

Blood Rock 25K Aid Station Detail

	Blood Rock 50 Aid Stations	Distance		Aid Station	Drop Bag	Crew Access	Personal	22 Hour Pace		24 Hour
		Between	Cumulative	Description		Allowed	Aid Stations (PA) Allowed	24 min/mile Pace	24 min/mile Times	Hard Cutoffs
		Start	0	Start	Drop Bag	Crew Access		0	7:00 AM	
1	***North Trailhead (No AS)	1.8	1.8	No Aid Station	NO	Crew Access	No PA	0:40	7:40 AM	
2	*Eagle Nest Trail	8.0	9.8	Full Aid Station	NO	Crew Access	Hike-No PA	3:36	10:54	
3	***North Trailhead (No AS)	2.1	11.9	No Aid Station	NO	Crew Access	No PA	4:15	11:15 PM	
4	Cabins Aid Station	3.1	15.0	Full Aid Station	Drop Bag	Crew Access	PA is OK	5:30	1:00 PM	

* Eagle Nest Trail Aid Station - This aid station is located on the "Red Bike Road" about 600 yards up the trail from the North Trailhead. There is no room at the aid station for Persona Aid Stations. Crew members may NOT enter the aid station tent at any time except with their runner. Bring any supplies you may need with you when you hike in. If it's cold, bring plenty of clothing to stay warm. We strongly recommend waiting at the North Trailhead until your runner is almost to the aid station. It will only take about 5 minutes to hike to the aid station.

*** Please note: The North Trailhead is NOT an Aid Station location. It is included on the chart because of easy crew access.

Blood Rock 55K Aid Station Detail

	Blood Rock 50 Aid Stations	Distance		Aid Station	Drop Bag	Crew Access	Personal	22 Hour Pace		24 Hour
		Between	Cumulative	Description		Allowed	Aid Stations (PA) Allowed	24 min/mile Pace	24 min/mile Times	Hard Cutoffs
		Start	0	Start	Drop Bag	Crew Access		0	7:00 AM	
1	***North Trailhead (No AS)	1.8	1.8	No Aid Station	NO	Crew Access	No PA	0:40	7:40 AM	
2	*Eagle Nest Trail	8.0	9.8	Full Aid Station	NO	Crew Access	Hike-No PA	3:36	10:54	
3	***North Trailhead (No AS)	2.1	11.9	No Aid Station	NO	Crew Access	No PA	4:15	11:15 PM	
4	Cabins Aid Station	3.1	15.0	Full Aid Station	Drop Bag	Crew Access	PA is OK	5:30	1:00 PM	
5	Terrace Drive Aid Station	5.7	20.7	Full Aid Station	Drop Bag	Crew Access	PA is OK	7:36	3:12 PM	6:00 PM
6	**Peavine Falls Aid Station	5.6	26.3	Full Aid Station	Drop Bag	Crew Access	PA in Car OK	9:48	5:25 PM	
7	Cabins Aid Station - Finish	7.4	33.7	Full Aid Station	Drop Bag	Crew Access	PA is OK	12:30	8:25 PM	11:00 PM

* Eagle Nest Trail Aid Station - This aid station is located on the "Red Bike Road" about 600 yards up the trail from the North Trailhead. There is no room at the aid station for Persona Aid Stations. Crew members may NOT enter the aid station tent at any time except with their runner. Bring any supplies you may need with you when you hike in. If it's cold, bring plenty of clothing to stay warm. We strongly recommend waiting at the North Trailhead until your runner is almost to the aid station. It will only take about 5 minutes to hike to the aid station.

** Peavine Falls Aid Station - Runners will approach the aid station along the wide trail leading up from the falls. They will cross behind the parking lot and behind to bathroom in route to the pavilion. Cars must park in the gravel parking lot. If you can find room on the grass near the pavilion, you are welcome to set up a personal aid station on the grass. Aid stations in the parking lot must be in your car or truck.

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