## Benge's Revenge

## 50 Mile Cue Sheet 2011

Mile#	
0	Rt. Turn out of JIB High School
0.1	Left turn onto Park Avenue / Rt. U.S. 58A West
9.4	Appalachia
10.9	RIGHT TURN 2 <sup>nd</sup> Appalachia traffic light State Route 68 West toward Keokee
***	50 Mile Riders split off from other racers !! BE ALERT
15.8	Exeter
16.5	Lee County Line (Route 68 West becomes Route 606)
19.5	Keokee School

## TURN AROUND, returning to Appalachia traffic light

- 35.1 Right turn at light on to U.S Route 58A West/U.S. Route 23 business
- 37.2 Big Stone Gap

23

37.8 Left turn Wood Avenue traffic light #5

Sigma Aid Station

- 37.9 Aid Station @ one half block up from traffic light #5
- 39.3 RR Xing Wood Avenue becomes SR 610 through Powell Valley and up mountain
- 40.6 Union High School
- 48.1 Rt. Turn on to U.S. Route 23 North (Top of Powell Valley Mountain)
- 50.1 Rt. Turn Exit 1 Norton
- 50.2 Left at bottom of ramp
- 50.4 Finish back at JIB High School (Start/Finish Line)

Complimentary meal at Legion Park ½ mile from Burton High School on Rt. 619 Towards Flag Rock courtesy of TAVERN ON MAIN OF WISE.

Hot Showers and restrooms available at Flag Rock two miles from JIB High School Up SR 619