

Massanutten Mountain Trails 100 Aid Station Arrival Times

5:00 AM 6:00 AM 7:00 AM 8:00 AM 9:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM 9:00 PM 10:00 PM 11:00 PM 12:00 AM 1:00 AM 2:00 AM 3:00 AM 4:00 AM 5:00 AM 6:00 AM 7:00 AM 8:00 AM 9:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM

Start: Caroline Furnace Camp

Approximate hours of darkness

1 Moreland Gap
Mile 4.1

2 Edinburg Gap
Mile 12.1 • Crew access • Drop bags

3 Woodstock Tower
Mile 20.3 • Drop bags

4 Powells Fort
Mile 25.8

5 Elizabeth Furnace
Mile 33.3 • Crew access • Drop bags

6 Shawl Gap
Mile 38.0 • Crew access • Drop bags

7 Veach Gap
Mile 41.1

8 Indian Grave
Mile 50.1

9 Habron Gap
Mile 54.0 • Crew access • Drop bags

10 Camp Roosevelt
Mile 63.9 • Crew access • Drop bags

11 Gap Creek I
Mile 69.6 • Crew access • Drop bags

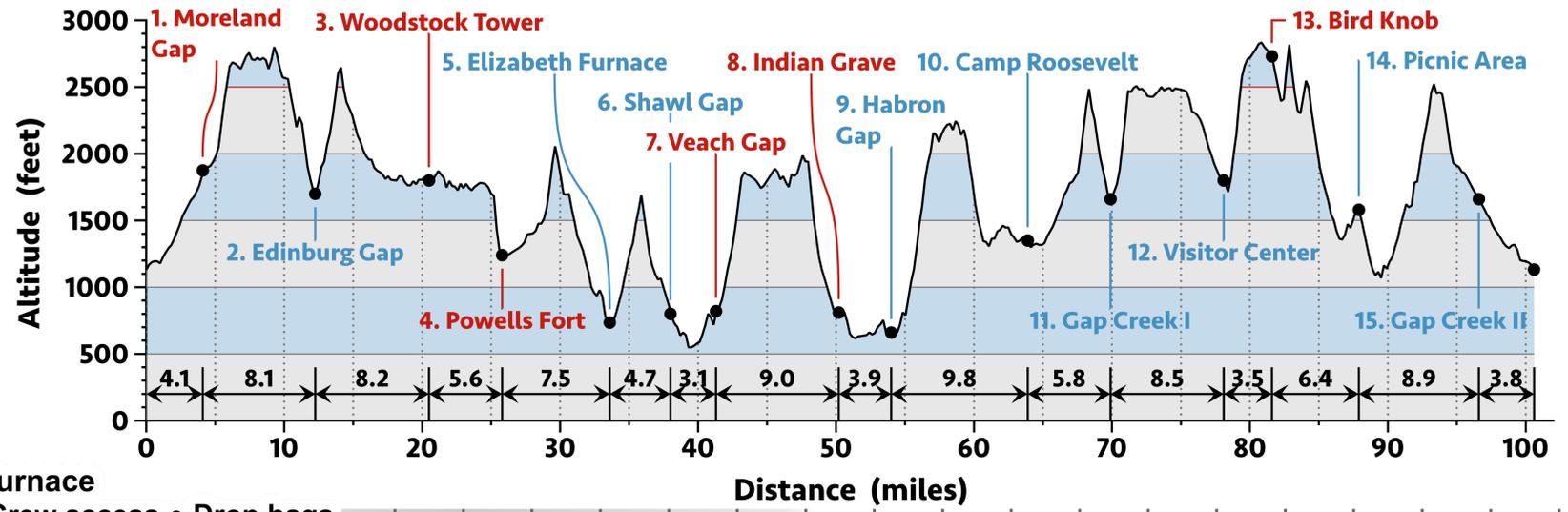
12 Visitor Center
Mile 78.1 • Crew access • Drop bags

13 Bird Knob
Mile 81.6

14 Picnic Area
Mile 87.9 • Crew access • Drop bags

15 Gap Creek II
Mile 96.8 • Crew access • Drop bags

Finish: Caroline Furnace Camp
Mile 100.6



This chart is useful for runners and crews in estimating the runners' arrival at each aid station.

The span of the box indicates when the aid station is open.

Front runners will arrive earlier, 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