



Trail Type	Distance	Time
VASA Trail	6-7	0.03
VASA Trail	6-8	1.8
VASA Trail	7-10	1.80
VASA Trail	7-10	2.08
VASA Trail	8-10	0.29
VASA Trail	8-10	1.44
VASA Trail	10-11	1.46
VASA Trail	10-11	0.35
VASA Trail	10-11	0.96
VASA Trail	11-12	2.10
VASA Trail	11-12	3.47
VASA Trail	12-13	0.90
VASA Trail	12-13	1.37
VASA Trail	13-14	0.41
VASA Trail	13-14	1.30
VASA Trail	14-15	0.21
VASA Trail	14-15	0.34
VASA Trail	15-16	1.68
VASA Trail	15-16	2.60

■ = STOUT ≈ 23.5 mile
■ = PALE ALG ≈ 11.5 mile
 - - - = TWO TRACK
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- ★ Course Marshal
- ▲ Aid Station
- Drop Out Pick Up

