

MMTR Aid Stations and Mileages

#	Aid Station Name	Location	Seg Distance	Mileage	Elevation	Crew Access	Estimated 2018 First Runner times	2018 Cutoff Times	Waypoints		Google Map Location
1	Dancing Creek	FS 318B & FS 317A	7.81	7.81	1353	Yes*	6:40 AM	8:55 AM	N37.632884	W-79.339767	https://goo.gl/maps/2aDBus5jjz42
2	Parkway Gate	BR Parkway & FS 1881	3.55	11.36	1811	Yes*	7:25 AM	9:35 AM	N37.660758	W-79.317982	https://goo.gl/maps/vnwNv5rUEb42
3	Robinson Gap	AT, FS 607 & FS 311	2.26	13.62	1933	No	7:50 AM	10:20 AM	N37.676289	W-79.332249	https://goo.gl/maps/LfbbdBPxg5A2
4	Irish Creek	FS 311 x FS 315	2.58	16.20	1093	No	8:25 AM	10:50 AM	N37.678951	W-79.289982	https://goo.gl/maps/g1mpqcsFv722
5	Reservoir	North end of Reservoir	2.3	18.50	889	Yes	8:55 AM	11:05 AM	N37.695537	W-79.27755	https://goo.gl/maps/GUKD5ViqrGG2
6	Long Mountain	Long Mtn Wayside	4.55	23.05	2094	Yes	9:40 AM	12:15 PM	N37.723277	W-79.249752	https://goo.gl/maps/WDP3mbVMgEA2
7	Buck Mountain	FS 520 & Buck Mtn ridge	2.83	25.88	3365	No	10:05 AM	1:15 PM	N37.743715	W-79.236295	https://goo.gl/maps/vjmAGHzauoQ2
8	Wiggins Spring	FS 48 x FS 520	2.31	28.19	3043	Yes	10:20 AM	1:45 PM	N37.760984	W-79.212088	https://goo.gl/maps/svrAj1WuieA2
9	The Loop - IN	Mt. Pleasant Nat'l Rec area	1.45	29.64	3502	Yes	10:30 AM	2:00 PM	N37.758892	W-79.188796	https://goo.gl/maps/iPd6gAkbtRz
10	The Loop - OUT	Mt. Pleasant Nat'l Rec area	5.2	34.84	3502	Yes	11:00 AM	3:30 PM	N37.758892	W-79.188796	https://goo.gl/maps/iPd6gAkbtRz
11	Salt Log Gap	FS 63 & FS 1176	2.98	37.82	3240	Yes	11:10 AM	4:00 PM	N37.779933	W-79.182222	https://goo.gl/maps/N6WfU2XDZrk
12	Forest Valley	FS 246 & FS 1176A	4.7	42.52	3658	No	12:00 PM	5:00 PM	N37.792087	W-79.175997	https://goo.gl/maps/k1Y9MKz3DE22
	Finish	VA 56 & Camp entrance	7.87	50.39	2663	Yes	1:00 PM	6:30 PM	N37.850674	W-79.124526	https://goo.gl/maps/TcYEvgp9DvS2
	* Runner crews are permitted to go to only one of these two stations				A.S. not avail for 14-hr runners			Hard Cutoff			