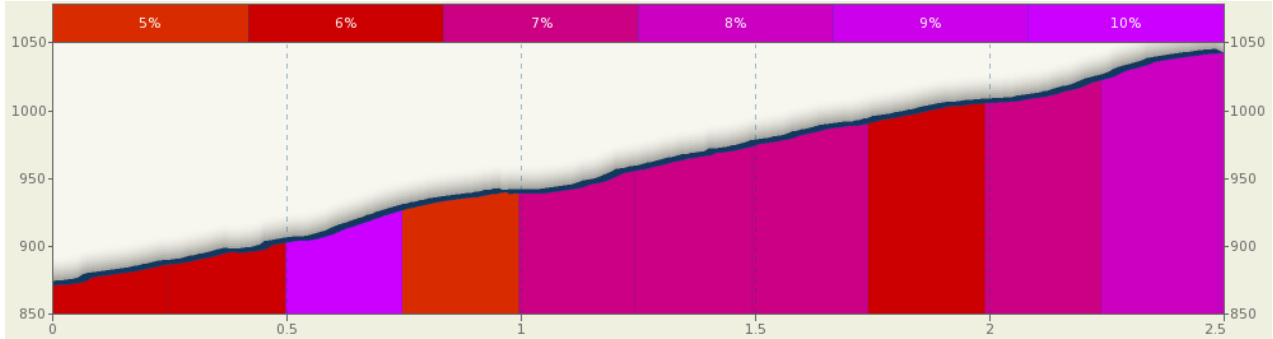


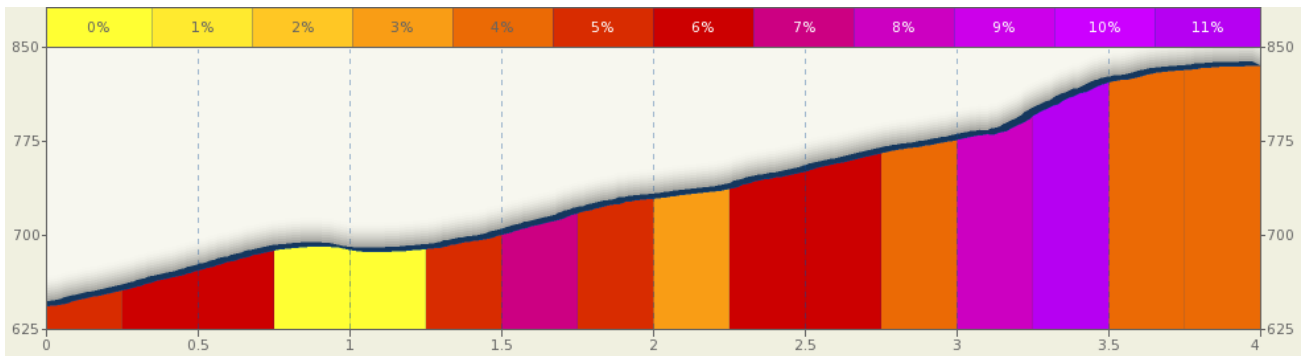
Mountain Mama Climb Profiles

Contributed by Sean Gallagher

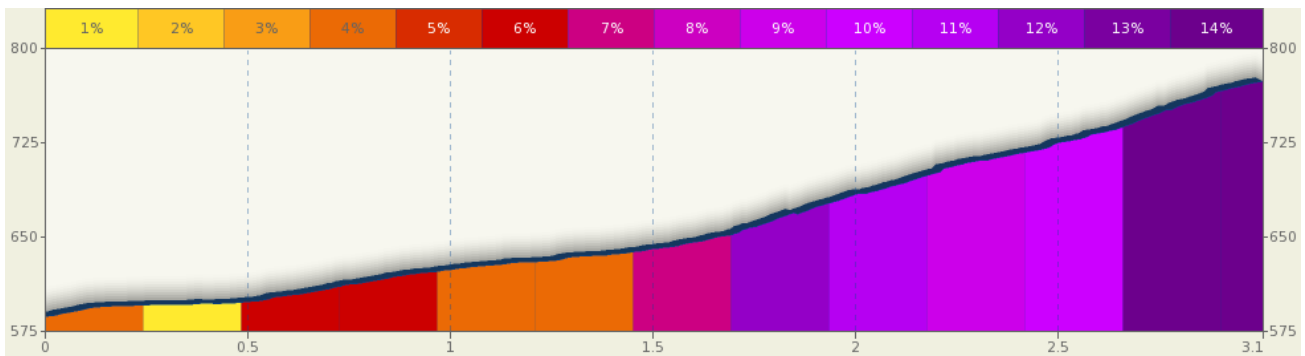
Climb #1: 2.5 Km & 180 meters gained – 250 East @ Km 0: why not start your century with a climb?!?!
Average grade: 7.2%



