

Cum dist	Aid station	To go	Crew access	Drop Bag	28 Hr Pace	30 Hr Pace	36 Hr cutoff	Drop Bags contents	Tasks	Pack type	Bottle contents
0	START: Skyline Ranch Resort	2.4	-	-	5:00 AM	5:00 AM	5:15 AM	Start race with one-bottle waistpack, dry bottle with Heed powder	-	1	- dry
2.4	#1 - MT Trailhead	6.3	No	No	-	-	5:45 AM	Top off water bottle and drink a cup	Top off bottle	1	- Heed
8.7	#2 - Shawl Gap Parking	3.1	Yes	Yes	6:36 AM	6:47 AM	7:20 AM	Handheld bottle with dry powder, 1 CLIP, 1 serving HEED.	Top off	1 +	- Heed H2O
11.8	#3 - Veach Gap Parking	5.1	No	No	7:06 AM	7:20 AM	8:10 AM		Make Heed	1 +	- Heed H2O
16.9	#4 - Milford Gap	7.8	No	No	8:14 AM	8:30 AM	9:45 AM		Make CLIP	1 +	CLIP, H2O
24.7	#5 - Habron Gap Parking	9.5	Yes	Yes	9:32 AM	9:53 AM	11:45 AM	p/u NB Backpack, shoes, socks, gel flask, HEED. S/S shirt.	Chg shoes, make HEED	NB +	- Heed
34.2	#6 - Camp Roosevelt	5.6	Yes	Yes	11:45 AM	12:23 PM	2:45 PM	p/u 2-bottle belt from Andrea, transfer gel flask.	Make CLIP	2	- CLIP - H2O
39.8	#7 - Gap Creek/Jawbone I	8.4	Yes	Yes	1:13 PM	1:54 PM	5:00 PM	CLIP, Heed powder, gels, cliff block. IPOD. Andrea departs to p/u Pacers at Ranch.	Make CLIP, Make Heed	2 +	CLIP, HEED, H2O
48.2	#8 - Visitor Center	3.9	Yes	Yes	3:37 PM	4:13 PM	8:00 PM	Gel flask, 2x Heed powder. Leave bottle?	Make Heed, new flask	2	- Heed
52.1	#9 - Bird Knob	4.3	No	No	4:40 PM	5:19 PM	N/A		Make Heed	2	- Heed
56.4	#10 - Picnic Area	1.7	Yes	Yes	-	-	11:10 PM	No drop bag.	-	2	
58.1	Unmanned - US 211E (PACER?)	6.8	Yes	No	6:10 PM	6:52 PM	N/A	No drop bag here, but crew access. New gel flask, CLIP, small lamp. (PACERS start after 6 PM)	P/U Lamp P/U flask Make CLIP	2	- CLIP - H2O
64.9	#11 - Gap Creek/Jawbone II (PACER?)	2.8	Yes	Yes	8:04 PM	9:03 PM	2:15 AM	p/u Lamp from Andrea, AMINO, L/S clothes, socks	P/U Lamp, Make AMINO	2	- AMINO H2O
67.7	#12 - Moreland Gap (730/374) to Short Mt	8.2	Yes	Yes	9:17 PM	10:00 PM	3:30 AM	Batteries, gels, AMINO	Make AMINO, Make HEED	2 +	AMINO, HEED, H2O
75.9	#13 - Edinburg Gap to Powells Mt	8.2	Yes	Yes	12:08 AM	12:52 AM	7:00 AM	Batteries, gels, AMINO, new gel flask?	Make AMINO, Make HEED	2 +	AMINO, HEED, H2O
84.1	#14 - Woodstock Tower	5.2	Yes	Yes	3:00 AM	3:50 AM	10:30 AM	Batteries, gels, AMINO, shirt, new gel flask?	Make AMINO P/U flask	2	- AMINO H2O
89.3	#15 - Powells Fort	7.5	Yes	Yes	4:52 AM	6:23 AM	12:30 PM	Gels, powder, socks, shirt	Make Heed	2	- Heed H2O
96.8	#16 - Elizabeth Furnace	5	Yes	Yes	7:22 AM	9:11 AM	3:00 PM	No drop bag.	Make Heed	2 or 1	- Heed H2O
101.8	FINISH: Skyline Ranch Resort	FINISH	-	-	9:00 AM	11:00 AM	5:00 PM			-	