



# Hocking Hills Trail Run

## 20 Mile

### Aid Station Chart

	A.S. #	Name	Mileage	Section Mileage	Crew Access	Drop Bags	Cut-off Time (AS Closes)	3 Hour Pace (8:39/mi)	5 Hour Pace (14:25/mi)	7 Hour Pace (20:11/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	-	0:21:38	0:36:03	0:50:29	39.41875, -82.52401
	2	Ash Cave	5.15	2.65	Yes	No	-	0:44:34	1:14:17	1:43:59	39.39603, -82.54542
	3	Cedar Falls 2	7.95	2.8	Yes*	No	-	1:08:48	1:54:40	2:40:32	39.41875, -82.52401
	4	Start/Finish Old Man's Cave	10.4	2.45	Yes	Yes	4:30:00** 12:30:00 PM	1:30:00	2:30:00	3:30:00	39.43392, -82.54205
Loop 2	5	Cedar Falls	12.9	2.5	Yes*	No	5:00:00 1:00:00 PM	1:51:38	3:06:03	4:20:29	39.41875, -82.52401
	6	Ash Cave	15.55	2.65	Yes	No	5:40:00 1:40:00 PM	2:14:34	3:44:17	5:13:59	39.39603, -82.54542
	7	Cedar Falls 2	18.35	2.8	Yes*	No	6:25:00 2:25:00 PM	2:38:48	4:24:40	6:10:32	39.41875, -82.52401
	8	Start/Finish Old Man's Cave	20.8	2.45	Yes	Yes	7:00:00 3:00:00 PM	3:00:00	5:00:00	7:00:00	39.43392, -82.54205
<b>Race Start: 8:00AM Start Time</b>											
<b>Crew Access Notes:</b> *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.											
<b>Cut-off Notes:</b> Runners must leave the aid station prior to the stated times to make cut-offs. 20 Mile Cut-off times coincide with the 50K cut-offs on the second loop. **Runners will not be allowed to start their second loop if they don't leave prior to 3:50:00 elapsed time.											