

WAY TOO COOL 50K
8:10 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	8:10 AM	8:10 AM	8:10 AM	Yes	Yes	
Fire Station	8.0	5.1	8:58 AM	9:38 AM	10:18 AM	Yes		10:20 AM **
Brown's Bar	13.1	8.0	9:28 AM	10:34 AM	11:39 AM	No		
Auburn Lake Trails (ALT)	21.1	5.3	10:16 AM	12:02 PM	1:47 PM	No		1:55 PM **
Goat Hill	26.4	3.3	10:48 AM	1:00 PM	3:12 PM	No		
Hwy 49 Crossing - Hydration Only	29.7	1.4	11:08 AM	1:37 PM	4:05 PM	No		
Finish - Cool Fire Station	31.2	FINISH	11:17 AM	1:52 PM	4:28 PM	Yes	Yes	4:40 PM **

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