2024 AC100 Aid Station Cut Off /

5/25/23

Aid Station	Miles to Next Aid Station	Mileage	First Runner	Cut Off	Crew Access	Pacer Access	Drop Bags	Pace to Next Aid Station mm:ss	Time To Next Aid Station hh:mm (min)
Wrightwood	9.3	0.0	5:00am Sat	5:00am Sat	Yes			20:58	3:15 (195)
Inspiration Point	4.5	9.3	6:33am Sat	8:15am Sat	Yes	No	No	14:27	1:05 (65)
Vincent Gap	12.1	13.8	7:12am Sat	9:20am Sat	Yes	No	Yes	18:36	3:45 (225)
Islip Saddle	7.1	25.9	9:21am Sat	1:05pm Sat	Yes	No	Yes	19:43	2:20 (140)
Cloudburst Summit	4.8	33.0	10:30am Sat	3:25pm Sat	Yes	No	No	15:38	1:15 (75)
Three Points	3.3	37.8	11:10am Sat	4:40pm Sat	Yes	No	No	16:42	1:05 (65)
Mt. Hillyer	3.7	41.1	11:40am Sat	5:45pm Sat	No	No	No	17:34	1:05 (65)
Chilao	6.5	44.8	12:15pm Sat	6:50pm Sat	Yes	Yes	Yes	20:00	2:10 (130)
Shortcut Saddle	10.6	51.3	1:25pm Sat	9:00pm Sat	Yes	No	No	19:49	3:30 (210)
Newcomb East	10.5	61.9	3:05pm Sat	12:30am Sat	No	No	Yes	21:57	3:45 (225)
Red Box	6.6	72.4	4:45pm Sat	4:15am Sun	Yes	Yes	Yes	27:16	3:00 (180)
Mt. Wilson **	10.2	79.0	6:00pm Sat	7:15am Sun	Yes	Yes	Yes	20:35	3:30 (210)
Sam Merrill Trail	6.6	89.2	8:10pm Sat	10:45am Sun	No	No	Yes	18:56	2:05 (125)
Millard Campground	4.7	95.8	9:20pm Sat	12:50pm Sun	No	No	Yes	14:54	1:10 (70)
Loma Alta Park		100.5	10:00pm 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 100.5 mile race is 19 min., 42 sec. (19:42) per mile. Individual aid station cut off times have been adjusted for altitude gains, losses, night and last runners who finished previous races.				** Hot coffee and food available for purchase by crew and runners at the Cosmic Cafe restaurant at Mt Wilson Aid Station. WiFi and Toilets also available at the restaurant.				