

Southern States 200 - Crew Accessible Aid Stations

Section	Aid Station	Miles Between	Cumulative Distance	Crew Accessible	Aid Station Description
	Mill Creek Start	0.00	0.00	Crew	
1	Snake Creek Gap Trailhead	16.20	16.20	Crew	Full Aid Station
2	John's Mountain Overlook	9.71	25.91	NO	Full Aid Station
3	Dry Creek TH - East Armuchee	13.20	39.11	Crew	Full Aid Station
4	The Narrows Picnic Rd	12.40	51.51	NO	Water Only/Unstaffed
5	Mack White Gap Trailhead	8.30	59.81	NO	Full Aid Station
6	High Point Trailhead, Georgia	9.50	69.31	Crew	Full Aid & Heated Sleep Station
7	Big Tex-RailTrail	11.90	81.21	NO	Full Aid Station
8	Cave Spring - Rolater Park	16.00	97.21	Crew	Full Aid & Sleep Station
9	Old Jackson Chapel Trailhead	8.30	105.51	NO	Minimal Full Aid Station
10	High Point Trailhead, Alabama	12.80	118.31	Crew	Full Aid & Heated Sleep Station
11	Low Point AS at CR 94	7.83	126.14	NO	Minimal Full Aid Station
12	Hill Top Blue Trail at CR 500	13.50	139.64	NO	Full Aid Station
13	Coleman Lake Campground	14.60	154.24	Crew	Full Aid & Heated Sleep Station
14	Highrock - FR 531	14.48	168.72	NO	Full Aid Station
15	Fay's Blowdown @ I-20	11.54	180.26	Crew	Full Aid & Sleep Station
16	Lost Gulch	11.73	191.99	NO	Full Aid Station
Finish	Finish - Cheaha State Park	9.04	201.03	Crew	Full Aid Station
		201.03			