

Aid Station Info

LOCATION	DISTANCE FROM START (miles)				TO NEXT AID (miles)	CREW	DROP BAG	CUTOFF	Approximate Low / High Points In Next Segment	Approximate Gain / Loss to Next AS	
	100M	50M	50K	21M							
Lead Draw (100 mile start)	0				5.1	NO	NO		5168' / 6695'	+1553' -1157'	
Walker Creek AS	5.1				9.9	NO	NO	1:45 PM	5356' / 6075'	+2274' -2326'	
Goodenough AS	15				3.2	YES	YES	5:10 PM	5513' / 7591'	+2118' -39'	
Water Only (at base of out-n-back)	18.2				3.1				7591' / 8597'	+1197' -1197'	
Old Tom Summit Out-n-Back											
Water Only (at base of out-n-back)	21.3				7				5964' / 7594'	+536' -2165'	
South Fork AS	28.3				7	YES	YES	9:50 PM	5190' / 6613'	+782' -1536'	
West Fork AS	35.3				5.7	YES	YES	12:15 AM	5211' / 6505'	+1513' -1091'	
Water only	41				6.3	NO	NO		5206' / 6190'	+1044' -1471'	
50 km starts at Gibson Jack AS and goes 6.7 miles straight to Elk Meadows AS with 1843' gain and 260' loss	Gibson Jack AS (50 mile start)	47.3	0	0		7.2	YES	YES	4:30 AM	5207' / 6223'	+1327' -843'
	Cusick Creek AS	54.5	7.2			6.1	NO	NO	7:00 AM (100 mile)	4514' / 6096'	+464' -1641'
	City Creek AS	60.6	13.3			5.8	YES	YES	9:15 AM	4514' / 7093'	+2690' -147'
	Water only	66.4	19.1			7	NO	NO		6032' / 7085'	+1130' -1399'
	Elk Meadows AS	73.4	26.1	6.69		5.7	NO	NO		5213' / 6787'	+75' -1650'
West Fork AS (near 21 mile start)	79.1	31.8	12.39	~0	6.3	YES	YES	3:30 PM	5190' / 7084'	+1989' -565'	
South Scout AS	85.4	38.1	18.69	6.3	10.5	100M ONLY	NO	6:00 PM	5797' / 8692'	+2311' -3149'	
Big Fir AS	95.9	48.6	29.19	16.8	6.3	YES	YES	9:30 PM	5160' / 6296'	+1313' -1952'	
FINISH of all distances Mink Creek Group Campground	102.2	54.9	35.49	23.1				12:00 AM (Midnight)			

Aid Station Notes

Each runner is allowed one tag for a crew vehicle. The tag is available at race check-in.

Lead Draw	Runners, crew, spectators should drive to Lead Draw for the start of the 100-miler because shuttles are not operating on Friday.
Walker Creek AS	
Goodenough AS	Crew: Parking is at the entrance to Goodenough campground, then walk 1/2 mile. This is a 1.5 hrs round trip and early in the race (mile 15); we recommend NOT making this trip.
Water only	
Old Tom Summit	Not an aid station, water at start/end of out-n-back. Runner must collect wrist band from volunteer on Old Tom summit (expect heavy wind) and present at next aid station (South Fork Road) or be disqualified.
Water only	
South Fork AS	Limits: Crew for 50- and 100-milers are permitted only one vehicle and crew member per runner. Vehicle permits are dispensed at check-in.
West Fork AS	Crew: West Fork aid station has limited parking. If the lot is full, please park at the turn onto South Fork Rd (0.8 mile above) and walk down. DO NOT PARK ON MINK CREEK ROAD; if you do, your vehicle will be towed and your runner disqualified.
Water only	
Gibson Jack AS	Crew, Runners, and spectators must all take the shuttle from Century High School for the start of the 50 mile race. Crew and spectators are allowed to drive here to meet their 100 mile runner during the night.
Cusick Creek AS	
City Creek AS	Crew: City Creek parking is at Centennial Park, across the paved road from the aid station.
Water only	
Elk Meadows AS	
West Fork AS	Crew: West Fork aid station has limited parking. If the lot is full, please park at the turn onto South Fork Rd (0.8 mile above) and walk down. DO NOT PARK ON MINK CREEK ROAD; if you do, your vehicle will be towed and your runner disqualified. Runners: Headlamp recommended if leaving West Fork after 3:00 pm
South Scout AS	Crew: allowed ONLY for 100-milers Runners: Headlamp is REQUIRED if leaving South Scout after 5:00 pm
Big Fir AS	Limits: Crew for 50- and 100-milers are permitted but only one vehicle and crew member per runner is allowed. Vehicle permits are dispensed at check-in. Use pull-outs along dirt road and walk in. Crew and spectators for 21-milers are not permitted at Big Fir Aid Station. <i>*It may be challenging to get from this aid station to the finish line before your runner does because you have to drive all the way to Century High School, wait for the next shuttle, and ride it to the finish area while they have just 6 miles of mostly downhill running left.</i> Runners: Headlamp REQUIRED if leaving Big Fir after 7:00 pm
FINISH Mink Creek Group Campground	DO NOT DRIVE TO THE FINISH AREA. All crew and spectators must take one of the continuously operating shuttles from Century High School. Runners must take a shuttle to Century High School after they finish their race where they can be picked up or return to their car.