

Strava routes can be found at <http://www.muddysquirrel.com/gran-fondo.html>

Valley Ride

Timed Segment	Start location	End location	Distance	Starting Elevation	Ending Elevation
1	Mile 10.3 – intersection of Narrow Passage Rd and James River HS parking lot	Mile 13.6 – intersection of Narrow Passage Rd and Fairview Rd	3.3 miles	911 ft	916 ft
2	Mile 28.0 – intersection of Brughs Mill Rd and Ammen Rd	Mile 31.3 – intersection of Muse Rd and Wild Rose Way	3.3 miles	1,205 ft	1,286 ft

River Ride

Timed Segment	Start location	End location	Distance	Beginning elevation	Ending elevation
1	Mile 13.4 – intersection of Little Timber Ridge and Kyles Mill Rd	Mile 15.4 – top of climb on Timber Ridge Rd	2.0 miles	1,023 ft	1,424 ft
2	Mile 20.3 – intersection of Narrow Passage Rd and James River HS parking lot	Mile 23.6 – intersection of Narrow Passage Rd and Fairview Rd	3.3 miles	911 ft	916 ft
3	Mile 38.0 – intersection of Brughs Mill Rd and Ammen Rd	Mile 41.3 – intersection of Muse Rd and Wild Rose Way	3.3 miles	1,205 ft	1,286 ft

Mountain Ride

Timed Segment	Start location	End location	Distance	Beginning elevation	Ending elevation
1	Mile 12.6 – intersection of Grove Hill Rd and Lees Gap Rd	Mile 14.8 – top of climb on Lees Gap Rd at county line	2.2 miles	1,295 ft	1,96 ft
2	Mile 51.9 – intersection of Narrow Passage Rd and James River HS parking lot	Mile 55.2 – intersection of Narrow Passage Rd and Fairview Rd	3.3 miles	911 ft	916 ft
3	Mile 69.6 – intersection of Brughs Mill Rd and Ammen Rd	Mile 72.9 – intersection of Muse Rd and Wild Rose Way	3.3 miles	1,215 ft	1,286 ft