

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	3.1	8:48 AM	9:28 AM	10:08 AM	Yes		
Lower Quarry	11.1	5.6	9:06 AM	10:02 AM	10:58 AM	No		11:10 AM
Maine Bar*	16.7	4.3	9:40 AM	11:04 AM	12:27 PM	No		
Auburn Lake Trails (ALT)	21.1	5.3	10:06 AM	11:51 AM	1:37 PM	No		1:55 PM
Goat Hill	26.4	3.3	10:38 AM	12:50 PM	3:02 PM	No	Yes	
Hwy 49 Crossing	29.8	1.4	10:58 AM	1:27 PM	3:56 PM	No		
Finish - Cool Fire Station	31.2	FINISH	11:07 AM	1:43 PM	4:19 PM	Yes	Yes	4:40 PM**

Notes:

* Express Station - Water and Light Snacks Only

** ABSOLUTE CUTOFF

Front Runner = 6:00 min/mile pace

Middle Runner = 11:00 min/mile pace

Back Runner = 16:00 min/mile pace