

Blood Rock 50 Mile Aid Station Distance and Pace Chart		Distance Between Aid Stations	Cumulative Distance	11.5 Hour Pace		15.5 Hour Pace		18 Hour Pace		Hard Cutoffs
				14 Min/mile Pace	14 Min/mile Times	19 Min/mile Pace	19 Min/mile Times	21.5min/mile Pace	21.5min/mile Times	
	The Cabins - Start	Start	0	0	7:00 AM	0	7:00 AM	0	7:00 AM	
1	Start to NTH (Not and Aid Station)	1.8	1.8	0:25	7:25 AM	0:34	7:34 AM	0:39	7:39 AM	
2	NTH 1 to Eagle Nest Trail	8.0	9.8	2:17	8:17 AM	3:06	10:06 AM	3:30	10:30 AM	
3	EagleNest to NTH (No AS)	2.1	11.9	2:47	9:47 AM	3:46	10:46 AM	4:15	11:15 PM	
4	NTH 2 to Cabins Aid Station #1	3.1	15.0	3:30	10:30 AM	4:45	11:45 PM	5:22	12:22 PM	
5	Cabin to Terrace	5.7	20.7	4:50	11:50 PM	6:34	1:34 PM	7:24	2:24 PM	
6	Terrace to Peavine	6.0	26.7	6:17	1:17 PM	8:31	3:31 PM	9:38	4:38 PM	
7	Peavine to Cabin Aid Station #2	7.5	34.2	8:02	3:02 PM	10:53	5:53 PM	12:19	7:19 PM	7:20 PM
8	Start to NTH1 (No AS)	1.8	36.0	8:27	3:27 PM	11:28	6:28 PM	12:58	7:58 PM	
9	NTH 1 to Eagle Nest Trail	8.0	44.0	10:19	5:19 PM	14:00	9:00 PM	15:50	10:50 PM	10:50 PM
10	EagleNest to NTH (No AS)	2.5	46.5	10:48	5:48 PM	14:40	9:40 PM	16:50	11:50 AM	
11	NTH 2 to Cabins Aid Station #3	3.3	50.1	11:32	6:32 PM	15:38	10:38 PM	18:00	1:00 AM	1:00 AM