

GREAT SPRINGS TRAIL RACE AID STATION CHARTS



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

Slowest Pace Possible = 22:54

GREAT SPRINGS 13.1

Name	Sequence	Split	Mile	Drop Bag	Crew	Parking	Served	Cutoff	Cutoff Hrs
Trailhead (Start)	0	Start	0.00	Y	Y	Y	Full Aid		
Dreamers Outbound	1	3.20	3.20	N	N	N	H20, Tailwind, Gels	9:13 AM	1 hr, 13 min
Flow	2	3.69	6.89	N	Y	Y (Limited)	Full Aid	10:38 AM	2 hrs, 38 min
Dreamers Inbound	3	3.31	10.20	N	N	N	H20, Tailwind, Gels	11:54 AM	3 hrs, 54 min
Trailhead (Finish)	4	2.90	13.10	Y	Y	Y	Full Aid	1:00 PM	5 hrs, 0 min