

AID STATION/PACE CHART
SHE ROCKS THE TRAIL
50K 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	7:37 AM	7:52 AM	No	
Auburn Dam Overlook	6.0	5.1	7:39 AM	8:12 AM	8:42 AM	No	
No Hands Bridge	11.1	3.5	8:12 AM	9:13 AM	10:08 AM	Yes	
Cool Fire Station (via Training Hill a.k.a K2)	14.6	2.5	8:34 AM	9:55 AM	11:08 AM	Yes	11:15 AM**
Olmstead Loop (Lite Aid - Water)	17.1	6.7	8:51 AM	10:25 AM	11:50 AM	No	
Cool Fire Station Return	23.8	3.3	9:34 AM	11:45 AM	1:44 PM	Yes	
No Hands Bridge (via Western States Trail)	27.1	4.0	9:56 AM	12:25 PM	2:40 PM	Yes	
FINISH - Auburn Dam Overlook	31.1	FINISH	10:22 AM	1:13 PM	3:48 PM	Yes	4:00 PM**

Notes:

Front Runner = 6:30 min/mile pace

Middle Runner = 10:30 min/mile pace

Back Runner = 16:00 min/mile pace