



100k Aid Station Chart

AS Label	AS Location	AS Km	Km to Next AS	Elev. Gain to Next AS (m)	Elev. Loss to Next AS (m)	Cumulative Elev. Gain (m)	Cumulative Elev. Loss (m)	Cut-Off Time	Drop Bags	Crew
Start	Creekside Plaza - Start	0.0	3.1	339	-7	339	-7		X	X
AS1	Middle of Nowhere	3.1	8.5	1,197	-18	1,536	-25			
AS2	Whistler Summit	11.6	9.5	358	-696	1,893	-720			
AS3	Roundhouse	21.1	7.7	89	-1148	1,982	-1,868	10:30 AM		
AS4	Big Burn - 1	28.8	1.8	414	0	2,396	-1,868	12:30 PM	X	X
HS1	Mid Station - 1 (Hydration Station)	30.6	3.2	676	0	3,072	-1,868			
AS5	Rendezvous	33.8	8.4	93	-769	3,165	-2,637	1:30 PM		
HS2	Mid Station - 2 (Hydration Station)	42.2	4.5	16	-436	3,181	-3,073			
AS6	Big Burn - 2	46.7	3.7	9	-140	3,190	-3,214	4:00 PM	X	X
HS3	Mel's Dilemma (Hydration Station)	50.4	10.0	579	-434	3,770	-3,647			
AS7	Pump Up	60.4	8.6	380	-561	4,149	-4,208	7:30 PM		
HS4	Weather Check	69.0	10.7	353	-310	4,503	-4,518	9:30 PM	X	X
AS8	Creekside	79.7	18.5	102	-104	4,604	-4,622	12:00 AM		
AS9	Spruce	87.1	11.1	474	-430	5,078	-5,052	1:30 AM		
AS9	Lost Lake (Hydration Station)	98.2	2.7	49	-92	5,127	-5,144			
Finish	Spruce Grove Park - Finish	100.9						5:00:00 AM (Sunday)	X	X

****Distance, elevation gain and loss are based on CalTopo. The above elevation gain/loss data is derived from a segmented GPX file on CalTopo which tends to be more accurate than a single line GPX route. Actual data may vary on course and from watch to watch. Due to permitting, the course is subject to change. Always follow course markings for current route****

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