GRINDSTONE
BY UTMB

## Half-Marathon Aid Station Chart

AS Label	AS Location	AS Mileage	Miles to Next AS	Elev. Gain to Next AS (ft)	Elev. Loss to Next AS (ft)	Cumulative Elev. Gain (ft)	Cumulative Elev. Loss (ft)	Cut-Off Time	Drop Bags	Crew
Start	Natural Chimneys - Start	0.0	4.5	552	-159	552	-159		Yes	Yes
AS1	Lick Run 1	4.5	4.5	989	-989	1,541	-1,148	10:00 AM	No	No
AS2	Lick Run 2	9.0	4.5	159	-552	1,700	-1,700	12:00 PM	No	No
Finish	Natural Chimneys - Finish	13.5						2:00 PM	Yes	Yes
**Mileage, elevation gain and loss are based on CalTopo. The above elevation gain/loss data is derived from a segmented GPX file on CalTopo which tends to be more accurate then a single line GPX route. Actual data may vary on										

course and from watch to watch\*\* Cut-Off Times should be given approx. 10 minutes of flex, except for those highlighted in yellow. Highlighted cut-off times are hard cuts and should be managed as such. Aid Captains should stay in contact with Race Director in the event a cut-off must be enforced.