

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

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

Notes:

To prepare for runner:

Water: 1140 mL

- Soloman pack filled with pure water

Fuel: 570 cals

- 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)

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**

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

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:

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)

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**

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

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:

To prepare for runner:

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

Fuel: **245 cals**
• **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)

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**

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

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:

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)

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**

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

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:

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)

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**

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

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:

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)

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**

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

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:

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)

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**

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

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:

For next station:

Water: **510 mL (16.9 oz)**
• **1 Nathan handheld w/ pure water**

Fuel: **255 cals**
• **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)

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**

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

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:

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 cals**

- **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)

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**

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

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:

For next station:

Water: **1475 mL**

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

Fuel: **885 cals**

- **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**