

TRAILWAY TRAIL RACE AID STATION CHART



All cutoff times figured from the mass start of the longest distance offered on that day.

Slowest Pace Possible = 19:18

Trailway 50K									
Name	Sequence	Split	Mile	Drop Bag	Crew	Parking	Served	Cutoff	Cutoff Hrs
Lap 1									
Cedar Elm	0	Start	0.00	Y	Y	Y	Full Aid		
Old Hickory	1	3.10	3.10	Y	Y	Nearby	H2O, Ice, gels		
Wolf Pond Outbound	2	3.90	7.00	N	Y	N	Full Aid		
Wolf Pond Inbound	3	2.40	9.40	N	Y	N	Full Aid		
Honeybee	4	3.70	13.10	Y	Y	Y	H2O, Ice, gels		
Cedar Elm	5	2.40	15.50	Y	Y	Y	Full Aid	12:00 PM	5 hrs, 0 min
Lap 2									
Old Hickory	6	3.10	18.60	Y	Y	Nearby	H2O, Ice, gels	12:58 PM	5 hrs, 58 min
Wolf Pond Outbound	7	3.90	22.50	N	Y	N	Full Aid	2:04 PM	7 hrs, 4 min
Wolf Pond Inbound	8	2.40	24.90	N	Y	N	Full Aid	3:02 PM	8 hrs, 2 min
Honeybee	9	3.70	28.60	Y	Y	Y	H2O, Ice, gels	4:13 PM	9 hrs, 13 min
Cedar Elm	10	2.40	31.00	Y	Y	Y	Full Aid	5:00 PM	10 hrs, 0 min

Trailway 26.2									
Name	Sequence	Split	Mile	Drop Bag	Crew	Parking	Served	Cutoff	Cutoff Hrs
Cedar Elm	0	Start	0.00	Y	Y	Y	Full Aid		
Old Hickory	1	3.10	3.10	Y	Y	Nearby	H2O, Ice, gels		
Wolf Pond	2	3.90	7.00	N	Y	N	Full Aid		
Honeybee	3	3.70	10.70	Y	Y	Y	H2O, Ice, gels		
Cedar Elm	4	2.40	13.10	Y	Y	Y	Full Aid	12:00 PM	5 hrs, 0 min
Lap 2									
Old Hickory	5	3.10	16.20	Y	Y	Nearby	H2O, Ice, gels	12:58 PM	5 hrs, 58 min
Wolf Pond	6	3.90	20.10	N	Y	N	Full Aid	2:04 PM	7 hrs, 4 min
Honeybee	7	3.70	23.80	Y	Y	Y	H2O, Ice, gels	4:13 PM	9 hrs, 13 min
Cedar Elm	8	2.40	26.20	Y	Y	Y	Full Aid	5:00 PM	10 hrs, 0 min

Trailway 13.1									
Name	Sequence	Split	Mile	Drop Bag	Crew	Parking	Served	Cutoff	Cutoff Hrs
Cedar Elm	0	Start	0.00	Y	Y	Y	Full Aid		
Old Hickory	1	3.10	3.10	Y	Y	Nearby	H2O, Ice, gels	12:58 PM	5 hrs, 28 min
Wolf Pond	2	3.90	7.00	N	Y	N	Full Aid	2:04 PM	6 hrs, 34 min
Honeybee	3	3.70	10.70	Y	Y	Y	H2O, Ice, gels	4:13 PM	8 hrs, 43 min
Cedar Elm	4	2.40	13.10	Y	Y	Y	Full Aid	5:00 PM	9 hrs, 30 min

Trailway 10k									
Name	Sequence	Split	Mile	Drop Bag	Crew	Parking	Served	Cutoff	Cutoff Hrs
Cedar Elm	0	Start	0.00	Y	Y	Y	Full Aid		
Old Hickory	1	3.01	3.01	Y	Y	Nearby	H2O, Ice, gels	2:04 PM	5 hrs, 34 min
Honeybee	2	1.14	4.26	Y	Y	Y	H2O, Ice, gels	4:13 PM	7 hrs, 43 min
Cedar Elm	3	Finish	6.20	Y	Y	Y	Full Aid	5:00 PM	9 hrs, 0 min

Trailway 5k									
Name	Sequence	Split	Mile	Drop Bag	Crew	Parking	Served	Cutoff	Cutoff Hrs
Cedar Elm	0	Start	0.00	Y	Y	Y	Full Aid		
Youpon	1	1.30	1.30	Y	Y	N	H2O, Ice, gels	4:13 PM	6 hrs, 28 min
Cedar Elm	2	1.80	3.10	Y	Y	Y	Full Aid	5:00 PM	8 hrs, 45 min