

Chabot - Redtail Ridge Trail Run

Aid Station Distances and Cutoffs

50 KM - 8:30 Start					
AS Distances	Distance to Next AS	Total Distance	3:45 Pace	6:00 Pace	8:30 Pace
Start to Brandon	4.8	4.8	9:05 AM	9:25 AM	9:45 AM
Brandon to Woolridge	5.8	10.6	9:45 AM	10:30 AM	11:25 AM
Woolridge to Brandon	3.5	14.1	10:10 AM	11:12 AM	12:20 PM
Brandon to Marina	4.5	18.6	10:45 AM	12:05 PM	1:35 PM
Marina to Brandon	4.5	23.1	11:15 AM	12:55 PM	2:50 PM
Brandon to Brandon	3.3	26.4	11:40 AM	1:35 PM	3:40 PM
Brandon to Finish	4.6	31.2	12:15 PM	2:30 PM	5:00 PM
Total Mileage		31.2			

30 KM - 8:30 Start					
AS Distances	Distance to next aid	Total Distance	1:55 Pace	4:00 Pace	8:00 Pace
Start to Brandon	4.8	4.8	9:00 AM	9:30 AM	10:30 AM
Brandon to Woolridge	5.8	10.6	9:35 AM	10:15 AM	1:00 PM
Woolridge to Brandon	3.5	14.1	10:00 AM	11:30 AM	2:30 PM
Brandon to Finish	4.6	18.7	10:25 AM	12:30 PM	4:30 PM
Total Mileage		18.7			

Half Marathon - 8:45 Start					
AS Distances	Distance to next aid	Total Distance	1:20 Pace	2:30 Pace	4:00 Pace
Start to Brandon	4.8	4.8	9:15 AM	9:40 AM	10:15 AM
Brandon to Brandon	3.3	8.1	9:35 AM	10:20 AM	11:15 AM
Brandon to Finish	4.6	12.7	10:05 AM	11:15 AM	12:45 PM
Total Mileage		12.7			

10 KM - 9:00 Start				
AS Distances	Distance to next aid	Total Distance	:40 Pace	2:00 Pace
Start to Proctor	3.2	3.2	9:20 AM	10:00 AM
Proctor to Finish	3.1	6.3	9:40 AM	11:00 AM
Total Mileage		6.3		

5 KM - 9:15 Start		
AS Distances	Distance to next aid	Total Distance
Start to Finish	3.2	3.2
Total Mileage		3.2

Denotes firm cutoff