

# Knickerbocker Canyon Trail Run

## Aid Station Distances & Cutoffs

<b>35 KM (8:30 AM Start Time)</b>				
<b>AS Distances</b>	Next Aid	Total Distance	2:30 Pace	6:30 Pace
Start to No Hands Bridge	4.2	4.2	9:00 AM	9:45 AM
No Hands Bridge to Knickerbocker	3.4	7.6	9:30 AM	10:50 AM
Knickerbocker to Knickerbocker	4.3	11.9	10:10 AM	<b>12:15 PM</b>
Knickerbocker to No Hands Bridge	4.1	16.0	10:40 AM	<b>1:30 PM</b>
No Hands Bridge to FINISH	4.8	20.8	11:20 AM	<b>3:00 PM</b>
<b>Total Mileage</b>		<b>20.8</b>		

<b>Half Marathon (8:30 AM Start Time)</b>				
<b>AS Distances</b>	Next Aid	Total Distance	1:35 Pace	4:00 Pace
Start to No Hands Bridge	4.2	4.2	9:00 AM	9:45 AM
No Hands Bridge to No Hands Bridge	4.3	8.5	9:30 AM	11:05 AM
No Hands Bridge to FINISH	4.8	13.3	10:05 AM	12:30 PM
<b>Total Mileage</b>		<b>13.3</b>		

<b>10K (9:00 AM Start Time)</b>				
<b>AS Distances</b>	Next Aid	Total Distance	:45 Pace	2:00 Pace
Start to Finish	6.1	6.1	9:45 AM	11:00 AM
<b>Total Mileage</b>		<b>6.1</b>		

<b>5K (9:15 AM Start Time)</b>				
<b>AS Distances</b>	Next Aid	Total Distance	:25 Pace	1:15 Pace
Start to Finish	3.5	3.5	9:40 AM	10:30 AM
<b>Total Mileage</b>		<b>3.5</b>		

Denotes firm cutoff