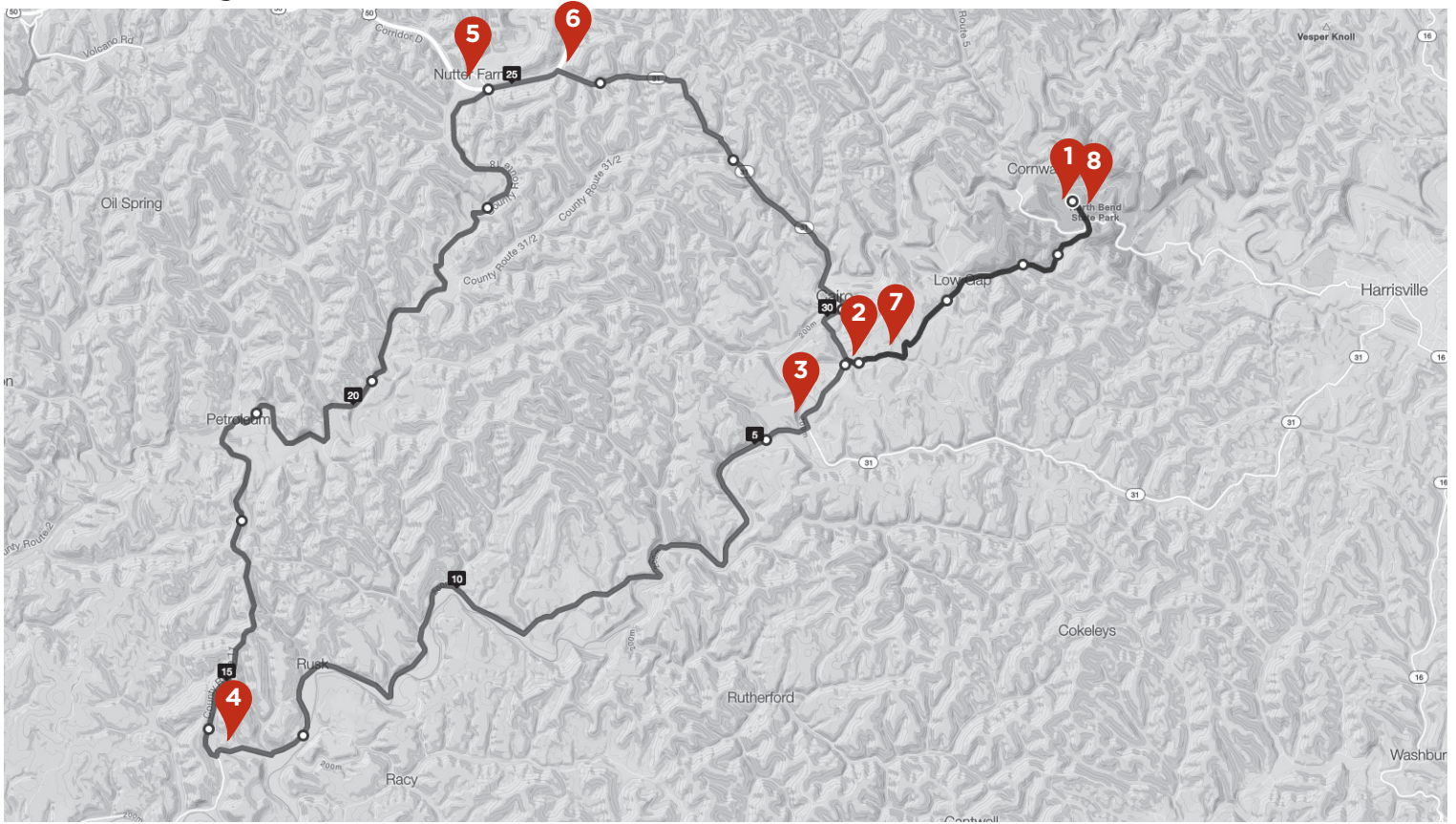


Be sure to follow the

Sunday, **Yellow** Route

 **Yellow** arrows.



Find yourself in an emergency?
 We have an active SAG truck that will sweep the route and collect anyone in need. If possible, (assuming you have cell service) call the numbers below OR call North Bend State Park.

Meanwhile, follow these simple thoughts:

1. Let other cyclists know you need help.
2. Stay where you are.
3. Move to the side of the road.
4. Wait for the SAG truck.

SAG: Danny Cunningham

1 614 264 6388

North Bend:

1 304-643-2932

Ritchie County Sheriff:

1 304-643-2262

2017 MTMS Sunday Route

DIRECTION DISTANCE (miles)

34.0mi
distance

1,782ft
elevation

	1 Continue on Low Gap Road	0.2		5 Right turn on SR 50	24.7
	2 Left onto WV 31	3.5		6 Right onto WV 31	25.4
	3 Right onto County Route 1/5	8.2		7 Left Turn on Low Gap Road	30.5
	4 Right onto County Route 18	18.1		8 Left onto Park-Forest Rte 801	33.7
				Arrive at Finish	34.0

