

UROC Course Description 2024

50M

Mile 0-2.4 | gravel

The race begins at the tasting room at 12 Ridges Vineyard with 360 degrees views of the Blue Ridge Mountains. It descends through the vines on grassy paths to Spy Run Gap road which is gravel. Left onto Spy Run Gap Road, all downhill from the vineyard to Bradley Lane. Right onto Bradley Lane (gravel) which is rolling then uphill to Hwy 56. Right on Hwy 56 (paved) on the shoulder for 0.1 miles then right onto the on ramp to the Blue Ridge Parkway. This is the location of the first aid station, Blue Ridge Parkway.

2.4-4.9 | pavement with 2.4 miles on the Blue Ridge Parkway

Left onto the Blue Ridge Parkway (paved) for 2.4 miles to the second aid station, Whetstone Trail. This section is gently uphill. The second aid station is located at the Ranger Station at the beginning of the Whetstone trail.

Left onto Whetstone Ridge Rd for 0.1 miles then immediate right onto Irish Creek Road.

Irish Creek road will be a long downhill, steeper at the beginning and then more gradual toward the end of Irish Creek Road.

4.9-7.2 | gravel

The beginning of Irish Creek road is paved, then turns to gravel for 2.3 miles.

7.2-13.6 | pavement

The downhill continues to the next aid station, Fare Thee Well. From here, it's 2.8 miles of a gentle downhill to the next aid station, Big Dark Hollow.

13.6-24.9 | single track trail

From Big Dark Hollow, you will enter the Whetstone trail. This section is 11.3 miles long, all on single-track trail. The first couple miles are steep, then the trail reaches the ridge line and steadily climbs back to the Blue Ridge Parkway, with some very steep short sections. This section transitions between smoother single-track and very rocky single-track. Make sure you carry enough fluids and food for the 11.3 mile section, which will be slower due to the terrain. The Whetstone trail has amazing views of the Blue Ridge Mountains and Shenandoah Valley.

24.9-36.2 | single track trail

Once you reach the Whetstone trail aid station and the Blue Ridge Parkway, you will turn around and retrace your steps along the Whetstone trail. This will be a mentally difficult section of the course.

However, the whole 11.3 mile section will now be mostly downhill all the way back to Big Dark Hollow.

36.2-42.6 | pavement

From Big Dark Hollow, the course makes a left back onto Irish Creek Road and gradually climb back up toward the Blue Ridge Parkway.

42.6- 44.9 | gravel

Again, the road is paved to Fare Thee Well, then 2.3 miles of gravel and then paved again to Whetstone Ridge Rd. Left onto Whetstone Ridge Rd and right onto the BRPW and the Whetstone trail aid station.

44.9-47.4 | pavement with 2.4 miles on the Blue Ridge Parkway

Right onto the BRPW and 2.4 miles to the Blue Ridge Parkway aid station.

Right onto the BRPW off ramp, left along the shoulder on Hwy 56 then immediate left on Bradley lane.

47.4-finish | gravel

Bradley Lane (gravel) will be rolling then uphill toward Spy Run Gap road. Spy Run Gap rd (gravel) steeply climbs toward the back entrance of 12 Ridges Vineyard. Right onto the road leading into 12 Ridges Vineyard. The last 0.3 miles are all on grass along the vines and all uphill to the tasting room and the finish.

Aid Stations

Start- 0

Blue Ridge Parkway- 2.4

Whetstone trail- 4.4

Fare Thee Well- 10.8

Big Dark Hollow- 13.6

Whetstone trail- 24.9

Big Dark Hollow- 36.2

Fare Thee Well- 39

Whetstone trail- 45.4

Blue Ridge Parkway- 47.4

Finish - 49.8

50K

Mile 0-2.4 | gravel

The race begins at the tasting room at 12 Ridges Vineyard with 360 degrees views of the Blue Ridge Mountains. It descends through the vines on grassy paths to Spy Run Gap road which is gravel. Left onto Spy Run Gap Road, all downhill from the vineyard to Bradley Lane. Right

onto Bradley Lane (gravel) which is rolling then uphill to Hwy 56. Right on Hwy 56 (paved) for 0.1 miles then right onto the on ramp to the Blue Ridge Parkway. This is the location of the first aid station, Blue Ridge Parkway.

2.4-4.9 | pavement with 2.4 miles on the Blue Ridge Parkway

Left onto the Blue Ridge Parkway (paved) for 2.4 miles to the second aid station, Whetstone Trail. This section is gently uphill. The second aid station is located at the Ranger Station at the beginning of the Whetstone trail.

