2023 AC100 Aid Station Cut Off / Pace

Wrightwood to Altadena Via Mt. Wilson

Aid Station	Mileage	First Runner	Cut Off	Crew Access	Pacer Access	Drop Bags	Pace to Next Aid Station mm:ss	Miles To Next Aid Station	ext Aid Station hh:mm (min)
Wrightwood	0	5:00am Sat	5:00am Sat	Yes	Yes	No	20:58	9.3	3:15 (195)
Inspiration Point	9.3	6:30am Sat	8:15am Sat	Yes	Yes	No	14:27	4.5	1:05 (65)
Vincent Gap	13.8	7:10am Sat	9:20am Sat	Yes	Yes	Yes	19:04	11.8	3:45 (225)
Islip Saddle	25.6	9:20am Sat	1:05pm Sat	Yes	Yes	Yes	20:00	7	2:20 (140)
Cloudburst Summ	32.6	10:25am Sat	3:25pm Sat	Yes	No	No	15:38	4.8	1:15 (75)
Three Points	37.4	11:05am Sat	4:40pm Sat	Yes	Yes	No	18:11	3.3	1:05 (65)
Mt. Hillyer	40.7	11:35am Sat	5:45pm Sat	No	No	No	17:34	3.7	1:05 (65)
Chilao	44.4	12:10pm Sat	6:50pm Sat	Yes	Yes	Yes	20:38	6.3	2:10 (130)
Shortcut Saddle	50.7	1:15pm Sat	9:00pm Sat	Yes	No	No	21:26	3.5	1:15 (75)
(Westfork 1)**	54.2	2:05pm Sat	10:15pm Sat	—	—	—	20:45	5.3	1:50 (110)
Redbox	59.5	3:15pm Sat	12:05am Sun	Yes	Yes	Yes	16:22	5.5	1:30 (90)
(Westfork 2)**	65	4:00pm Sat	1:35am Sun	—	—	—	20:00	5	1:40 (100)
Newcomb East	70	5:00pm Sat	3:15am Sun	No	No	Yes	20:39	5	1:35 (95)
(Westfork 3)**	75	5:45pm Sat	4:50am Sun	—	—	—	27:16:00	4.4	2:00 (120)
Mt. Wilson	79.4	7:00pm Sat	6:50am Sun	No	No	Yes	16:40	4.8	1:20 (80)
Idlehour	84.2	7:40pm Sat	8:10pm Sat	No	No	Yes	25:56:00	5.4	2:20 (140)
Sam Merrill	89.6	8:50am Sat	10:30am Sun	No	No	Yes	21:13	6.2	2:20 (140)
Millard	95.8	9:50pm Sat	12:50pm Sun	No	No	Yes	16:17	4.3	1:10 (70)
Loma Alta Park	100.1	10:30pm Sat	2:00pm Sun	No	No	Yes			

*This is a guide based on leaving an aid station at its cut off and reaching the next at its cut off. Average pace for this 33 hour 100.1 mile race is 19 min., 47 sec. (19:47) per mile. Individual aid station cut off times have been adjusted for altitude gains, losses, night and last runners who finished previous races. ** Westfork is not an aid station. You will pass thru Westfork 3 times. This is For Reference Only. [1]

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