



# Hocking Hills Trail Run 5K Aid Station Chart

A.S. #	Name	Mileage	Section Mileage	Crew Access	Drop Bags	Cut-off Time (AS Closes)	30 Min. Pace (9:26/mi)	1 Hour Pace (18:52/mi)	1.5 Hour Pace (28:18/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
-	Rose Lake Water Stop	1.85	1.85	No	No	-	0:17:27	0:34:54	0:52:21	39.41875, -82.52401
4	Start/Finish Old Man's Cave	3.18	1.33	Yes	Yes	<b>3:00:00 PM*</b>	<b>0:30:00</b>	<b>1:00:00</b>	<b>1:30:00</b>	39.43392, -82.54205

**Race Start:** 9:30AM Start Time

**5K Water Stop Note:**

This aid station will have liquids only, and will not provide food.

**Cut-off Notes:**

\*The course will remain open throughout the day until the 50K cut-off time at 3:00PM, so 5K participants will have ample time to run, hike, or walk the course without worry of being affected by any strict cut-off times for your distance.