

Leadville 2012 Race Planning - Fueling

Crew?	Aid stations	Dist (km)	24 hr Plan Time	Water req'd	Cals req'd	Cals carried	Perp. (135 per)	Gu gels (100 per)	Hammer (80 per)	Clif gels (100 per)	Shot blocks (200 per)	Waffles (160 per)
No	0. Start	0.0	0:00:00	(500 / hr)								
		+10.2	1:05:00	540	270	270	2					
						0						
Crew W	1. Matchless Boat Ramp	10.2	1:05:00									
		+11.6	1:12:00	600	300	297	2.2					
						-3						
Crew E + Aid	2. May Queen	21.7	2:17:00	(600 / hr)								
		+16.1	2:12:00	1320	550	550	2	1	1	1		
						0						
Crew W + Aid	3. Fish Hatchery	37.8	4:29:00									
		+7.7	0:59:00	588	245	240			3			
						-5						
Crew E	4. Treeline	45.5	5:28:00									
		+3.5	0:25:00	252	105	100		1				
						-5						
Aid	5. Halfmoon II / Half-pipe	49.1	5:53:00									
		+8	1:11:00	708	295	270	2					
						-25						
Fluids	6. Mt. Elbert	57.1	7:04:00									
		+6.4	0:45:00	450	188	160			2			
						-27.5						
Crew W + Aid	7. Twin Lakes	63.6	7:49:00									
		+8	1:51:00	1110	463	460			2	1	1	
						-2.5						
Aid	8. Hope	71.6	9:40:00									
		+8.9	1:29:00	888	370	380		2	1	1		
						10						
Crew E + Aid	9. Winfield - Halfway!	80.5	11:09:00									
		+8.9	2:06:00	1260	525	505	3	1				
						-20						
Aid	10. Hope	89.3	13:15:00									
		+8	1:13:00	732	305	300		1		2		
						-5						
Crew + Aid	11. Twin Lakes	97.4	14:28:00									
		+6.4	1:07:00	672	280	280		2	1			
						0						
Fluids	12. Mt. Elbert	103.8	15:35:00	(500 / hr)								
		+8	1:12:00	600	300	300				1	1	
						0						
Aid	13. Half-pipe	111.8	16:47:00									
		+3.5	0:33:00	275	138	160			2			
						22.5						
Crew + Aid	14. Treeline	115.4	17:20:00									
		+7.7	1:01:00	510	255	280		2	1			
						25						
Crew + Aid	15. Fish hatchery	123.1	18:21:00									
		+16.1	2:38:00	1315	658	670	2	1		1	1	
						12.5						
Crew + Aid	16. May Queen	139.2	20:59:00									
		+9.3	1:31:00	760	380	405	3					
						25						
Crew?	17. Matchless Boat Ramp	148.5	22:30:00									
		+12.4	1:26:00	715	358	335	1	1		1		
						-22.5						
No	18. Finish	160.9	23:56:00									
				13,295	5,983	5,962	17.2	12	13	8	3	0