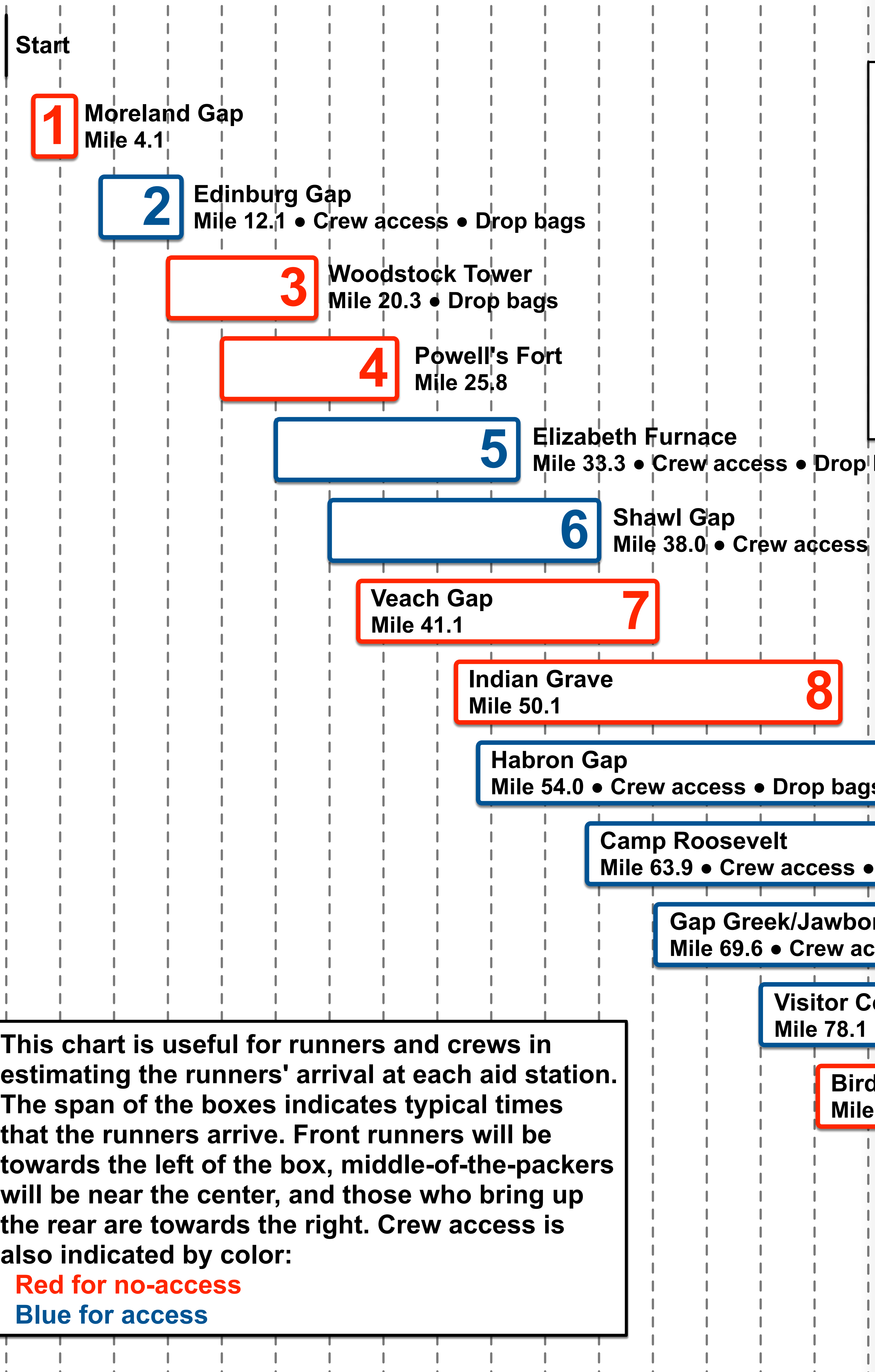
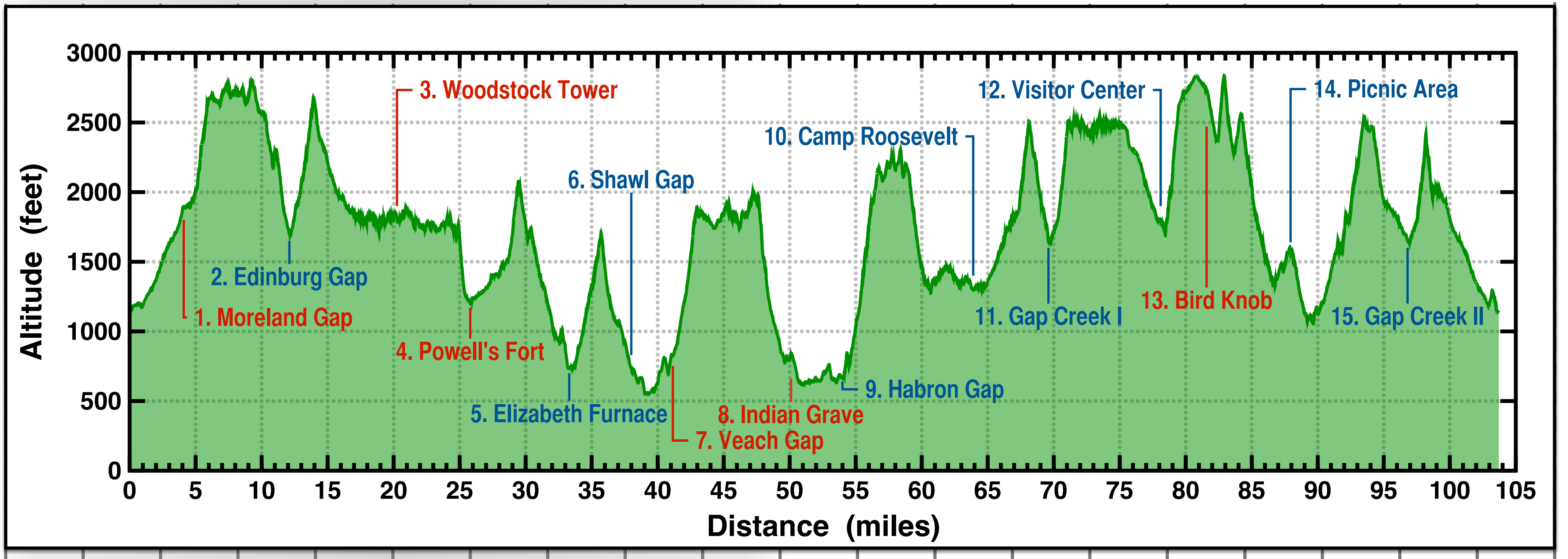


# Massanutten Mountain Trails 100 Altitude Profile and Aid Station Arrival Times

4:00 AM 5:00 AM 6:00 AM 7:00 AM 8:00 AM 9:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM 9:00 PM 10:00 PM 11:00 PM 12:00 AM 1:00 AM 2:00 AM 3:00 AM 4:00 AM 5:00 AM 6:00 AM 7:00 AM 8:00 AM 9:00 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM



Approximate hours of darkness



This chart is useful for runners and crews in estimating the runners' arrival at each aid station. The span of the boxes indicates typical times that the runners arrive. Front runners will be towards the left of the box, middle-of-the-packers will be near the center, and those who bring up the rear are towards the right. Crew access is also indicated by color:  
**Red for no-access**  
**Blue for access**