

WAY TOO COOL 10M
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	1.4	8:48 AM	9:28 AM	10:08 AM	Yes		10:15 AM **
Hwy 49 Crossing - Hydration Only	9.4	1.4	8:56 AM	9:43 AM	10:49 AM	No		
Finish - Cool Fire Station	10.8	FINISH	9:04 AM	9:58 AM	11:14 AM	Yes		11:30 AM **

Notes:

**** ABSOLUTE CUTOFF**

Pace

Front Runner = 6:00 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner for first 8 miles = 16:00 min/mile pace

Back Runner = 18:00 min/mile pace

****NO PACERS ALLOWED****

1. 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.
2. Reminder that poles are NOT allowed on this course.