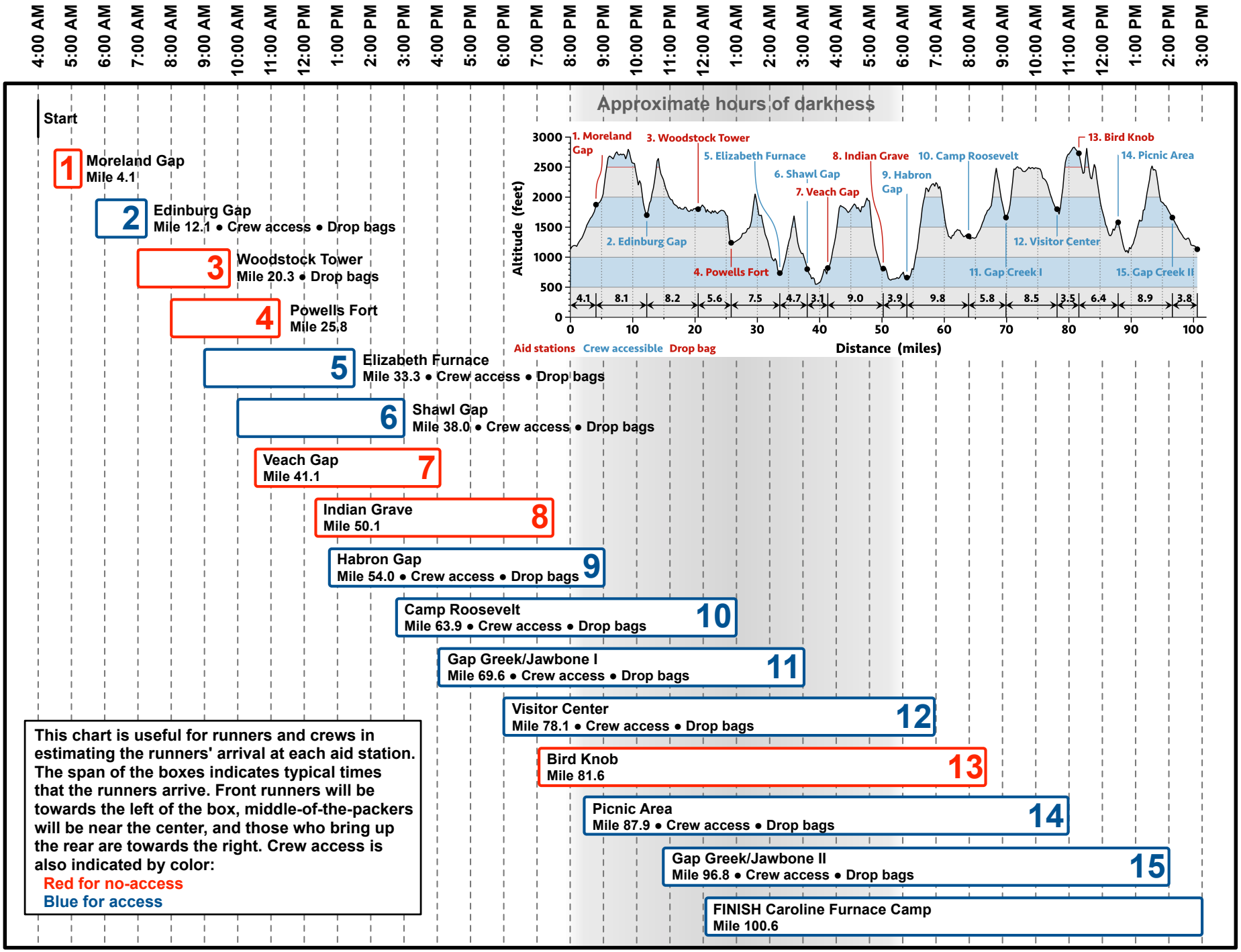
Massanutten Mountain Trails 100 Aid Station Arrival Times



This chart is useful for runners and crews in estimating the runners' arrival at each aid station. The span of the boxes indicates typical times that the runners arrive. Front runners will be towards the left of the box, middle-of-the-packers will be near the center, and those who bring up the rear are towards the right. Crew access is also indicated by color:

Red for no-access

Blue for access

Chart by Keith Knipling, inspired by a similar one by Charlie Crissman for the Cascade Crest 100 Mile Endurance Run