

Grindstone Aid Stations and Mileages

#	Aid Station Name	Location	Segment Distance	Mileage	Crew Access	Drop Bags	Adjusted Horton Time
1	Falls Hollow	FS 291 Gate & VA 42	5.71	5.71	No	No	7:15 PM
2	Dry Branch Gap	Trail 485 & SR 688	9.53	15.24	No	No	9:25 PM
3	Dowells Draft	Trail 650 & FS 449	7.65	22.89	Yes	Yes	10:53 PM
4	Lookout Mountain	Trail 716 & FS 425	8.35	31.24	No	No	12:58 AM
5	North River Gap	Tr. 716 & FS 95 Parking Area	5.45	36.69	Yes	Yes	2:15 AM
6	Little Bald Knob	Trail 716 & FS 427	6.75	43.44	No	Yes	4:45 AM
7	Reddish Knob	Bottom of Summit Rd & FS 85	5.93	49.37	No	No	6:20 AM
8	Briery Branch Gap	FS 85 & SR 924	2.62	51.99	Yes	Yes	6:47 AM
9	Reddish Knob	Bottom of Summit Rd & FS 85	2.02	54.90	No	No	
10	Little Bald Knob	Trail 716 & FS 427	5.93	59.94	No	Yes	
11	North River Gap	Tr. 716 & FS 95 Parking Area	6.75	66.69	Yes	Yes	10:17 AM
12	Lookout Mountain	Trail 716 & FS 425	5.45	72.14	No	No	11:58 AM
13	Dowells Draft	Trail 650 & FS 449	7.35	79.49	Yes	Yes	2:00 PM
14	Dry Branch Gap	Trail 485 & SR 688	6.65	86.14	Yes	No	3:47 PM
15	Falls Hollow	FS 291 Gate & VA 42	8.88	95.02	Yes	No	6:14 PM
	Finish	Camp Shenandoah	5.71	100.73			7:15 PM

*Based on 6:00PM start - ran April 5-6, 2008