

Aid Station/Pace Chart
Sierra Nevada Endurance Run
12 Kilometer Distance
(7.46 miles)

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Cutoff
Start - Cavitt School	START	2.95	7:30 AM	7:30 AM	7:30 AM	
Granite Bay Horse Assembly	2.95	0.78	7:49 AM	7:59 AM	8:29 AM	
Turnaround - Just Passed Twin Rocks (No Aid)*	3.73	0.78	7:54 AM	8:07 AM	8:44 AM	
Granite Bay Horse Assembly	4.51	2.95	7:59 AM	8:15 AM	9:00 AM	
Finish - Cavitt School	7.46	FINISH	8:18 AM	8:44 AM	9:59 AM	10:00 AM**

Notes:

*** NO Aid at Turnaround**

**** Absolute Cutoff**

Front Runner = 6:30 min/mile pace

Middle Runner = 10 min/mile pace

Back Runner = 20 min/mile pace