

**Aid Station/Pace Chart**  
**Twilight Trail Adventure Run**  
**5K Distance**

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner
<b>Start</b> - Auburn Overlook	<b>Start</b>	1.68	9:00 PM	9:00 PM	9:00 PM
Aid Station/Turn Around	1.68	1.42	9:10 PM	9:17 PM	9:26 PM
<b>Finish</b> - Auburn Overlook	3.10	<b>Finish</b>	9:20 PM	9:32 PM	9:48 PM

**Notes:**

Front Runner = 6:30 min/mile pace

Middle Runner = 10:30 min/mile pace

Back Runner = 15:30 min/mile pace