

**AID STATION/PACE CHART**  
**SHE ROCKS THE TRAIL**  
**10K DISTANCE**

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Cutoff
<b>START</b> - Auburn Dam Overlook	<b>START</b>	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	
<b>FINISH</b> - Auburn Dam Overlook	6.0	<b>FINISH</b>	7:39 AM	8:03 AM	8:36 AM	Yes	<b>10:00 AM</b>

**Notes:**

Front Runner = 6:30 min/mile pace

Middle Runner = 10:30 min/mile pace

Back Runner = 16:00 min/mile pace