



Kessel Run Ultra Aid Station Information

Aid Station Supplies

All aid stations will be stocked with water, Skratch Hydration, and a variety of sodas and be serving a mix of fruit and a variety of salty and sweet snacks, such as chips, candy, cookies, etc.

This is a cupless race. All runners should carry a reusable cup/bladder/bottler to refill at the aid station. Aid stations will not be stocked with cups.

Crew/spectators are **ONLY ALLOWED AT THE FINISH LINE AID STATION**. Crew/spectators are not allowed anywhere else on course.

See Below for Aid Station Charts:

50 Mile						
Aid Station Number	Aid Station	Miles	Miles to Next AS	Crew	Drop Bags	Cutoff
1	Zippity	4.5	5.5	No	No	
2	Finish	10	4	Yes	Yes	
3	Edge	14	6	No	No	
4	Finish	20	4.5	Yes	Yes	
5	Zippity	24.5	5.5	No	No	
6	Finish	30	4	Yes	Yes	
7	Edge	34	6	No	No	
8	Finish	40	4.5	Yes	Yes	3:45 PM
9	Zippity	44.5	5.5	No	No	
10	Finish Line	50	N/A	Yes	Yes	7:30 PM

40 Mile

Aid Station Number	Aid Station	Miles	Miles to Next AS	Crew	Drop Bags	Cutoff
1	Zippity	4.5	5.5	No	No	
2	Finish	10	4	Yes	Yes	
3	Edge	14	6	No	No	
4	Finish	20	4.5	Yes	Yes	
5	Zippity	24.5	5.5	No	No	
6	Finish	30	4	Yes	Yes	3:00 PM
7	Edge	34	6	No	No	
8	Finish Line	40	N/A	Yes	No	7 PM

50k

Aid Station Number	Aid Station	Miles	Miles to Next AS	Crew	Drop Bags	Cutoff
1	Zippity	4.5	5.5	No	No	
2	Finish	10	4	Yes	Yes	
3	Edge	14	6	No	No	
4	Finish	20	4.5	Yes	Yes	3:00 PM
5	Zippity	24.5	6.5	No	No	
6	Finish Line	31	N/A	Yes	Yes	7:00 PM

20 Mile

Aid Station Number	Aid Station	Miles	Miles to Next AS	Crew	Drop Bags	Cutoff
1	Zippity	4.5	5.5	No	No	
2	Finish	10.0	4	Yes	Yes	1 PM
3	Edge	14.0	6	No	No	
4	Finish Line	20.0	N/A	Yes	No	6 PM

10 Mile

Aid Station Number	Aid Station	Miles	Miles to Next AS	Crew	Drop Bags	Cutoff
1	Zippity	4.5	5.5	No	No	
2	Finish Line	10.0	N/A	Yes	No	1 PM

