

Knickerbocker Canyon Trail Run

Aid Station Distances & Cutoffs

35 KM (8:30 AM Start Time)

AS Distances	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	12:15 PM
Knickerbocker to No Hands Bridge	4.1	16.0	10:40 AM	1:30 PM
No Hands Bridge to FINISH	4.8	20.8	11:20 AM	3:00 PM
Total Mileage		20.8		

Half Marathon (8:30 AM Start Time)

AS Distances	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
Total Mileage		13.3		

10K (9:00 AM Start Time)

AS Distances	Next Aid	Total Distance	:45 Pace	2:00 Pace
Start to Finish	6.1	6.1	9:45 AM	11:00 AM
Total Mileage		6.1		

5K (9:15 AM Start Time)

AS Distances	Next Aid	Total Distance	:25 Pace	1:15 Pace
Start to Finish	3.5	3.5	9:40 AM	10:30 AM
Total Mileage		3.5		



Denotes firm cutoff