

**Aid Station/Pace Chart**  
**Twilight Trail Adventure**  
**10K Distance**

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner
<b>Start</b> - Auburn Overlook	0	3.3	8:45 PM	8:45 PM	8:45 PM
Bottom of Cardiac	3.3	2.9	9:06 PM	9:18 PM	9:47 PM
<b>Finish</b> - Auburn Overlook	6.2	<b>Finish</b>	9:25 PM	9:47 PM	10:42 PM

**Notes:**

Front Runner = 6:30 min/mile pace

Middle Runner = 10 min/mile pace

Back Runner = 19 min/mile pace