

Ride with GPS 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	921 ft	915 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	1,215 ft	1,294 ft

## River Ride

Timed Segment	Start location	End location	Distance	Beginning elevation	Ending elevation
1	Mile 6.7 – intersection of Little Timber Ridge and Kyles Mill Rd	Mile 8.9 – top of climb on Timber Ridge Rd	2.2 miles	1,023 ft	1,400 ft
2	Mile 21.8 – intersection of Narrow Passage Rd and James River HS parking lot	Mile 25.1 – intersection of Narrow Passage Rd and Fairview Rd	3.3 miles	921 ft	915 ft
3	Mile 39.4 – intersection of Brughs Mill Rd and Ammen Rd	Mile 42.7 – intersection of Muse Rd and Wild Rose Way	3.3 miles	1,215 ft	1,294 ft

## Mountain Ride

Timed Segment	Start location	End location	Distance	Beginning elevation	Ending elevation
1	Mile 10.7 – intersection of Grove Hill Rd and Lees Gap Rd	Mile 12.9 – top of climb on Lees Gap Rd at county line	2.2 miles	1,289 ft	1,957 ft
2	Mile 52.7 – intersection of Narrow Passage Rd and James River HS parking lot	Mile 56.0 – intersection of Narrow Passage Rd and Fairview Rd	3.3 miles	921 ft	915 ft
3	Mile 70.3 – intersection of Brughs Mill Rd and Ammen Rd	Mile 73.6 – intersection of Muse Rd and Wild Rose Way	3.3 miles	1,215 ft	1,294 ft