

Grindstone Aid Stations Mileage Chart

#	Aid Station Name	Location	Seg Distance	Mileage	Crew Access	Drop Bags	Record Pace	20 Hour Time	Last Runner	38-Hour Cut-off	Elevation	GPS Waypoints
1	Falls Hollow	FS 291 Gate & VA 42	5.18	5.18	No	No	6:46 PM	6:50 PM	7:15 PM	7:30 PM	2073	38.161207, -79.269652
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	2530	38.213323, -79.295947
3	Dowells Draft	Trail 650 & FS 449	7.48	22.11	Yes	Yes	9:26 PM	9:50 PM	12:59 AM	1:00 AM	1986	38.282225, -79.290140
4	Lookout Mountain	Trail 716 & FS 425	8.67	30.78	No	No	10:42 PM	11:30 PM	3:25 AM	4:00 AM	2575	38.323417, -79.200767
5	North River Gap	Tr. 716 & FS 95 Parking Area	6.35	37.13	Yes	Yes	11:27 PM	12:30 AM	5:20 AM	6:30 AM	1609	38.366947, -79.164777
6	Little Bald Knob	FS 427 & Gate	7.83	44.96	No	No		1:50 AM	9:16 AM	9:30 AM	4016	38.419820, -79.249945
7	Turn-Around	Briery Branch Gap	6.6	51.56	Yes	Yes		3:30 AM	11:48 AM	12:15 PM	3844	38.482152, -79.221139
8	Little Bald Knob	FS 427 & Gate	5.94	57.50	No	No		5:00 AM	2:08 PM	2:30 PM	4016	38.419820, -79.249945
9	North River Gap	Tr. 716 & FS 95 Parking Area	7.83	65.33	Yes	Yes		6:30 AM	5:28 PM	6:00 PM	1609	38.366947, -79.164777
10	Lookout Mountain	Trail 716 & FS 425	6.35	71.68	No	No	6:30 AM	7:40 AM	7:54 PM	8:15 PM	2575	38.323417, -79.200767
11	Dowells Draft	Trail 650 & FS 449	8.67	80.35	Yes	Yes		9:20 AM	11:16 PM	11:30 PM	1986	38.282225, -79.290140
12	Dry Branch Gap	Trail 485 & SR 688	7.48	87.83	Yes	No	8:42 AM	10:50 AM	1:18 AM	2:00 AM	2530	38.213323, -79.295947
13	Falls Hollow	FS 291 Gate & VA 42	8.84	96.67	Yes	No		12:40 PM	5:15 AM	5:30 AM	2073	38.161207, -79.269652
	Finish	Camp Shenandoah	5.18	101.85			11:13:04 AM	2:00 PM	7:52 AM	8:00 AM	1693	38.134059, -79.230583

*All times based on 6:00PM start

12:00/mile

22:13/mile

Hard Cut-off

Hard Cut-off