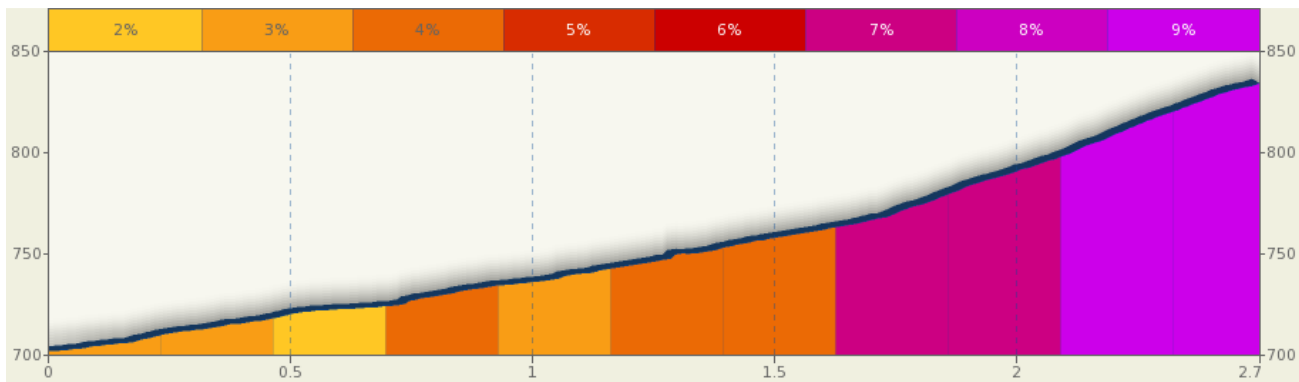
Climb #2: Still 250 East: 4 km and 196 meters gained. A nice winding climb is rewarded with a fast and twisting albeit dangerous descent. This is a major road so use caution and stay on the right side of the yellow line as the corners are tight and your visibility is limited. Average grade: 4.9%



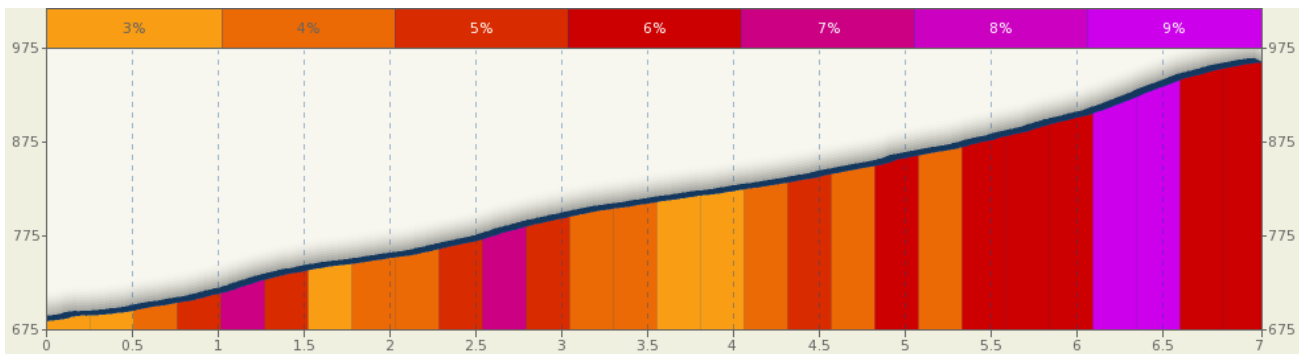
Climb #3: 3.1 Km & 229 meters – WV Co. Route 25 – Moyer’s Gap – This one is going to hurt. Make sure to eat something during your journey through the valley before this section. Average grade: 7.3%



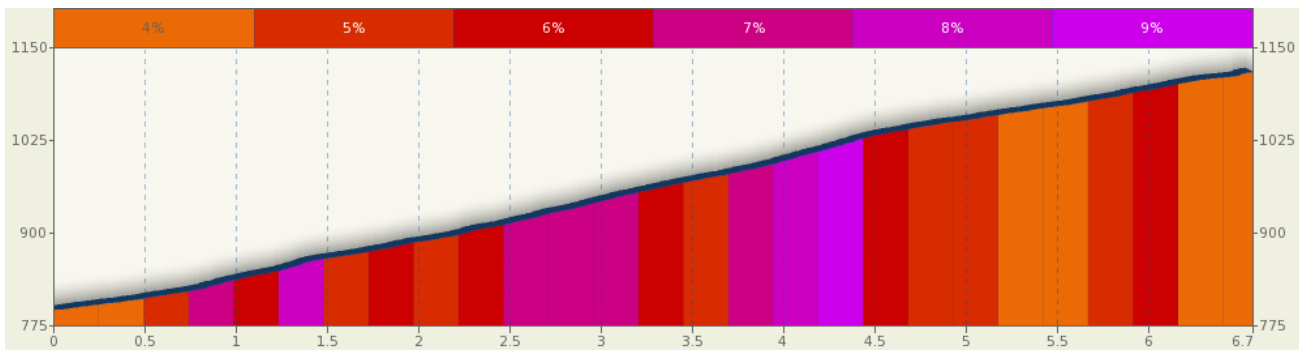
Climb #4: 2.7 & 132 meters – WV Co. Route 25 – Moyer’s Gap part 2 – Not as bad as part one but it gets progressively harder like the previous climb. Rest stop at the top of the climb. Refill those bottles and recover on the descent. Average grade: 4.8%



