

## Summary:

<u>Crew Station:</u>	<u>ETA:</u>	<u>Dist. (km):</u>	<u>Crew:</u>
0. START	4:00 AM	0	All
1. May Queen	6:17 AM	22	Sis, Dude, Dad
2. Fish Hatchery	8:29 AM	38	G/F, Bro
3. Treeline	9:28 AM	46	Sis, Dude, Dad
4. Twin Lakes	11:49 AM	64	G/F, Bro
5. Winfield	3:09 PM	80	Sis, Dude, Dad
6. Twin Lakes	6:28 PM	97	All
7. Treeline	9:20 PM	115	All
8. Fish Hatchery	10:21 PM	123	All
9. May Queen	12:59 AM	139	All
10. Finish	3:56 AM	161	All

# 0. Start Line

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Start at: 4:00 AM  
Next Station: May Queen @ 21.7 km (13.5 mi) (G/F & Bro)  
Distance to next station: 21.8 km  
Time to next station: 2:17  
Estimated time of arrival: 6:17 AM

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Notes:

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## To prepare for runner:

Water: 1140 mL

- Soloman pack filled with pure water

Fuel: 570 cal

- 4.2 scoops Perpetuem in 10 oz gel flask

To do:

- Salomon Beanie
- Arm warmers
- Nike gloves

Next stop:

- Sis, Dude & Dad drive to **May Queen aid station for 6:17 AM**
- G/F & Bro drive to **Fish Hatchery aid station for 8:29 AM**

# 1. May Queen Campground (outbound)

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Crew: Sis, Dude, Dad  
Distance to here: 21.7 km (13.5 mi)  
Total Time: 2:17  
Time from start: 2:17  
Estimated time of arrival: **6:17 AM**

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Next Station: Fish Hatchery @ 37.8 km (23.5 mi) (G/F & Bro)  
Distance to next station: 16.1 km  
Time to next station: 1:57  
Estimated time of arrival: 8:29 AM

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Actual time of arrival: \_\_\_\_\_  
Time difference: \_\_\_\_\_ If I arrive **LATE:**  
Calorie difference: (250 cal/hr) \_\_\_\_\_ Add these cals for next leg  
Water difference: (500 mL/hr) \_\_\_\_\_ Drink this much **Pedialyte**

Notes:

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## To prepare for runner:

Water: **1320 mL**

- **Gregory Pack filled w/ pure water**

Fuel: **550 cals**

- **1 Cliff gel**
- **1 Hammer gel**
- **1 Gu gel**
- **2 scoops Perpetuem in gel flask**

To do:

- **White hat (no sunglasses)**
- **Sunscreen**
- **Take headlamp & extra clothes from runner**

Next stop:

- Sis, Dude & Dad drive to **Treeline aid station for 9:28 AM**

## 2. Fish Hatchery (outbound)

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Crew: **G/F & Bro**  
Distance to here: 37.8 km (23.5 mi)  
Total Time: 4:29  
Time from previous station: 2:12  
Estimated time of arrival: **8:29 AM**

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Next Station: Treeline @ 45.5 km (28.3 mi) (Sis, Dude & Dad)  
Distance to next station: 7.7 km  
Time to next station: 0:59  
Estimated time of arrival: 9:28 AM

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Actual time of arrival: \_\_\_\_\_  
Time difference: \_\_\_\_\_ If I arrive **LATE:**  
Calorie difference: (250 cal/hr) \_\_\_\_\_ Add these cal's for next leg  
Water difference: (600 mL/hr) \_\_\_\_\_ Drink this much **Pedialyte**

Notes:

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### To prepare for runner:

Water: **588 mL**  
● **1 Nathan handheld w/ pure water**

Fuel: **245 cal's**  
● **3 Hammer gels**

To do:  
● **Sunscreen**  
● **Sunglasses**  
● **Body glide**

Next stop:  
● **G/F & Bro drive to Twin Lakes aid station for 11:49 AM**

### 3. Treeline (outbound)

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Crew: **Sis, Dude & Dad**  
Distance to here: 45.5 km (28.3 mi)  
Total Time: 5:28  
Time from previous station: 0:59  
Estimated time of arrival: **9:28 AM**

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Next Station: Twin Lakes @ 63.6 km (39.5 mi) (G/F & Bro)  
Distance to next station: 18.0 km  
Time to next station: 2:21  
Estimated time of arrival: 11:49 AM

