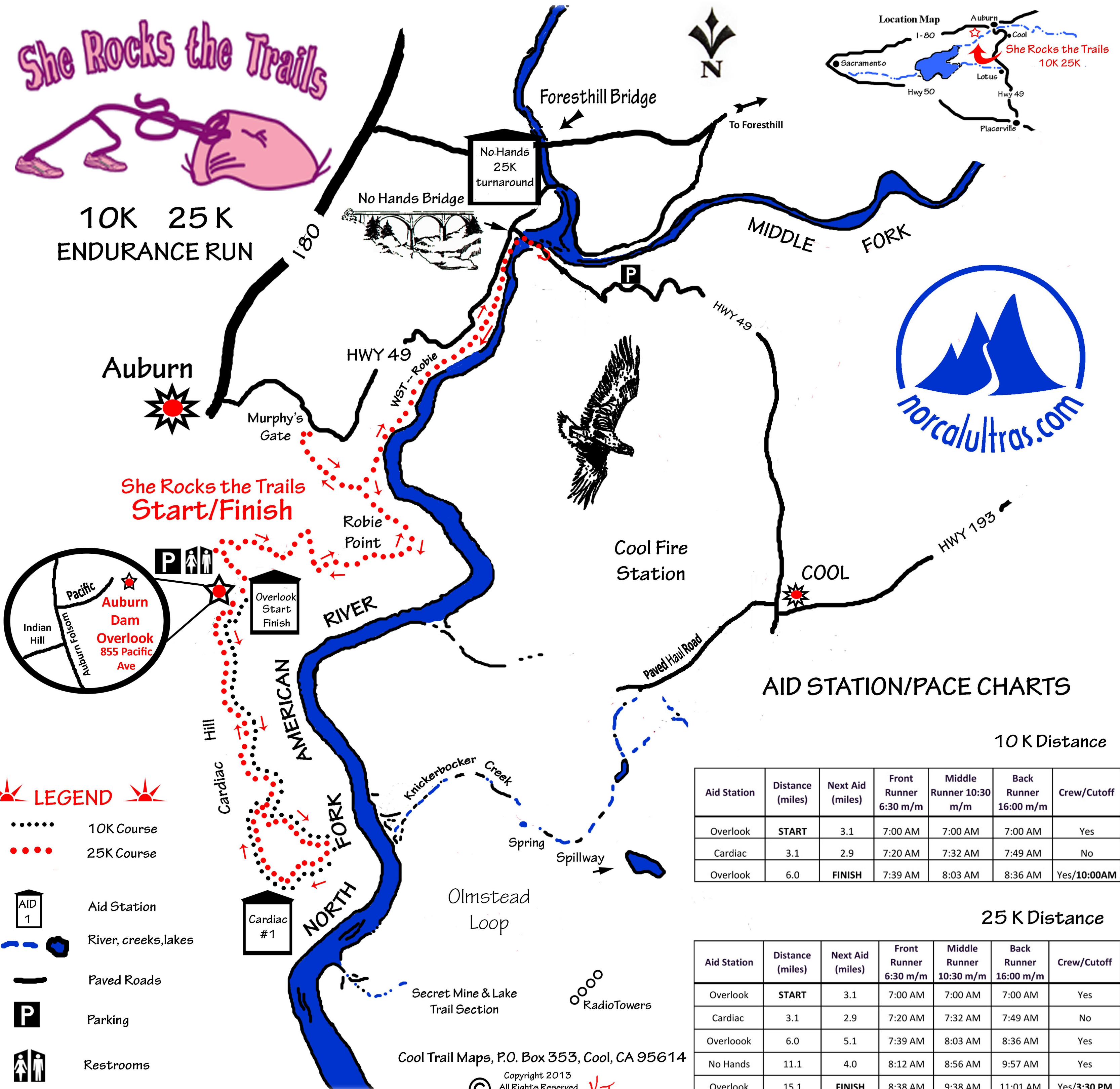


She Rocks the Trails



10K 25K
ENDURANCE RUN



AID STATION/PACE CHARTS

10 K Distance

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner 6:30 m/m	Middle Runner 10:30 m/m	Back Runner 16:00 m/m	Crew/Cutoff
Overlook	START	3.1	7:00 AM	7:00 AM	7:00 AM	Yes
Cardiac	3.1	2.9	7:20 AM	7:32 AM	7:49 AM	No
Overlook	6.0	FINISH	7:39 AM	8:03 AM	8:36 AM	Yes/10:00AM

25 K Distance

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner 6:30 m/m	Middle Runner 10:30 m/m	Back Runner 16:00 m/m	Crew/Cutoff
Overlook	START	3.1	7:00 AM	7:00 AM	7:00 AM	Yes
Cardiac	3.1	2.9	7:20 AM	7:32 AM	7:49 AM	No
Overlook	6.0	5.1	7:39 AM	8:03 AM	8:36 AM	Yes
No Hands	11.1	4.0	8:12 AM	8:56 AM	9:57 AM	Yes
Overlook	15.1	FINISH	8:38 AM	9:38 AM	11:01 AM	Yes/3:30 PM

LEGEND

- 10K Course
- 25K Course
- Aid Station
- River, creeks, lakes
- Paved Roads
- Parking
- Restrooms

Cool Trail Maps, P.O. Box 353, Cool, CA 95614

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