



Richwood Area Chamber of Commerce  
38 Edgewood Avenue  
Richwood, WV 26261  
(304) 846-6790  
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**6.2 mile run START**



**17.1 mile bike END**

**bike racks**

**bike to run  
transition**

Route 39/55

- Competitor finishes biking portion of race.
- Competitor is handed their numbered bag of running gear by volunteer.
- Volunteer puts bike on rack.
- Competitor changes from biking gear into running gear and puts biking gear in numbered bag.
- Volunteer takes numbered bag.
- Competitor starts running portion of race.

cook out and awards

parking

**Cranberry  
Mountain  
Nature  
Center**