

Grindstone Aid Stations Mileage Chart

#	Aid Station Name	Location	Seg Distance	Mileage	Crew Access	Drop Bags	2009 Front Runner	20 Hour Time	Last Runner	38-Hour Cutoff
1	Falls Hollow	FS 291 Gate & VA 42	5.18	5.18	No	No	6:44 PM	6:50 PM	7:15 PM	7:30 PM
2	Dry Branch Gap	Trail 485 & SR 688	9.45	14.63	No	No	8:25 PM	8:30 PM	10:15 PM	10:45 PM
3	Dowells Draft	Trail 650 & FS 449	7.48	22.11	Yes	Yes	9:37 PM	9:50 PM	12:59 AM	1:00 AM
4	Lookout Mountain	Trail 716 & FS 425	8.35	30.46	No	No	10:57 PM	11:30 PM	3:25 AM	4:00 AM
5	North River Gap	Tr. 716 & FS 95 Parking Area	5.45	35.91	Yes	Yes	11:55 PM	12:30 AM	5:20 AM	6:30 AM
6	Little Bald Knob	FS 427 & Gate	7.83	43.74	No	Yes	1:50 AM	1:50 AM	9:16 AM	9:30 AM
7	Reddish Knob	Bottom of Summit Rd & FS 85	4.45	48.19	No	No	2:34 AM	3:00 AM	10:32 AM	11:00 AM
8	Gnashing Knob	FS85 1.38miles N of Briery Branch	3.37	51.56	No	No	3:13 AM	3:30 AM	11:48 AM	12:15 PM
9	Reddish Knob	Bottom of Summit Rd & FS 85	3.37	54.93	No	No	3:46 AM	3:50 AM	12:46 PM	1:10 PM
10	Little Bald Knob	FS 427 & Gate	3.79	58.72	No	Yes	4:25 AM	5:00 AM	2:08 PM	2:30 PM
11	North River Gap	Tr. 716 & FS 95 Parking Area	7.83	66.55	Yes	Yes	5:58 AM	6:30 AM	5:28 PM	6:00 PM
12	Lookout Mountain	Trail 716 & FS 425	5.45	72.00	No	No	7:18 AM	7:40 AM	7:54 PM	8:15 PM
13	Dowells Draft	Trail 650 & FS 449	8.35	80.35	Yes	Yes	8:34 AM	9:20 AM	11:16 PM	11:30 PM
14	Dry Branch Gap	Trail 485 & SR 688	7.48	87.83	Yes	No	10:10 AM	10:50 AM	1:18 AM	2:00 AM
15	Falls Hollow	FS 291 Gate & VA 42	8.84	96.67	Yes	No	11:51 AM	12:40 PM	5:15 AM	5:30 AM
	Finish	Camp Shenandoah	5.18	101.85			12:46:26 PM	2:00 PM	7:52 AM	8:00 AM

*All times based on 6:00PM start

12:00/mile

22:13/mile

Hard Cut-off