

Aid.Station	Section Distance	Total Distance	cut.run	cut.clock	my.time	Ascent	Decent	Crew Access	To Do	Dad
Mohican State Park	0	0	0:00:00	5:00	5:00	0	0	Yes		YES
Gorge Overlook	4.1	4.1	1:18:23	6:18	6:12	824	579	Yes		
Fire Tower	4.5	8.6	2:44:24	7:44	7:31	583	338	Yes	headlamp (please charge)	YES
Covered Bridge	6.2	14.8	4:42:56	9:42	9:21	1072	1429	No		
Hickory Ridge	5.6	20.4	6:29:59	11:29	11:00	545	226	No		
Mohican State Park	6.9	27.3	8:41:53	13:41	13:02	570	1021	Yes		
Gorge Overlook	3.8	31.1	9:54:32	14:54	14:09	884	639	Yes		
Fire Tower	4.5	35.6	11:20:33	16:20	15:28	583	338	Yes	Return headlamp, charge headphones	YES
Covered Bridge	6.2	41.8	13:19:05	18:19	17:18	1072	1429	No		
Hickory Ridge	5.6	47.4	15:06:08	20:06	18:57	545	226	No		
Mohican State Park	6.9	54.3	17:18:02	22:18	20:59	570	1021	Yes	spare headlamp	YES
Gorge Overlook	3.8	58.1	18:30:41	23:30	22:06	884	639	Yes		
Fire Tower	4.5	62.6	19:56:42	0:56	23:25	583	338	Yes	charge phone	YES START RUNNING
Covered Bridge	2.6	65.2	20:46:24	1:46	0:11	226	583	No		with dad
Hickory Ridge	5.6	70.8	22:33:28	3:33	1:50	545	226	No		with dad
Mohican State Park	6.9	77.7	24:45:22	5:45	3:52	570	1021	Yes	get headphones	STOP RUNNING
Gorge Overlook	3.8	81.5	25:58:00	6:58	4:59	884	639	Yes		
Fire Tower	4.5	86	27:24:02	8:24	6:19	583	338	Yes		
Covered Bridge	2.6	88.6	28:13:44	9:13	7:05	226	583	No		
Hickory Ridge	5.6	94.2	30:00:47	11:00	8:44	545	226	No		
Mohican Adventures	6.3	100.5	32:01:14	13:01	10:35	570	1021	Yes		YES