

**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>10:15 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>1:30 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  
Pace**

Front Runner = 6:00 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 16:00 min/mile pace

**\*\*NO PACERS ALLOWED\*\***

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 30-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.
4. Reminder that poles are NOT allowed on this course.

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