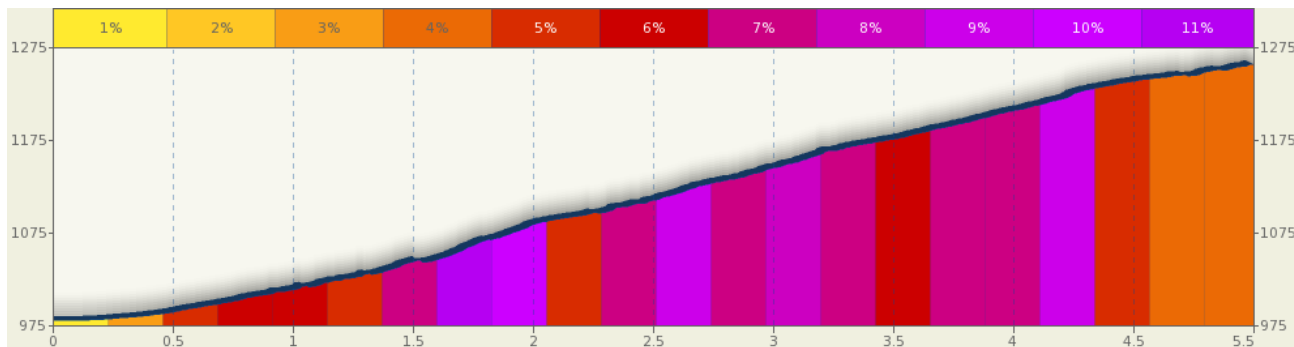
Climb #5: Snowy Mountain: 7 km & 345 meters gained - A beautiful climb reminiscent of California for some reason. Longest climb at 7 Km. Never very steep just steady. Average grade: 4.9%



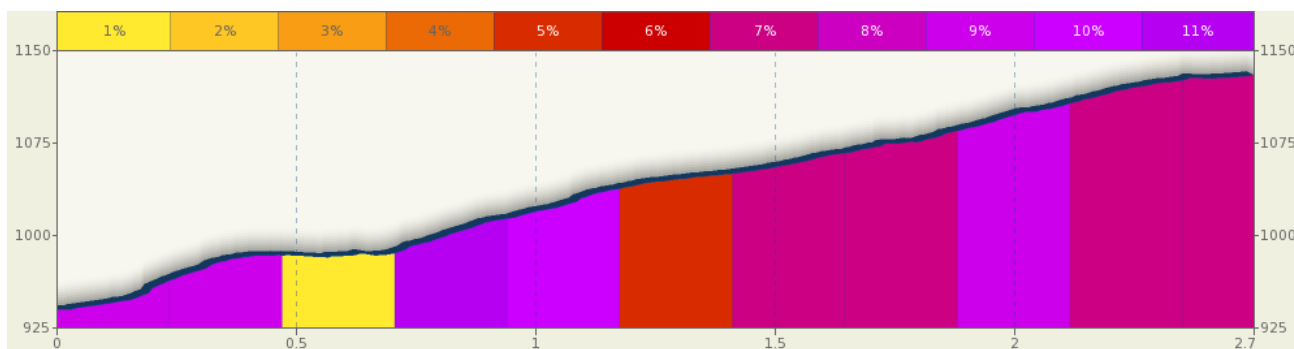
Climb #6: WV Rt. 28: 6.7 Km & 385 meters gained – Another L O N G climb. Again, not super steep but always in your face. It’s a wide straight road initially and there is nowhere to hide. There’s a rest stop at the top so keep that in mind when you feel like you can’t go any farther. It also eases up in the last third. Average grade: 5.6%



Climb #7: 5.5 Km & 351 meters gained – No rest for the weary as you’ve got yet another long climb. The last Km eases up. Use that info to keep ticking over the pedals. Make sure to keep eating on the decent prior to this climb. Average grade: 6.3%



Climb #8: 2.7 Km & 193 meters gained – Getting closer now but you’ve got to keep the pressure on. Average grade: 7.1%



Climb #9: 2.8 Km & 219 meters gained – You’re almost home now. This is a cruel climb. It lures you in, bites hard in the middle and tries to break you in the final K. Remember what Fabian Cancellara said, “power doesn’t have to be pretty.” Just get over this mountain any way you can. Channel you’re inner Jens Voigt and dig a little deeper. Ignore those cramps. Find your happy place. It’s all downhill at the top. Average grade: 7.8%

