



Hocking Hills Trail Run

10 Mile

Aid Station Chart

	A.S. #	Name	Mileage	Section Mileage	Crew Access	Drop Bags	Cut-off Time (AS Closes)	1.5 Hour Pace (8:39/mi)	3 Hour Pace (17:18/mi)	6.5 Hour Pace (37:30/mi)	Waypoints (for GPS)
	0	Start/Finish Old Man's Cave	0	0	Yes	Yes	0:00:00	0:00:00	0:00:00	0:00:00	39.43392, -82.54205
Loop 1	1	Cedar Falls	2.5	2.5	Yes*	No	4:30:00 1:00:00 PM	0:21:38	0:43:16	1:33:45	39.41875, -82.52401
	2	Ash Cave	5.15	2.65	Yes	No	5:10:00 1:40:00 PM	0:44:34	1:29:08	3:13:08	39.39603, -82.54542
	3	Cedar Falls 2	7.95	2.8	Yes*	No	5:55:00 2:25:00 PM	1:08:48	2:17:36	4:58:08	39.41875, -82.52401
	4	Start/Finish Old Man's Cave	10.4	2.45	Yes	Yes	6:30:00 3:00:00 PM	1:30:00	3:00:00	6:30:00	39.43392, -82.54205
Race Start: 8:30AM Start Time											
Crew Access Notes: *For crewing at the Cedar Falls Aid Station crews must park in the large Cedar Falls parking lot and walk the 0.3-0.5 mile distance to the exact aid station location.											
Cut-off Notes: Runners must leave the aid station prior to the stated times to make cut-offs. 10 Mile Cut-off times coincide with the 50K cut-offs.											