













Oft 2.5 mi 5 mi 7.5 mi 10	mi	12.5 mi		15 mi	17.5 mi		20 mi	22.5 mi		25 mi 26.7 mi
Location	Distance (leg)	Gain (leg)	Loss (leg)	Distance (overall)	Gain (overall)	Loss (overall)	Day	Start Time	Duration	Clock Time Pace: 1.5 mph
Hurricane Creek Camp to Trail 4530 Start	0.95	69	-287	13.68	3461	-4005	Sunday	8:00:00 AM	0:38:00	8:38:00 AM
Start of 4530 to AT	0.50	290	-43	14.18	3751	-4048	Sunday	8:38:00 AM	0:20:00	8:58:00 AM
AT to Start of Trail 4518	2.08	521	-978	16.26	4272	-5026	Sunday	8:58:00 AM	1:23:12	10:21:12 AM
Start of 4518 to FR84	0.41	2	-300	16.67	4274	-5326	Sunday	10:21:12 AM	0:16:24	10:37:36 AM
FR84 to Virginia Highlands Horse Trail	0.42	120	-64	17.09	4394	-5390	Sunday	10:37:36 AM	0:16:48	10:54:24 AM
Start of VHHT to AT/IMT	1.63	838	-312	18.72	5232	-5702	Sunday	10:54:24 AM	1:05:12	11:59:36 AM
AT/IMT Intersection to Comers Creek Campsite	2.30	686	-790	21.02	5918	-6492	Sunday	11:59:36 AM	1:32:00	1:31:36 PM
Day & Overall Mileage Sub-Total:	8.29	2,526	-2,774	21.02	5,918	-6,492			5:31:36	
Comers Creek Campsite to Flat Top Mtn via IMT	4.38	1725	-602	25.40	7643	-7094	Monday	8:00:00 AM	2:55:12	10:55:12 AM
Flat top to Car via FR828/Flat Top Trail	1.50	113	-725	26.90	7756	-7819	Monday	10:55:12 AM	1:00:00	11:55:12 AM
Day & Overall Mileage Sub-Total:	5.88	1,838	-1327	26.90	7,756	-7,819			3:55:12	
Grand Totals:	26.90	7,756	-7,819					16:49:12	Pace:	1.5