



Segment	Segment Distance	Total Distance	Aid Station	Aid?
Dog Mtn Trailhead to Trail 144 "More/Less Difficult" junctions	.6	.6		
Trail 144 "Less Difficult" to junction of Trail 144 "More Difficult"	1.9	2.5		
Trail 144 to Dog Mtn Summit Trail	.7	3.2		
Dog Mtn Summit Trail to Summit	.05	3.2	AS 1	GU & water
Summit to Trail 144	.05	3.3		
Trail 144 to Trail 4407	.9	4.2		
Trail 4407 to Finish	2.8	7		
Total		7		