

## 25k 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
<b>Start</b>	<b>Start</b>	0.0	5.8	1,828	-1161	1,828	-1161	
AS1	Sand Springs	5.8	4.0	543	-1156	2,371	-2,317	
AS2	Shingletown Gap	9.8	4.2	1,189	-605	3,560	-2,922	2:15 PM
AS3	Laurel Run	14.0	2.7	338	-975	3,898	-3,897	
<b>Finish</b>	<b>Finish</b>	<b>16.7</b>						<b>5:00 PM</b>

*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 closer to*

5/4/2026