Left onto Whetstone Ridge Rd for 0.1 miles then immediate right onto Irish Creek Road.

Irish Creek road will be a long downhill, steeper at the beginning then more gradual toward the end of Irish Creek Road.

4.9-7.2 | gravel

The beginning of Irish Creek road is paved, then turns to gravel for 2.3 miles.

7.2-13.6 | pavement

The downhill continues to the next aid station, Fare Thee Well. From here, it's 2.8 miles of a gentle downhill to the next aid station, Big Dark Hollow.

13.6-24.9 | single track trail

From Big Dark Hollow, you will enter the Whetstone trail. This section is 11.3 miles long, all on single-track trail. The first couple miles are steep, then the trail reaches the ridge line and steadily climbs back to the Blue Ridge Parkway, with some very steep short sections. This section transitions between smoother single-track and very rocky single track. Make sure you carry enough fluids and food for the 11.3 mile section, which will be slower due to the terrain. The Whetstone trail has amazing views of the Blue Ridge Mountains and Shenandoah Valley.

24.9-26.9 | pavement with 2 miles on the Blue Ridge Parkway

Once you reach the Whetstone trail aid station and the Blue Ridge Parkway, you will make a left onto the Blue Ridge Parkway and be on the Parkway for 2.4 miles to the Blue Ridge Parkway aid station.

Right onto the BRPW off ramp, left along the shoulder on Hwy 56 then immediate left on Bradley lane.

26.9-finish | gravel

Bradley Lane (gravel) will be rolling then uphill toward Spy Run Gap road. Spy Run Gap rd (gravel) steeply climbs toward the back entrance of 12 Ridges Vineyard. Right onto the road leading into 12 Ridges Vineyard. The last 0.3 miles are all on grass along the vines and all uphill to the tasting room and the finish.

Aid Stations

Start - 0

Blue Ridge Parkway- 2.4

Whetstone trail- 4.4

Fare Thee Well- 10.8

Big Dark Hollow- 13.6

Whetstone trail- 24.9

Blue Ridge Parkway- 26.9

Finish- 29.3

HALF

Mile 0-2.4 | gravel

The race begins at the tasting room at 12 Ridges Vineyard with 360 degrees views of the Blue Ridge Mountains. It descends through the vines on grassy paths to Spy Run Gap road which is gravel. Left onto Spy Run Gap Road, all downhill from the vineyard to Bradley Lane. Right onto Bradley Lane (gravel) which is rolling then uphill to Hwy 56. Right on Hwy 56 (paved) for 0.1 miles then right onto the on ramp to the Blue Ridge Parkway. This is the location of the first aid station, Blue Ridge Parkway.

2.4-4.9 | pavement with 2.4 miles on the Blue Ridge Parkway

Left onto the Blue Ridge Parkway (paved) for 2.4 miles to the second aid station, Whetstone Trail. This section is gently uphill. The second aid station is located at the Ranger Station at the beginning of the Whetstone trail.

Left onto Whetstone Ridge Rd for 0.1 miles then immediate right onto Irish Creek Road.

Irish Creek road will be a long downhill, steeper at the beginning then more gradual toward the end of Irish Creek Road.

4.9-6.55 | gravel

The beginning of Irish Creek road is paved, then turns to gravel for 1.7 miles.

6.55-8.2 | gravel

You will turn around at the half marathon turnaround and retrace your steps uphill back towards the Blue Ridge Parkway.

8.2-8.7 | pavement

This will be uphill all the way back to the Blue Ridge Parkway. Left onto Whetstone Ridge Rd and right onto the BRPW and the Whetstone trail aid station.

8.7-10.7 | pavement with 2 miles on the Blue Ridge Parkway

Right onto the BRPW and 2.4 miles to the Blue Ridge Parkway aid

station.

Right onto the BRPW off ramp, left along the shoulder on Hwy 56 then immediate left on Bradley lane.

10.7-13.1 | gravel and grassy paths through the vineyard.

Bradley Lane (gravel) will be rolling then uphill toward Spy Run Gap road. Spy Run Gap rd (gravel) steeply climbs toward the back entrance of 12 Ridges Vineyard. Right onto the road leading into 12 Ridges Vineyard. The last 0.3 miles are all on grass along the vines and all uphill to the tasting room and the finish.

Aid stations

Start - 2.4

Blue Ridge Parkway- 2.4

Whetstone trail- 4.4

Whetstone trail- 8.7

Blue Ridge Parkway- 10.7

12 Ridge Vineyard- 13.1