

Golden State TRAIL RUN

Aid Station Information

| 50K (Start 7:30 AM) | | | | | |
|-----------------------------------|---------------------|----------------|----------|----------|----------|
| AS Distances | Distance to Next AS | Total Distance | 4 Hours | 6 Hours | 9 Hours |
| Start to Sandstone Ridge | 4.4 | 4.4 | 8:05 AM | 8:20 AM | 8:45 AM |
| Sandstone Ridge to Twisted Sister | 6.1 | 10.5 | 8:50 AM | 9:30 AM | 10:30 AM |
| Twisted Sister to Creekside | 5.3 | 15.8 | 9:30 AM | 10:35 AM | 12:00 PM |
| Creekside to Twisted Sister | 6.8 | 22.6 | 10:25 AM | 11:55 AM | 2:00 PM |
| Twisted Sister to Sandstone Ridge | 5.0 | 27.6 | 11:05 AM | 12:50 PM | 3:30 PM |
| Sandstone Ridge to Finish | 3.4 | 31.0 | 11:30 AM | 1:30 PM | 4:30 PM |
| Total Mileage | | 31.0 | | | |

| 35K (Start 7:30 AM) | | | | |
|-----------------------------------|---------------------|----------------|------------|-----------|
| AS Distances | Distance to Next AS | Total Distance | 2:30 Hours | 6.5 Hours |
| Start to Sandstone Ridge | 4.4 | 4.4 | 7:55 AM | 8:40 AM |
| Sandstone Ridge to Twisted Sister | 6.1 | 10.5 | 8:35 AM | 10:25 AM |
| Twisted Sister to Twisted Sister | 4.0 | 14.5 | 9:00 AM | 11:35 AM |
| Twisted Sister to Sandstone Ridge | 5.0 | 19.5 | 9:35 AM | 1:00 PM |
| Sandstone Ridge to Finish | 3.4 | 22.9 | 10:00 AM | 2:00 PM |
| Total Mileage | | 22.9 | | |

| Half Marathon (Start 8:00 AM) | | | | |
|------------------------------------|---------------------|----------------|------------|----------|
| AS Distances | Distance to Next AS | Total Distance | 1:30 Hours | 4 Hours |
| Start to Sandstone Ridge | 4.4 | 4.4 | 8:30 AM | 9:20 AM |
| Sandstone Ridge to Sandstone Ridge | 5.3 | 9.7 | 9:05 AM | 10:55 AM |
| Sandstone Ridge to Finish | 3.4 | 13.1 | 9:30 AM | 12:00 PM |
| Total Mileage | | 13.1 | | |

| 10K (Start 8:30 AM) | | | | |
|-----------------------------------|---------------------|----------------|-----------|------------|
| AS Distances | Distance to Next AS | Total Distance | :40 Hours | 1:30 Hours |
| Start to Machine Gun (Water Only) | 3.8 | 3.8 | 8:53 AM | 9:25 AM |
| Machine Gun to Finish | 2.6 | 6.4 | 9:10 AM | 10:00 AM |
| Total Mileage | | 6.4 | | |

Denotes cutoff