

Aid Station/Pace Chart
She Rocks the Trail
25K

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Cutoff
Start - Auburn Dam Overlook	Start	3.10	7:00 AM	7:00 AM	7:00 AM	Yes	
Cardiac (Base of hill)	3.10	2.90	7:18 AM	7:34 AM	7:49 AM	No	
Auburn Dam Overlook ¹	6.00	3.10	7:36 AM	8:06 AM	8:36 AM	Yes	10:00 AM ²
Murphy's Gate	9.10	2.00	7:54 AM	8:40 AM	9:25 AM	No	
No Hands Bridge	11.10	4.00	8:06 AM	9:02 AM	9:57 AM	Yes	
Finish - Auburn Dam Overlook ¹	15.10	Finish	8:30 AM	9:46 AM	11:01 AM	Yes	3:30 PM ²

Notes:

¹ **Medical**

² **Absolute Cutoff**

Pace

Front Runner = 6:00 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 16:00 min/mile pace