## Massanutten Mountain Trails 100 Altitude Profile and Aid Station Arrival Times 12:00 PM 1:00 PM 3:00 PM 4:00 PM 7:00 PM 11:00 PM 8:00 AM 8:00 11:00 12:00 Approximate hours of darkness Start Moreland Gap Mile 3.6 2500 Camp Roosevelt 2000 **Edinburg Gap** Mile 11.7 • Crew access • Drop bags 1500 F Woodstock Tower 1000 Mile 19.9 ● Drop bags Habron Gap 500 Powell's Fort Mile 25.1 20 25 30 35 40 45 50 55 60 65 70 75 Distance (miles) Elizabeth Furnace Mile 32.6 • Crewlaccess • Drop bags Shawl Gap Mile 37.6 • Crew access • Drop bags Veach Gap Mile 40.7 • Drop bags Indian Grave Mile 49.7 Habron Gap Mile 53.6 • Crew access • Drop bags 3 Camp Roosevelt 10 Mile 63.1 • Crew access • Drop bags Gap Greek/Jawbone I Mile 68.7 • Crew access • Drop bags **Visitor Center** Mile 77.1 • Crew access • Drop bags This chart is useful for runners and crews in estimating the runners' arrival at each aid station. Bird Knob The span of the boxes indicates typical times Mile 80.5 that the runners arrive. Front runners will be Picnic Area towards the left of the box, middle-of-the-packers Mile 86.9 • Crew access • Drop bags will be near the center, and those who bring up the rear are towards the right. Crew access is Gap Greek/Jawbone II 15 also indicated by color: Mile 95.4 • Crew access • Drop bags Red for no-access Blue for access **FINISH Caroline Furnace Camp** Mile 101.7