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Actual time of arrival: \_\_\_\_\_  
Time difference: \_\_\_\_\_ If I arrive **LATE**:  
Calorie difference: (250 cal/hr) \_\_\_\_\_ Add these cals for next leg  
Water difference: (600 mL/hr) \_\_\_\_\_ Drink this much **Pedialyte**

Notes:

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#### For next station:

Water: **1410 mL**

- **2 Camelbak handhelds**
- **1 with Perpetuem**
- **1 with pure water**
- **Remind me: Refill ~200 mL pure water en-route**

Fuel: **587 cals**

- **1 Gu gel**
- **2 Hammer gel**
- **2 scoops Perpetuem**

To do:

- **Wipe down w/ cold towel**
- **Sunscreen**

Next stop:

- **Sis, Dude & Dad drive to Winfield aid station for 3:09 PM**

## 4. Twin Lakes (outbound)

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Crew: **G/F & Bro**  
Distance to here: 63.6 km (39.5 mi)  
Total Time: 7:49  
Time from previous station: 2:21  
Estimated time of arrival: **11:49 AM**

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Next Station: Winfield @ 80.5 km (50 mi) (Sis, Dude & Dad)  
Distance to next station: 16.9 km  
Time to next station: 3:20  
Estimated time of arrival: 3:09 PM

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Actual time of arrival: \_\_\_\_\_  
Time difference: \_\_\_\_\_ If I arrive **LATE:**  
Calorie difference: (250 cal/hr) \_\_\_\_\_ Add these cals for next leg  
Water difference: (600 mL/hr) \_\_\_\_\_ Drink this much **Pedialyte**

Notes:

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### For next station:

Water: **1998 mL**  
● **2 L bladder in Gregory pack**

Fuel: **832 cals**  
● **2 Cliff gels**  
● **2 Gu gels**  
● **3 Hammer gel**  
● **1 package Shot Blocks**

To do:  
● **Sunscreen**  
● **Gloves + windbreaker in pack if weather looks bad**

Next stop:  
● **Stay at Twin Lakes** until inbound (or leave, but be back for **6:28 PM ETA**)  
● Sis, Dude & Dad will meet you here by **6:28 PM**

## 5. Winfield (half-way)

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Crew: **Sis, Dude & Dad**  
Distance to here: 80.5 km (50 mi)  
Total Time: 11:09  
Time from previous station: 3:20  
Estimated time of arrival: **3:09 PM**

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Next Station: Twin Lakes @ 97.4 km (60.5 mi) (All crew)  
Distance to next station: 16.9 km  
Time to next station: 3:19  
Estimated time of arrival: 6:28 PM

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Actual time of arrival: \_\_\_\_\_  
Time difference: \_\_\_\_\_ If I arrive **LATE:**  
Calorie difference: (250 cal/hr) \_\_\_\_\_ Add these cal's for next leg  
Water difference: (600 mL/hr) \_\_\_\_\_ Drink this much **Pedialyte**

Notes:

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### For next station:

Water: **1926 mL**

- **Pure water in Salomon pack**
- **10z flask w/ 3 scoops perpetuem**

Fuel: **802 cal's**

- **2 Cliff gels**
- **2 Gu gels**
- **3 scoops of Perpetuem**

To do:

- **Sunscreen**
- **Hat + gloves + windbreaker in pack if weather is at all cloudy**
- **Headlamp, if things are going very poorly**
- **Rest Garmin & recharge it**
- **Sis to pace to Twin Lakes**

Next stop:

- **Dude & Dad meet G/F & Bro at Twin Lakes by 6:28 PM**

## 6. Twin Lakes (inbound)

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Crew: **All Crew**  
Distance to here: 97.4 km (60.5 mi)  
Total Time: 14:28  
Time from previous station: 3:19  
Estimated time of arrival: **6:28 PM**

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Next Station: Treeline @ 115.4 km (71.7 mi)  
Distance to next station: 18 km  
Time to next station: 2:52  
Estimated time of arrival: 9:20 PM

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Actual time of arrival: \_\_\_\_\_  
Time difference: \_\_\_\_\_ If I arrive **LATE:**  
Calorie difference: (250 cal/hr) \_\_\_\_\_ Add these cals for next leg  
Water difference: (600 mL/hr) \_\_\_\_\_ Drink this much **Pedialyte**

Notes:

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### For next station:

