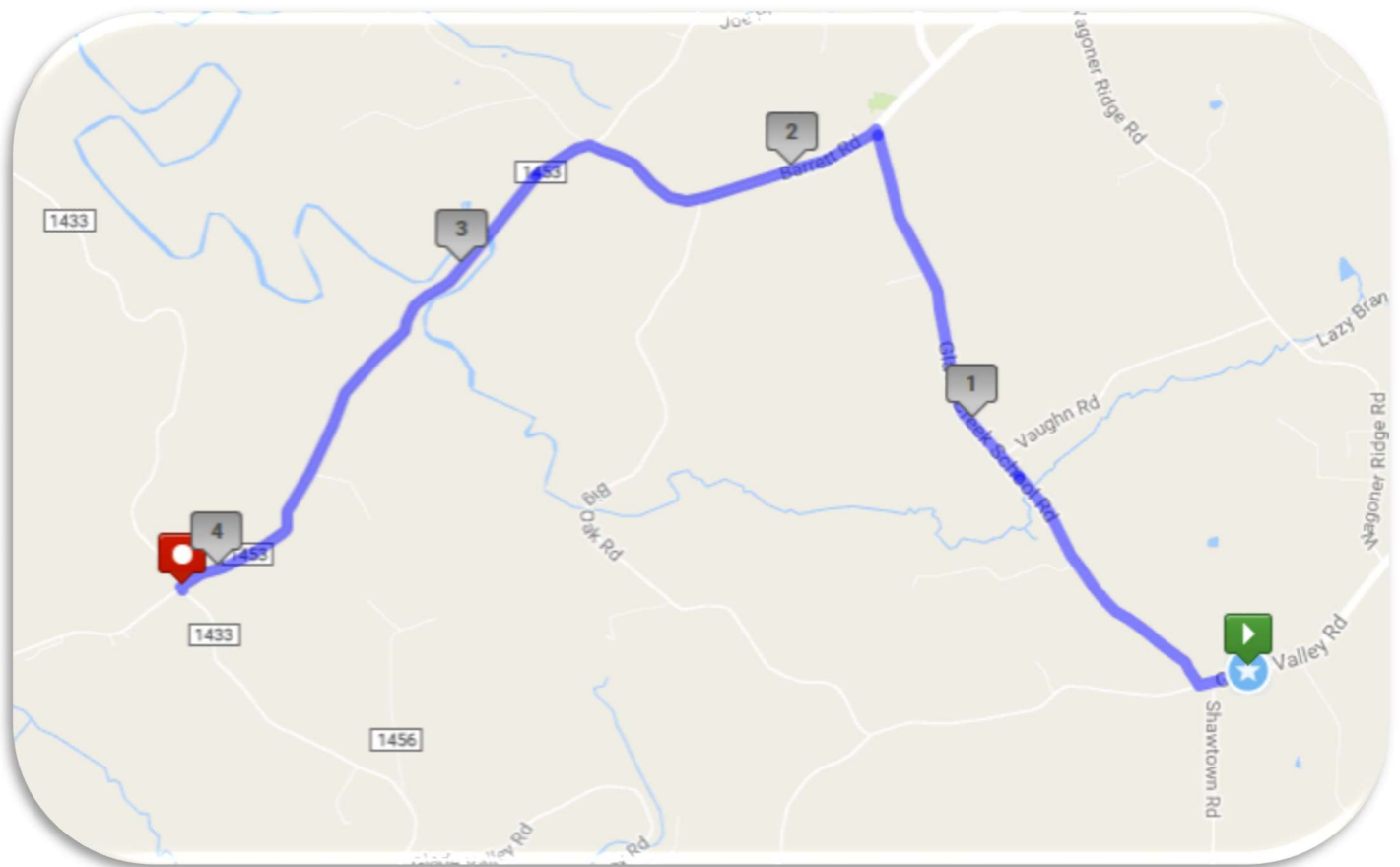
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|-------|-------|
| Start | 2823' |
| End | 2693' |
| Gain | +498' |
| Loss | -631' |

Leg Description: Long downhill then climb in first mile. Great view on Barrett Road. Look for the Oreo looking cows on Fox Ridge Road.

Leg Legend:

- 0.0 Leave Glade Creek VFD on Glade Valley Road
 - 0.13 Right on Glade Creek School Road
 - 1.77 Left on Barrett Road
 - 2.55 Left on Fox Ridge Road
 - 4.1 Left on Ridge Glen Road
- Exchange at Glade Creek Union Baptist Church

Leg Notes: Rural paved roads. Usually very little traffic. Run on Left. Exchange is at the intersection of Ridge Glen and Fox Ridge.



Elevation

Show elevation chart

