

Aid Station/Pace Chart
Twilight Trail Adventure Run
3.48 Mile Distance

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner
Start - Auburn Overlook	Start	1.74	9:00 PM	9:00 PM	9:00 PM
Robie Point Fire Break Trail Turn Around	1.74	1.74	9:11 PM	9:18 PM	9:26 PM
Finish - Auburn Overlook	3.48	Finish	9:22 PM	9:36 PM	9:53 PM

Notes:

Front Runner = 6:30 min/mile pace

Middle Runner = 10:30 min/mile pace

Back Runner = 15:30 min/mile pace