

## 2021 Grindstone 100 Aid Station Mileage Chart

#	Aid Station Name	Location	Segment Distance	Total Mileage	Crew Access	Drop Bags	Front Runner	Cut-off	Elevation	Waypoints
1	Falls Hollow	FS 291 Gate & VA 42	5.2	5.20	No	No	6:30 PM	7:30 PM	2073	38.161207, -79.269652
2	Dry Branch Gap	Trail 485 & SR 688	9.5	14.70	No	No	8:15 PM	10:45 PM	2530	38.213323, -79.295947
3	Dowells Draft	Trail 650 & FS 449	7.5	22.20	Yes	Yes	9:30 PM	1:00 AM	1986	38.282225, -79.290140
4	Lookout Mountain	Trail 716 & FS 425	8.5	30.70	No	No	11:15 PM	4:00 AM	2575	38.323417, -79.200767
5	North River Gap	Tr. 716 & FS 95 Parking Area	6.2	36.90	Yes	Yes	12:00 AM	6:30 AM	1609	38.366947, -79.164777
6	Little Bald Knob	FS 427 & Gate	8	44.90	No	No	1:30 AM	9:30 AM	4016	38.419820, -79.249945
7	Turn-Around	Briery Branch Gap	6.6	51.50	No**	Yes	3:00 AM	12:15 PM	3844	38.482152, -79.221139
8	Little Bald Knob	FS 427 & Gate	6	57.50	No	No	4:30 AM	2:30 PM	4016	38.419820, -79.249945
9	North River Gap	Tr. 716 & FS 95 Parking Area	8	65.50	Yes	Yes	6:00 AM	6:00 PM	1609	38.366947, -79.164777
10	Lookout Mountain	Trail 716 & FS 425	6.2	71.70	No	No	7:15 AM	8:15 PM	2575	38.323417, -79.200767
11	Dowells Draft	Trail 650 & FS 449	8.5	80.20	Yes	Yes	9:00 AM	11:30 PM	1986	38.282225, -79.290140
12	Dry Branch Gap	Trail 485 & SR 688	7.5	87.70	Yes	No	10:30 AM	2:00 AM	2530	38.213323, -79.295947
13	Falls Hollow	FS 291 Gate & VA 42	8.9	96.60	Yes	No	12:15 PM	5:30 AM	2073	38.161207, -79.269652
14	Finish	Camp Shenandoah	5.2	101.85	Yes	Yes	1:30 PM	8:00 AM	1693	38.134059, -79.230583

Front Runner Times: Based on 5:30 PM Elite Wave Start

Cut-off Times: Based on no later than 6:00 PM Start

\*\*Crews are allowed to drop off a pacer but not provide aid

Hard Cut-off