

Southern States 200 - Distance and Elevation

Section	Aid Station	Distance Between	Cumulative Distance	Elevation Gain	Elevation Loss
	Mill Creek Start	0.00	0.00	0.00	0.00
1	Snake Creek Gap Trailhead	16.20	16.20	2,400.00	2,111.00
2	John's Mountain Overlook	9.71	25.91	1,927.00	1,171.00
3	Dry Creek - East Armuchee	13.20	39.11	1,151.00	2,240.00
4	The Narrows Picnic	12.40	51.51	na	na
5	Mack White Gap Trailhead	8.30	59.81	2,894.00	2,680.00
6	High Point Trailhead, Georgia	9.50	69.31	1,467.00	1,730.00
7	Big Tex - Simms Mtn	11.90	81.21	484.00	638.00
8	Cave Spring - Rolater Park	16.00	97.21	598.00	557.00
9	Old Jackson Chapel Trailhead	8.30	105.51	758.00	554.00
10	High Point Trailhead, Alabama	12.80	118.31	2,586.00	2,620.00
11	Low Point AS at CR 94	7.83	126.14	1,454.00	1,454.00
12	Hill Top Blue Trail at CR 500	13.50	139.64	2,699.00	2,232.00
13	Coleman Lake Campground	14.60	154.24	1,843.00	1,922.00
14	Highrock-FR531	14.48	168.72	630.00	858.00
15	Fay's Blowdown	11.54	180.26	1,751.00	1,759.00
16	Lost Gulch	11.73	191.99	2,149.00	2,327.00
Finish	Bald Rock Lodge Finish	9.04	201.03	2,837.00	1,435.00
		201.03		27,628.00	26,288.00