Water: **1547 mL**  
● **2 Camelback handhelds**

Fuel: **820 cals**  
● **1 Cliff gels**  
● **2 Gu gels**  
● **3 Hammer gel**  
● **1 package Shot Blocks**

To do:

- **Clean feet + clean pair of socks + clean shoes (Mizunos)**
- **Bro to pace to May Queen, wearing a pack (Diablo or Gregory) for himself**
- **Headlamps in pacer's pack for pacer + runner (small headlamps if all is going well)**
- **Gloves + hat + compression socks available & in pack**
- **Bodyglide**

Next stop:

- **All Crew drive to Treeline aid station for 9:20 PM**



## 7. Treeline (inbound)

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Crew: **All Crew**  
Distance to here: 115.4 km (71.7 mi)  
Total Time: 17:20  
Time from previous station: 2:52  
Estimated time of arrival: **9:20 PM**

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Next Station: Fish Hatchery @ 123.1 km (76.5 mi)  
Distance to next station: 7.7 km  
Time to next station: 1:01  
Estimated time of arrival: 10:21 PM

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Actual time of arrival: \_\_\_\_\_  
Time difference: \_\_\_\_\_ If I arrive **LATE:**  
Calorie difference: (250 cal/hr) \_\_\_\_\_ Add these cal's for next leg  
Water difference: (**500 mL/hr**) \_\_\_\_\_ Drink this much **Pedialyte**

Notes:

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### For next station:

Water: **510 mL (16.9 oz)**

- **1 Nathan handheld w/ pure water**

Fuel: **255 cal's**

- **2 Gu gel**
- **1 Hammer gel**

To do:

- **Warm clothes available (Salomon Jacket)**
- **Fuel and water for pacer: refill pack if required**

Next stop:

- **All Crew drive to Fish Hatchery aid station for 10:21 PM**

## 8. Fish Hatchery (inbound)

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Crew: **All Crew**  
Distance to here: 123.1 km (76.5 mi)  
Total Time: 18:21  
Time from previous station: 1:01  
Estimated time of arrival: **10:21 PM**

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Next Station: May Queen @ 139.2 km (86.5 mi)  
Distance to next station: 16.1 km  
Time to next station: 2:38  
Estimated time of arrival: 12:59 AM

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Actual time of arrival: \_\_\_\_\_  
Time difference: \_\_\_\_\_ If I arrive **LATE:**  
Calorie difference: (250 cal/hr) \_\_\_\_\_ Add these cal's for next leg  
Water difference: (**500 mL/hr**) \_\_\_\_\_ Drink this much **Pedialyte**

Notes:

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### For next station:

Water: **1315 mL (47.8 oz)**

- **700 mL water in Salomon pack ONLY**
- **615 mL water in Camelback handheld (for pacer to carry)**

Fuel: **658 cal's**

- **1 Gu gel**
- **1 Cliff gel**
- **1 package Shot Blocks**
- **2 scoops Perpetuem in small gel flask**

To do:

- **Warm clothes available**
- **Big headlamp for runner**
- **Fuel and water for pacer: refill pack if required**
- **Dude be ready to pace**

Next stop:

- All Crew drive to **May Queen aid station for 12:59 AM**

## 9. May Queen (inbound)

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Crew: **All Crew**  
Distance to here: 139.2 km (86.5 mi)  
Total Time: 20:59  
Time from previous station: 2:38  
Estimated time of arrival: **12:59 AM**

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Next Station: Finish Line @ 160.1 km (100 mi)  
Distance to next station: 21.7 km  
Time to next station: 2:57  
Estimated time of arrival: 3:56 AM

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Actual time of arrival: \_\_\_\_\_  
Time difference: \_\_\_\_\_ If I arrive **LATE:**  
Calorie difference: (250 cal/hr) \_\_\_\_\_ Add these cal's for next leg  
Water difference: (**500 mL/hr**) \_\_\_\_\_ Drink this much **Pedialyte**

Notes:

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### For next station:

Water: **1475 mL**

- **800 mL of water in Gregory pack**
- **675 mL of water in Camelback handheld**

Fuel: **885 cal's**

- **1 Gu gel**
- **1 Cliff gel**
- **4 scoops Perpetuem in 10 oz gel flask**

To do:

- **Warm clothes available**
- **Swap big headlamp batteries (4 x AA's)**
- **Fuel and water for pacer: Hip Belt + 1 Nathan Handheld**

Next stop:

- All Crew drive to **Finish Line for 3:56 AM**