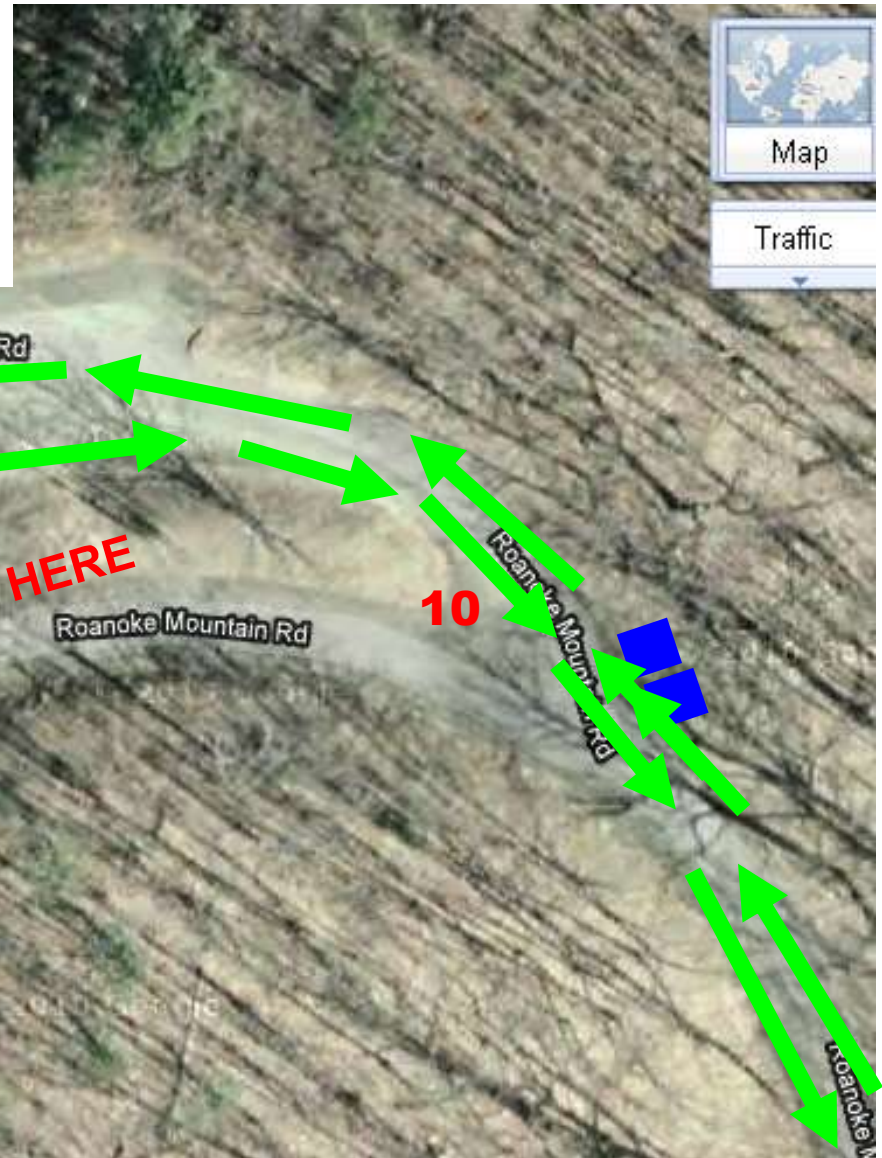







# Aid Station "Middle of Roanoke Mountain" – Mill Mountain Overlook

Vehicular traffic is strictly prohibited in this area from 7am-11:30 (or when NPS releases you). ONLY the NPS & zone captains may drive during the race.



-  Energy Drink Table
-  WATER Table
-  Runners' Path
-  Port-a-Jon
-  Course Marshal

Parking: Park on the shoulder of Roanoke Mtn. Road, not in the overlook. Make sure an ambulance can get by all the cars.