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
Start - Cool Fire Station	**START**	8.0	8:00 AM	8:00 AM	8:00 AM	**Yes**	**Yes**	
Fire Station	8.0	5.0	8:48 AM	9:28 AM	10:08 AM	**Yes**		**10:15 AM ****
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		**1:45 PM ****
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		
Finish - Cool Fire Station	31.4	**FINISH**	11:08 AM	1:45 PM	4:23 PM	**Yes**	**Yes**	**4:30 PM ****

Notes:

** **ABSOLUTE CUTOFF**

Pace

Front Runner = 6:00 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 16:00 min/mile pace

1. It should be noted that cutoff times are not intended to be a pacing guide. They are quite generous, especially early, and slower runners should focus on the 8.5-hour time not the cut-off time. If you're close to the cut-offs you're in trouble!

2. Remember when calculating your time, you need to take into consideration the time you spend at an aid station. For example, if you spend 2 minutes per aid station (there are 5 aid stations) that is 12 minutes added to your time. If you are close to the absolute cutoffs, you will not make it.

3. Cut-off times reflect the deadlines for LEAVING the aid station. If you return to an aid station after the cut-off, you will be pulled from the Run. The cut-off times will be strictly enforced by the Cutoff Coordinators or Aid Station Captains. Anyone leaving an aid station after the cut-off time will be disqualified. This rule is for the safety of all participants. IF YOU MISS THE CUT-OFF, YOU MUST STOP. Significant sanctions will apply to anyone breaking this rule.