

Blood Rock 55K Aid Station Distance and Pace Chart		Distance Between Aid Stations	Cumulative Distance	8 Hour Pace		11 Hour Pace		14 Hour Pace		Hard Cutoffs
				14 Min/mile Pace	14 Min/mile Times	19 Min/mile Pace	19 Min/mile Times	24.5min/mile Pace	24.5min/mile Times	
	The Cabins - Start	Start	0	0	8:00 AM	0	8:00 AM	0	8:00 AM	
1	Start to NTH (No Aid Station)	1.8	1.8	0:25	8:25 AM	0:34	8:34 AM	0:44	8:44 AM	
2	NTH 1 to Eagle Nest Trail	8.0	9.8	2:17	10:17 AM	3:06	11:06 AM	3:59	11:59 AM	
3	EagleNest to NTH (No AS)	2.1	11.9	2:47	10:47 AM	3:46	11:46 AM	4:50	12:50 PM	
4	NTH 2 to Cabins Aid Station #1	3.1	15.0	3:30	11:30 AM	4:45	12:45 PM	6:06	2:06 PM	
5	Cabin to Terrace	5.7	20.7	4:50	12:50 PM	6:34	2:34 PM	8:43	4:43 PM	
6	Terrace to Peavine	6.0	26.7	6:17	2:17 PM	8:31	4:31 PM	10:57	6:57 PM	
7	Peavine to Cabin Aid Station #2	7.4	34.1	8:02	4:02 PM	10:53	6:53 PM	14:00	10:00 PM	10:00PM

Blood Rock 25K Aid Station Distance and Pace Chart		Distance Between Aid Stations	Cumulative Distance	3.5 Hour Pace		4.75 Hour Pace		6 Hour Pace		Hard Cutoffs
				14 Min/mile Pace	14 Min/mile Times	19 Min/mile Pace	19 Min/mile Times	24.5min/mile Pace	24.5min/mile Times	
	The Cabins - Start	Start	0	0	12:00 PM	0	12:00 PM	0	8:00 AM	
1	Start to NTH (No Aid Station)	1.8	1.8	0:25	12:25 PM	0:34	12:34 PM	0:44	8:44 AM	
2	NTH 1 to Eagle Nest Trail	8.0	9.8	2:17	2:17 PM	3:06	3:06 PM	3:59	11:59 AM	
3	EagleNest to NTH (No AS)	2.1	11.9	2:47	2:47 PM	3:46	3:46 PM	4:50	12:50 PM	
4	NTH 2 to Cabins Aid Station #1	3.1	15.0	3:30	3:30 PM	4:45	4:45 PM	6:06	2:06 PM	3:00 PM