

Benge's Revenge 25 Mile Course

September 20, 2009

Mile #

- 0 Right out of JIB High School
- 0.1 Left on to Park Avenue / Rt. 58
- 9.4 ***Appalachia***
- 10.7 2nd bridge at Appalachia (Use caution, ***obeying traffic signals***)
- 10.9 Straight through traffic light
- 13.0 ***Big Stone Gap***
- 13.4 ***Straight at Citgo Station***
- 13.6 Left on to Wood Avenue / becomes Rt. 610 (Third traffic light past aid station)
obeying traffic signals
- 21.8 Powell Valley Mountain
- 23.7 Right turn on to U.S. Route 23 (Top of Powell Valley mountain)
- 25.7 Exit 1 (Norton)
- 25.9 Left at bottom of ramp
Finish back at JIB High School (Start /Finish Line)