



10k Aid Station Chart

AS Label	AS Location	AS Km	Km 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	Drop Bags	Crew
Start	Spruce Grove Park - Start	0.0	4.7	207	-80	207	-80		X	X
HS1	Big Burn (Hydration Station)	4.7	7.9	345	-472	552	-552			
Finish	Spruce Grove Park - Finish	12.6						3:00 PM	X	X

****Distance, 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 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****

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