

# Ghost Bridge 14?

## Aid Station/Pace Chart

7:00 AM Wave					
Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner
<b>Start</b> - Brown's Ravine	0	6.6	7:00 AM	7:00 AM	7:00 AM
New York Creek	6.6	7.50	7:42 AM	8:12 AM	9:02 AM
<b>Finish</b> - Old Salmon Falls Parking Lot	14.10		8:31 AM	9:35 AM	11:20 AM
7:30 AM Wave					
Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner
<b>Start</b> - Brown's Ravine	0	6.6	7:30 AM	7:30 AM	7:30 AM
New York Creek	6.6	7.50	8:12 AM	8:42 AM	9:32 AM
<b>Finish</b> - Old Salmon Falls Parking Lot	14.10		9:01 AM	10:05 AM	11:50 AM
8:00 AM Wave					
Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner
<b>Start</b> - Brown's Ravine	0	6.6	8:00 AM	8:00 AM	8:00 AM
New York Creek	6.6	7.50	8:42 AM	9:12 AM	10:02 AM
<b>Finish</b> - Old Salmon Falls Parking Lot	14.10		9:31 AM	10:35 AM	12:20 PM
8:30 AM Wave					
Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner
<b>Start</b> - Brown's Ravine	0	6.6	8:30 AM	8:30 AM	8:30 AM
New York Creek	6.6	7.50	9:12 AM	9:42 AM	10:32 AM
<b>Finish</b> - Old Salmon Falls Parking Lot	14.10		10:01 AM	11:05 AM	12:50 PM
9:00 AM Wave					
Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner
<b>Start</b> - Brown's Ravine	0	6.6	9:00 AM	9:00 AM	9:00 AM
New York Creek	6.6	7.50	9:42 AM	10:12 AM	11:02 AM
<b>Finish</b> - Old Salmon Falls Parking Lot	14.10		10:31 AM	11:35 AM	1:20 PM

**Notes:**

Front Runner = 6:30 min/mile pace  
 Middle Runner = 11:00 min/mile pace  
 Back Runner = 18:30 min/mile pace