

Golden State TRAIL RUN

Aid Station Information

50K (Start 7:00 AM)					
AS Distances	Distance to Next AS	Total Distance	4 Hours	6 Hours	9 Hours
Start to Sandstone	4.0	4.0	7:30 AM	7:45 AM	8:05 AM
Sandstone to Sandstone	6.3	10.3	8:20 AM	9:00 AM	10:00 AM
Sandstone to Twisted Sister	2.9	13.2	8:40 AM	9:34 AM	10:50 AM
Twisted Sister to Creekside	7.0	20.2	9:35 AM	10:57 AM	12:55 PM
Creekside to Oil Well	5.3	25.5	10:15 AM	11:57 AM	2:25 PM
Oil Well to Finish	5.4	30.9	11:00 AM	1:00 PM	4:00 PM
Total Mileage		30.9			

35K (Start 7:00 AM)				
AS Distances	Distance to Next AS	Total Distance	2:30 Hours	6.5 Hours
Start to Sandstone	4.0	4.0	7:25 AM	8:10 AM
Sandstone to Sandstone	6.3	10.3	8:10 AM	10:10 AM
Sandstone to Twisted Sister	2.9	13.2	8:30 AM	11:05 AM
Twisted Sister to Oil Well	3.8	17.0	8:50 AM	11:50 AM
Oil Well to Finish	5.4	22.4	9:30 AM	1:30 PM
Total Mileage		22.4		

Half Marathon (Start 7:30 AM)				
AS Distances	Distance to Next AS	Total Distance	1:30 Hours	4 Hours
Start to Twisted Sister	3.6	3.6	7:50 AM	8:35 AM
Twisted Sister to Oil Well	3.8	7.4	8:22 AM	9:50 AM
Oil Well to Finish	5.4	12.8	9:00 AM	11:30 AM
Total Mileage		12.8		

10K (Start 8:00 AM)				
AS Distances	Distance to Next AS	Total Distance	:40 Hours	1:30 Hours
Start to Twisted Sister	3.6	3.6	8:20 AM	8:50 AM
Twisted Sister to Finish	2.6	6.2	8:40 AM	9:30 AM
Total Mileage		6.2		

Denotes cutoff