

# Mountain Masochist Trail Run

Updated 9/17/2016

## Aid Stations Mileage Chart

#	Aid Station Name	Location	Seg Distance	Mileage	Elevation	Crew Access	1st runner approx. time	Cutoff Times	Waypoints	
1	Peavine Mountain	FS 36 & Cashaw Creek Rd.	7.63	7.63	1530	No	7:30 AM	8:15 AM	N37.608954	W79.361447
2	Dancing Creek	FS 318B & FS 317A	3.7	11.33	1353	Yes*	7:00 AM	9:05 AM	N37.632884	W79.339767
3	Parkway Gate	BR Parkway & FS 1881	3.55	14.88	1811	Yes*	7:45 AM	9:55 AM	N37.660758	W79.317982
4	Robinson Gap	AT, FS 607 & FS 311	2.24	17.12	1933	No	8:10 AM	10:30 AM	N37.676289	W79.332249
5	Irish Creek	FS 311 x FS 315	2.58	19.70	1093	No	8:45 AM	11:00 AM	N37.678951	W79.289982
6	Reservoir	North end of Reservoir	2.24	21.94	889	Yes	9:15 AM	11:25 AM	N37.695537	W79.27755
7	Long Mountain	Long Mtn Wayside	4.55	26.49	2094	Yes	9:50 AM	12:30 PM	N37.723277	W79.249752
8	Buck Mountain	FS 520 & Buck Mtn ridge	2.83	29.32	3365	No	10:25 AM	1:30 PM	N37.743715	W79.236295
9	Wiggins Spring	FS 48 x FS 520	2.31	31.63	3043	Yes	10:40 AM	2:00 PM	N37.760984	W79.212088
10	The Loop - IN	Mt. Pleasant Nat'l Rec area	1.45	33.08	3502	Yes	10:53 AM	2:25 PM	N37.758892	W79.188796
11	The Loop - OUT	Mt. Pleasant Nat'l Rec area	5.33	38.41	3502	Yes	11:30 AM	3:50 PM	N37.758892	W79.188796
12	Salt Log Gap	FS 63 & FS 1176	2.94	41.35	3240	Yes	11:50 AM	4:25 PM	N37.779933	W79.182222
13	Forest Valley	FS 246 & FS 1176A	1.07	42.42	3658	No	12 noon	4:45 PM	N37.791723	W79.178207
14	Porters Ridge	Unmarked Rd & AT	4.1	46.52	3540	No	12:35 PM	5:45 PM	N37.825061	W79.14271
	Finish	VA 56 & Camp entrance	3.75	50.27	2663	Yes	1:00 PM	6:30 PM	N37.852581	W79.131925

\* Runner crews are permitted to go to only one of these two stations

A.S. not avail for 14-hr runners