

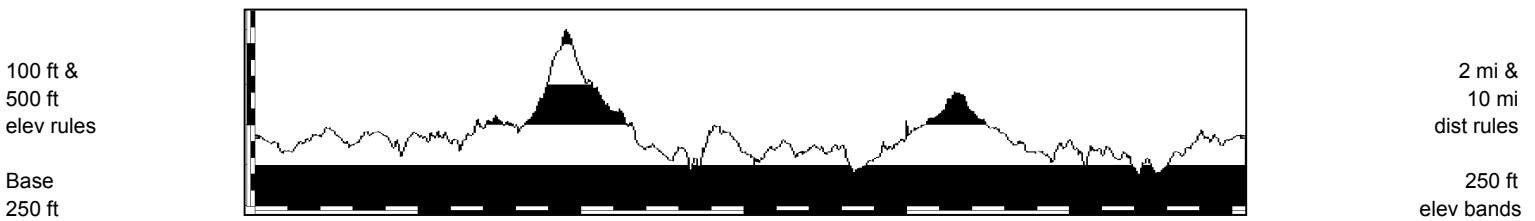
Zap the Gap - climbs 5251 ft over 60.7 mi at 87ft/mi Elevations from 431 to 1342 feet

Start from
Marshall Park & Ride (VDOT Lot)
near Salem Avenue & Frost Street
Marshall, VA, 20115

- 1) From Beltway Exit-49, take I-66 west 36 miles to Exit-28 (Bus US-17 Marshall/Warrenton).
- 2) Go north 0.7 miles on Bus US-17 / Winchester Rd into Marshall.
- 3) Cross VA-55 / Main St at traffic light (Bus US-17 becomes VA-710) and
- 4) Turn left / west in 0.1 miles onto Salem Ave.
- 5) Continue a few blocks to a right on Frost Ave toward the swimming pool next to VDOT Commuter Lot.
- 6) Turn right on Frost Street to enter the P&R in about 0.1 miles

Ride based on one of the PPTC Zap the Gap Rides. There are several variants. This version was extended from 41 to 61 miles BStrong, I'm told. Melissa Simmons lead the version I based this on. The ride is similar to the "Stormin' the Gap" ride (63) in Scott and Jim's Favorite Bike Rides (except the extensions are more interesting) This cue sheet adds the elevation profile.

I rode this with the "Bees", so I didn't get any pictures. When I got of my bike to get a picture of the "peleton", they were gone before I could get my camera out. It took me too long to catch up to try again. But it's beautiful contry, and as Melissa notes, the hard work on the hills going out, is rewarded by more than a couple of long downhill spins. Melissa even arranged a lovely tail wind for the return!



Dist	Turn	Road
0.0	Start	Marshall Park & Ride
0.0	Go SSE	Frost St
0.2	R @SS	US 17 Bus (55 (W Main St))
0.7	L	721 (Free State Rd)
1.1	R	647 (Crest Hill Rd) after Xing I-66
5.5	R	635 (Hume Rd)
17.0	R @T	US 522 (Zackory Taylor Hwy)
23.9	R/U/S	Optional detour to Rest Stop @ 7-11
23.9	L	55 (South St)
24.4	R @TL	US 340 (55 (S Royal Ave))
27.6	L	637 (Guard Hill Rd) after 2nd bridge
29.3	R	609 (Ritenour Hollow Rd)
30.8	R @T	627 (Reliance Rd)
31.1	L @SS	US 340 (US 522 (Winchester Rd))
31.2	R	658 (Rockland Rd)

Dist	Turn	Road
31.2	R	658 (Rockland Rd)
34.1	R @SS	661 (Fairground Rd)
35.3	R @T	MilldaleRd -> Stickley Ln @ Turn
35.5	BL TRO	->624 (Morgan Ford) -> Happy Creek
36.8	S	Caution: rough surface on bridge
38.6	L	647 (Dismal Hollow Rd) after I-66
41.7	L	55 (John Marshall Hwy)
42.0	S	Optional Rest Stop @ Exon on R
52.0	R @T	US 17 (55 (Winchester Rd))
52.6	L	713 (Maidstone Rd)
55.3	HR	Caution: RR X-ing @ bottom of hill
56.1	R @T	710 (713 Rectortown Rd)
60.3	R	Salem Ave
60.6	R	Frost St
60.7	Finish	Marshall Park & Ride