

*22-Mile Training Run  
 (can add 2.8 miles  
 to make 24.8)*

- Miles 1 - ~~14.7~~ 14.7 (24.3)
- Miles 24.3 - finish (50K)
- Miles 42.3 - finish (50 Mile)
- ~~Miles 50 - finish (50 Mile)~~

**PINE GROVE**

**AID STATIONS** (training run only)  
~~Water Only (50 mile only)~~

● ● ●  
 Add distance

