

AID STATION/PACE CHART
SHE ROCKS THE TRAIL
25K DISTANCE

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Cutoff
START - Auburn Dam Overlook	START	3.1	7:00 AM	7:00 AM	7:00 AM	Yes	
Cardiac (Base of hill)	3.1	2.9	7:20 AM	7:32 AM	7:49 AM	No	
Auburn Dam Overlook	6.0	5.1	7:39 AM	8:03 AM	8:36 AM	Yes	
No Hands Bridge	11.1	4.0	8:12 AM	8:56 AM	9:57 AM	Yes	
FINISH - Auburn Dam Overlook	15.1	0.0	8:38 AM	9:38 AM	11:01 AM	Yes	3:30 PM

Notes:

Front Runner = 6:30 min/mile pace

Middle Runner = 10:30 min/mile pace

Back Runner = 16:00 min/mile pace