







Location	Distance (leg)	Gain (leg)	Loss (leg)	Distance (overall)	Gain (overall)	Loss (overall)	Day	Start Time	Duration	Clock Time	Pace: 2 mph
Andy Lane TH to A.T. intersection	2.67	1455	-336	2.67	1455	-336	Saturday	11:00:00 AM	1:20:06	12:20:06 PM	
A.T. Intersection to Tinker Summit	0.88	472	-63	3.55	1927	-399	Saturday	12:20:06 PM	0:26:24	12:46:30 PM	
Tinker Summit to Campbell Shelter (option A if H2O is good)	4.31	1018	-1,321	7.86	2945	-1720	Saturday	12:46:30 PM	2:09:18	2:55:48 PM	
Campbell Shelter to Catawba Shelter (option B if no H2O at Campbell)	2.36	594	-1,002	10.22	3539	-2722	Saturday	2:55:48 PM	1:10:48	4:06:36 PM	
<b>Day &amp; Overall Mileage Sub-Total:</b>	<b>10.22</b>	<b>3,539</b>	<b>-2,722</b>	<b>10.22</b>	<b>3539</b>	<b>-2722</b>			<b>3:55:48</b>		
Catawba Shelter to 311	2.22	333	-572	12.44	3872	-3294	Sunday	7:00:00 AM	1:06:36	8:06:36 AM	
311 to Blacksburg Rd	3.93	1033	-1,174	16.37	4905	-4468	Sunday	8:06:36 AM	1:57:54	10:04:30 AM	
Blacksburg Rd to Newport Rd	1.49	379	-361	17.86	5284	-4829	Sunday	10:04:30 AM	0:44:42	10:49:12 AM	
Newport Rd to Dragons Tooth Trail intersection	1.38	790	-130	19.24	6074	-4959	Sunday	10:49:12 AM	0:41:24	11:30:36 AM	
Dragon's Tooth Trail intersection to Dragon's Tooth Summit	0.77	593	-133	20.01	6667	-5092	Sunday	11:30:36 AM	0:23:06	11:53:42 AM	
Dragon's Tooth Summit to Dragon's Tooth Trail intersection	0.77	133	-593	20.78	6800	-5685	Sunday	11:53:42 AM	0:23:06	12:16:48 PM	
Intersection to Dragon's Tooth TH/Car	1.42	56	-796	21.43	6723	-5888	Sunday	11:53:42 AM	0:42:36	12:36:18 PM	
<b>Day &amp; Overall Mileage Sub-Total:</b>	<b>11.98</b>	<b>3,317</b>	<b>-3,759</b>	<b>22.20</b>	<b>6,856</b>	<b>-6,481</b>			<b>5:59:24</b>		
<b>Grand Totals:</b>	<b>22.20</b>	<b>6,856</b>	<b>-6,481</b>					<b>9:55:12</b>	<b>Pace: 2.0</b>		