

Table Rock Trail RUN

Aid Station Information

30K/18.6 Miles (Start 7:00 AM)					
AS Distances	Distance to Next AS	Total Distance	Leader	3:30 Hours	Cutoff
Start to Stinson AS	6.2	6.2	7:45 AM	8:15 AM	9:15 AM
Stinson AS to Cardiac Hill	3.7	9.9	8:10 AM	8:55 AM	10:30 AM
Cardiac Hill to Cardiac Hill	5.5	15.4	8:50 AM	9:55 AM	12:25 PM
Cardiac Hill to FINISH	3.2	18.6	9:10 AM	10:30 AM	1:30 PM
Total Mileage		18.6 Miles			

Half Marathon/13.1 Miles (Start 7:00 AM)				
AS Distances	Distance to Next AS	Total Distance	1:30 Hours	4:00 Hours
Start to Stinson AS	6.2	6.2	7:45 AM	8:55 AM
Stinson AS to Cardiac Hill	3.7	9.9	8:10 AM	10:05 AM
Cardiac Hill to FINISH	3.2	13.1	8:30 AM	11:00 AM
Total Mileage		13.1		

10K/6.4 Miles (Start 7:30 AM)				
AS Distances	Distance to Next AS	Total Distance	:50 Hours	3:00 Hours
Start to Finish	6.4	6.4	8:20 AM	10:30 AM
Total Mileage		6.4 Miles		

Denotes Cutoff