



Hocking Hills Trail Run

5 Mile

Aid Station Chart

A.S. #	Name	Mileage	Section Mileage	Crew Access	Drop Bags	Cut-off Time (AS Closes)	45 Min. Pace (8:55/mi)	1.5 Hour Pace (17:51/mi)	3 Hour Pace (35:42/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
1	Cedar Falls	2.5	2.5	Yes*	No	2:25:00 PM	0:22:19	0:44:38	1:29:17	39.41875, -82.52401
4	Start/Finish Old Man's Cave	5.04	2.54	Yes	Yes	3:00:00 PM**	0:45:00	1:30:00	3:00:00	39.43392, -82.54205

Race Start: 9:00AM 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:

**The Cedar Falls Aid Station will remain open throughout the day until the 50K cut-off time at 2:25PM, so 5 Mile 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.