

Schedule

10 Mile Briefing: 10:45

10 Mile Unguided: 11:00

6 Mile Briefing - 11:05

6 Mile Unguided: 11:20

6 Mile (10-11 min pace): 11:25

6 Mile Hike: 11:30

3 Mile Briefing: 11:25

3 Mile Unguided: 11:45

3 Mile (10-11 min pace): 11:50

3 Mile Hike: 11:55

2 Mile Briefing: 11:40

2 Mile Hike: 12:00

*(Paces are intended as your road/treadmill pace, you'll likely be 3-4 min slower on the trails.)