

## To Cheat The Wind on Frogtown - climbs 3603 ft over 50.7 mi at 71ft/mi Elevations from 315 to 815 feet

Park at on Stuart St near the RR Tracks (see directions below or on the PPTC website, code PLN).  
Cue zero point is where you enter 626 from Stuart Street

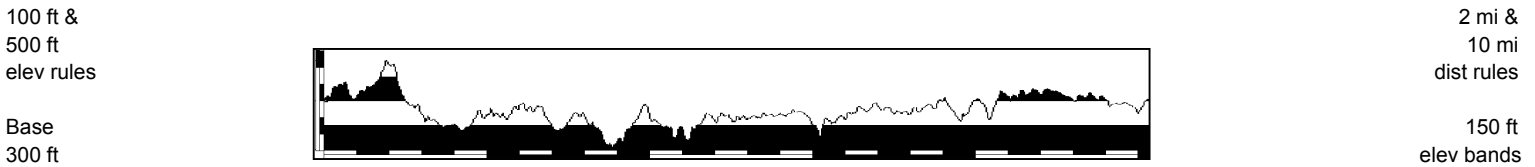
**Directions from the Capital Beltway:**

- 1) Take Exit-49, I-66 west, 33 miles.
- 2) Take Exit-31 for VA-245 The Plains/Old Tavern Rd.
- 3) Turn right/north onto VA-245 then go 1 mile to T intersection (VA-55) in The Plains.
- 4) Turn right/east 1 block on VA-55.
- 5) Turn left at gas station onto VA-626 / Loudoun Ave.
- 6) Turn left on Stuart St just before RR tracks.
- 7) Park along tracks away from restaurant.**

**Potential Rest Stops: (Call for info on hours and facilities.)**

Aldie Country Store - 39285 John Mosby Hwy (Hwy 50), Aldie, VA - (703) 957-4999  
Atoka Store - 1466 Atoka Rd, Marshall, VA - (540) 687-5960

***Bold italics in cues indicates TRAFFIC/CAUTION.***



Dist	Turn	Road
0.0	Start	On Stuart Street Facing T-626
0.0	L	T-626 (Loudoun Ave)
0.0	R	601 (Hopewell Rd) just after RR
7.4	L	630 (Mill Creek Rd)
8.6	L	Berkeley Dr
9.6	R	600 (Mountain Rd)
14.2	L	615 (Loudoun Dr) on descent
14.6	L	764 (Buchannon Gap Rd)
15.3	R	631 (New Mountain Rd)
17.3	<b>L</b>	<b>US 50 (John Mosby Hwy)</b>
17.8		Rest Stop--Aldie Store
18.3	R	Snickersville Tpke (734)
23.5	L	733 (Mountville Rd)
26.5	R	626 (Foxcroft Rd)
27.4	L	611 (Saint Louis Rd)

Dist	Turn	Road
27.4	L	611 (Saint Louis Rd)
31.2	R	<b>US 50 (John S Mosby Hwy)</b>
31.7	<b>L</b>	713 (Atoka Rd)
31.8		Rest Stop--Atoka Store
31.8	L	713 (Atoka Rd) @Rectors Ln
36.8	L	710 (Rectortown Rd)
37.9	L	702 (Frogtown Rd)
41.3	R	709 (Zulla Rd) -> (Belvior Rd @ 55)
46.1	<b>L</b>	<b>US 17 (Winchester Rd)</b>
47.1	<b>L</b>	845 (Old Winchester Rd)
47.5	L	245 (Old Tavern Rd)
50.4	S	-> T 245 (Fauquier Ave)
50.4	R	T-55 (Main St)
50.5	L	T-626 (Loudoun Ave)
50.7	Finish	@ Stuart Street on T-626