

# HEART OF COOL

## Aid Station Distances & Cutoffs

Half Marathon (7:30 AM Start Time)				
AS Distances	Next Aid	Total Distance	1:30 Pace	5:00 Pace
Start to Cool Firehouse	1.4	1.4	7:39 AM	8:00 AM
Cool Firehouse to No Hands Bridge	5.0	6.4	8:13 AM	<b>9:55 AM</b>
No Hands Bridge to St. Florian	3.7	10.1	8:38 AM	<b>11:20 AM</b>
St. Florian to FINISH	3.2	13.3	9:00 AM	<b>12:30 PM</b>
<b>Total Mileage</b>		<b>13.3</b>		

10K (8:00 AM Start Time)				
AS Distances	Next Aid	Total Distance	:40 Pace	1:30 Pace
Start to Cool Firehouse	1.4	1.4	8:08 AM	8:20 AM
Cool Firehouse to St. Florian	1.7	3.1	8:19 AM	8:44 AM
St. Florian to FINISH	3.2	6.3	8:40 AM	9:30 AM
<b>Total Mileage</b>		<b>6.3</b>		

5K (8:30 AM Start Time)				
AS Distances	Next Aid	Total Distance	:18 Pace	:40 Pace
Start to Cool Firehouse	1.4	1.4	8:38 AM	8:48 AM
Cool Firehouse to FINISH	1.7	3.1	8:18 AM	9:10 AM
<b>Total Mileage</b>		<b>3.1</b>		

Denotes firm cutoff