

Aid Stations	Distance (Miles)	Next Aid (Miles)	Front Runner est arrival time	12 Hour Pace	16 hour	Crew	Drop Bags	Pacer Pick-Up	Medical	Cut-Off
Start - Spooner Lake	Start 6 AM					Yes	Yes	No	Yes	
Hobart	7	5	7:05 AM	7:40 AM	7:35 AM	No	Yes	No		
Tunnel Creek	12	3	7:55 AM	8:55 AM	9:15 AM	No	Yes	No	Yes	
Red House	15	3.5	8:25 AM	9:35 AM	10:15 AM	No	No	No		
Tunnel Creek	18.5	3	9:05 AM	10:20 AM	11:15 AM	No	No	No		
Bull Wheel (water only)	21.5	8.5	9:30 AM	11:05 AM	12:15 PM	No	No	No		
Diamond Peak	30	2	10:55 AM	1:05 PM	3:30 PM	Yes	Yes	Yes	Yes	
Bull Wheel (water only)	32	3	11:45 AM	2:00 PM	4:45 PM	No	No	No		
Tunnel Creek	35	5.1	12:15 PM	2:45 PM	5:30 PM	No	Yes	No	Yes	
Hobart	40	3	1:05 PM	3:35 PM	6:25 PM	No	Yes	No		
Snow Valley Peak	43	5.3	1:35 PM	4:30 PM	7:35 PM	No	No	No		
Spooner Summit (water only)	48.3	1.7	2:20 PM	5:40 PM	9:15 PM	No	No	No		
50 Mile Finish	50	Done	2:35 PM	6:05 PM	10:30 PM	N/A	Yes	Yes	Yes	11:00:00 PM**

Front Runner pace based on 9:30 pace average

12 Hour Finisher pace based on 14:30 pace average

16 Hour Finisher pace based on 20-22 minute per mile pace