

Aid Station/Pace Chart
Last Chance 50
30K Distance

| Aid Station | Distance (miles) | Next Aid (miles) | Front Runner | Middle Runner | Back Runner | Crew | Drop Bags | Cutoff |
|--|------------------|------------------|--------------|---------------|-------------|------|-----------|------------------|
| Start - Levee (@ 1/2 mile walk from Cavitt) | START | 2.31 | 6:30 AM | 6:30 AM | 6:30 AM | Yes | Yes | |
| State Parks Adm. Bldg. | 2.31 | 6.71 | 6:45 AM | 6:55 AM | 7:06 AM | Yes | | |
| Turnaround - Main Bar Access Rd. & Bike trail | 9.02 | 6.71 | 7:28 AM | 8:09 AM | 8:54 AM | No | | |
| State Parks Adm. Bldg. | 15.73 | 2.81 | 8:12 AM | 9:23 AM | 10:41 AM | Yes | | |
| Finish - Cavitt School | 18.6 | FINISH | 8:30 AM | 9:54 AM | 11:27 AM | Yes | Yes | 2:30 PM** |

Notes:

**** ABSOLUTE CUTOFF**

Front Runner = 6:30 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 16:00 min/mile pace