

**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
<b>Start</b> - Cool Fire Station	0	1.74	9:00 PM	9:00 PM	9:00 PM
WS and Short Cut Trail Intersection	1.74	1.74	9:11 PM	9:18 PM	9:26 PM
<b>Finish</b> - Cool Fire Station	3.48		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

**Aid Station/Pace Chart**  
**Twilight Trail Adventure**  
**10K Distance**

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner
<b>Start</b> - Cool Firestation	0	3.1	8:45 PM	8:45 PM	8:45 PM
No Hands Bridge	3.1	3.1	9:05 PM	9:16 PM	9:43 PM
<b>Finish</b> - Cool Firestation	6.2		9:25 PM	9:47 PM	10:42 PM

**Notes:**

Front Runner = 6:30 min/mile pace

Middle Runner = 10 min/mile pace

Back Runner = 19 min/mile pace