

**WAY TOO COOL 50K**  
**8:00 AM START**  
**Aid Station/Pace Chart**

Aid Station	Distance (miles)	Next Aid (miles)	Front Runner	Middle Runner	Back Runner	Crew	Drop Bags	Cutoff
<b>Start</b> - Cool Fire Station	<b>START</b>	8.0	8:00 AM	8:00 AM	8:00 AM	<b>Yes</b>	<b>Yes</b>	
Fire Station	8.0	5.0	8:48 AM	9:28 AM	10:08 AM	<b>Yes</b>		<b>10:20 AM **</b>
Quarry	13.0	7.5	9:18 AM	10:23 AM	11:28 AM	No		
Auburn Lake Trails (ALT)	20.5	5.5	10:03 AM	11:45 AM	1:28 PM	No		<b>1:55 PM **</b>
Goat Hill	26.0	4.0	10:36 AM	12:46 PM	2:56 PM	No		
Hwy 49 Crossing - Hydration Only	30.0	1.4	11:00 AM	1:30 PM	4:00 PM	No		
<b>Finish</b> - Cool Fire Station	31.4	<b>FINISH</b>	11:08 AM	1:45 PM	4:23 PM	<b>Yes</b>	<b>Yes</b>	<b>4:30 PM **</b>

**Notes:**

**\*\* ABSOLUTE CUTOFF FOR ALL WAVES**

**Pace**

Front Runner = 6:00 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 16:00 min/mile pace