



50k Aid Station Pace Chart :: 7:00 am Saturday Start

AS Label	AS Location	AS Mileage	Miles to Next AS	First Runner ETA	Last Runner ETA	Cut-Off Time	Drop Bags	Crew
Start	Natural Chimneys - Start	0.0	5.7	7:00 AM	7:00 AM		Yes	Yes
AS1	Lick Run 1	5.7	5.7	7:40 AM	8:25 AM	8:30 AM	No	No
AS2	Wolf Ridge	11.4	9.6	8:25 AM	9:55 AM	10:00 AM	No	No
AS3	Sand Spring	21.0	7.0	9:45 AM	12:40 PM	12:45 PM	No	No
AS4	Lick Run 2	28.0	4.5	10:35 AM	2:50 PM	3:00 PM	No	No
Finish	Natural Chimneys - Finish	32.5		11:05 AM	4:00 PM	4:00 PM	Yes	Yes

Cut-Off Times should be given approx. 10 minutes of flex, except for those highlighted in yellow. Highlighted cut-off times are hard cuts and should be managed as such. Aid Captains should stay in contact with Race Director in the event a cut-off must be enforced.