

25k Aid Station Chart

AS Label	AS Location	AS KMs	KMs to Next AS	Elev. Gain to Next AS (m)	Elev. Loss to Next AS (m)	Cumulative Elev. Gain (m)	Cumulative Elev. Loss (m)	Cut-Off Time
Start	Start	0.0	9.3	557	-354	557	-354	
AS1	Sand Springs	9.3	6.5	165	-352	723	-706	
AS2	Shingletown Gap	15.8	6.8	362	-184	1,085	-891	2:15 PM
AS3	Laurel Run	22.6	4.3	103	-297	1,188	-1,188	
Finish	Finish	26.9						5:00 PM

which tends to be more accurate than a single line GPX route. Actual data may vary on course and from watch to watch. Due to permitting, the course is subject to change. Always follow course markings for current route. Cut-off times, Drop Bags & Crew locations will be revised

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