

## Blood Rock 55K Aid Station Information

		Distance		Aid Station	Drop Bag	Crew Access	Personal Aid Stations	Cutoff Pace		Hard
		Between	Cumulative	Description		Allowed	(PA) Allowed	Pace	Time	Cutoffs
	<b>Blood Rock 55K Aid Stations</b>									
	The Cabins - Start	Start	0	Start	Drop Bag	Crew Access		0	8:00 AM	
1	North Trailhead	1.8	1.8	(No Aid Station)	NO	Crew Access	No PA	0:44	8:44 AM	
2	*Eagle Nest Trail	8.0	9.8	Full Aid Station	NO	Crew Access	Hike-No PA	3:59	11:59 AM	
3	North Trailhead	2.1	11.9	(No Aid Station)	NO	Crew Access	No PA	4:50	12:50 PM	
4	Cabins Aid Station	3.1	15.0	Full Aid Station	Drop Bag	Crew Access	PA is OK	6:06	2:06 PM	2:45 PM
5	Terrace Drive Aid Station	5.7	20.7	Full Aid Station	Drop Bag	Crew Access	PA is OK	8:43	4:43 PM	
6	**Peavine Falls Aid Station	6.0	26.7	Full Aid Station	Drop Bag	Crew Access	PA in Car OK	10:57	6:57 PM	
7	Cabins Aid Station	7.4	34.1	Full Aid Station	Drop Bag	Crew Access	PA is OK	14:00	10:00 PM	10:00 PM

\* Eagle Nest Trail Aid Station - This aid station is located on the "Red Bike Road" about 600 yards up the trail from the North Trailhead. There is no room at the aid station for Persona Aid Stations. Crew members may NOT enter the aid station tent at any time except with their runner. Bring any supplies you may need with you when you hike in. If it's cold, bring plenty of clothing to stay warm. We strongly recommend waiting at the North Trailhead until your runner is almost to the aid station. It will only take about 5 minutes to hike to the aid station.

\*\* Peavine Falls Aid Station - Runners will approach the aid station along the wide trail leading up from the falls. They will cross behind the parking lot and behind to bathroom in route to the pavilion. Cars must park in the gravel parking lot. If you can find room on the grass near the pavilion, you are welcome to set up a personal aid station on the grass. Aid stations in the parking lot must be in your car or truck.

## Blood Rock 25K Aid Station Information

		Distance		Aid Station	Drop Bag	Crew Access	Aid Stations	Cutoff Pace		Hard
		Between	Cumulative	Description		Allowed	(PA) Allowed	Pace	Time	Cutoffs
	<b>Blood Rock 25K Aid Stations</b>									
	The Cabins - Start	Start	0	Start	Drop Bag	Crew Access		0	8:00 AM	
1	North Trailhead	1.8	1.8	No Aid Station	NO	Crew Access	No PA	0:44	8:44 AM	
2	*Eagle Nest Trail	8.0	9.8	Full Aid Station	NO	Crew Access	Hike-No PA	3:59	11:59 AM	
3	North Trailhead	2.1	11.9	No Aid Station	NO	Crew Access	No PA	4:50	12:50 PM	
4	Cabins Aid Station	3.1	15.0	Full Aid Station	Drop Bag	Crew Access	PA is OK	6:06	2:06 PM	3:00 PM

\* Eagle Nest Trail Aid Station - This aid station is located on the "Red Bike Road" about 600 yards up the trail from the North Trailhead. There is no room at the aid station for Persona Aid Stations. Crew members may NOT enter the aid station tent at any time except with their runner. Bring any supplies you may need with you when you hike in. If it's cold, bring plenty of clothing to stay warm. We strongly recommend waiting at the North Trailhead until your runner is almost to the aid station. It will only take about 5 minutes to hike to the aid station.