

#	Aid Station Name	Total Mileage	Seg Distance	Elev. Gain (ft)	Elev. Loss (ft)	28hr-pace	30hr-pace	32hr-pace	Cut-pace	Drop Bags	Crew Access
Start	Natural Chimneys	0	5.7	688	-282	18:00	18:00	18:00	18:00		
AS1	Lick Run 1	5.7	5.7	970	-870	19:32	19:38	19:45	19:58		
AS2	Wolf Ridge	11.4	9	3012	-685	21:04	21:17	21:30	21:56		
AS3	Reddish Knob	20.4	4	438	-684	23:29	23:53	00:16	01:03		
AS4	Little Bald Knob	24.4	8	1058	-3334	00:34	01:02	01:30	02:26		
AS5	North River Gap 1	32.4	5.7	1615	-515	02:43	03:20	03:58	05:12	X	X
AS6	Lookout Mtn	38.1	7.5	1216	-1746	04:15	04:59	05:43	07:11		
AS7	Dowells Draft 1	45.6	7	2225	-1564	06:16	07:09	08:02	09:47	X	X
AS8	Dry Branch Gap 1	52.6	6.8	2021	-2296	08:10	09:10	10:11	12:12		
AS9	Cold Springs	59.4	5.5	876	-755	09:59	11:08	12:17	14:33		
AS10	Dry Branch Gap 2	64.9	7	1564	-2225	11:28	12:43	13:58	16:27		
AS11	Dowells Draft 2	71.9	5.2	1140	-862	13:21	14:44	16:08	18:53	X	X
AS12	Magic Moss	77.1	5	275	-225	14:45	16:14	17:44	20:41		
AS13	Camp Todd	82.1	9.7	2704	-3396	16:06	17:41	19:16	22:25		X
AS14	North River Gap 2	91.8	7.7	1042	-1012	18:43	20:29	22:15	01:46	X	X
AS15	Lick Run 2	99.5	4.5	159	-552	20:47	22:42	00:37	04:26		
Finish	Natural Chimneys	104	NA	NA	NA	22:00	00:00	02:00	06:00	X	X