

MMTR Aid Stations and Mileages

MMTR 50K Aid Stations									
	#	Aid Station Name	Location	Seg Distance	Mileage	1st runner approx. time	Crew Access	Cutoff Times	12 Hr Time (22:47 Pace)
50k	1	Forest Gate	Forest Gate	2.3	2.50	6:50 AM	No		7:26 AM
50k	2	Salt Log Gap	FS 64 & FS 1176A	6.5	8.80	7:50 AM	Yes		8:58 AM
50k	3	The Loop - IN	Mt. Pleasant Nat'l Rec area	2.9	11.70	8:15 AM	No		10:56 AM
50k	4	The Loop - OUT	Mt. Pleasant Nat'l Rec area	4.5	16.20	8:55 AM	No	1:00PM	12:39 PM
50k	5	Salt Log Gap	FS 64 & FS 1176A	2.9	19.10	9:21 AM	Yes		1:45 PM
50k	6	Forest Valley - First	FS 246 & FS 1176A	1	20.10	9:30 AM	Walking		2:07 PM
50k	7	Forest Valley - Second	FS 246 & FS 1176A	3.7	23.80	10:04 AM	Walking	3:30PM	3:32 PM
50k	8	Forest Gate	Forest Gate	5.5	29.30	10:53 AM	No		5:37 PM
		Finish	VA 56 & Camp Entrance	2.3	31.60	11:14 AM			6:30 PM
			6:30 Start Time						