



	A.S. #	Name	Mileage	Section Mileage	Crew Access	Drop Bags	Cut-off Time (AS Closes)	4 Hour Pace (7:42/mi)	6 Hour Pace (11:32/mi)	8 Hour Pace (15:23/mi)	Waypoints (for GPS)
	0	Start/Finish Old Man's Cave	0	0	Yes	Yes	0:00:00	0:00:00	0:00:00	0:00:00	39.43392, -82.54205
Loop 1	1	Cedar Falls	2.5	2.5	Yes*	No	-	0:19:14	0:28:51	0:38:28	39.41875, -82.52401
	2	Ash Cave	5.15	2.65	Yes	No	-	0:39:37	0:59:25	1:19:14	39.39603, -82.54542
	3	Cedar Falls 2	7.95	2.8	Yes*	No	-	1:01:09	1:31:44	2:02:18	39.41875, -82.52401
	4	Start/Finish Old Man's Cave	10.4	2.45	Yes	Yes	2:50:00** 9:50:00 AM	1:20:00	2:00:00	2:40:00	39.43392, -82.54205
Loop 2	5	Cedar Falls	12.9	2.5	Yes*	No	-	1:39:14	2:28:51	3:18:28	39.41875, -82.52401
	6	Ash Cave	15.55	2.65	Yes	No	-	1:59:37	2:59:25	3:59:14	39.39603, -82.54542
	7	Cedar Falls 2	18.35	2.8	Yes*	No	-	2:21:09	3:31:44	4:42:19	39.41875, -82.52401
	8	Start/Finish Old Man's Cave	20.8	2.45	Yes	Yes	5:30:00*** 12:30:00 PM	2:40:00	4:00:00	5:20:00	39.43392, -82.54205
Loop 3	9	Cedar Falls	23.3	2.5	Yes*	No	6:00:00 1:00:00 PM	2:59:14	4:28:51	5:58:28	39.41875, -82.52401
	10	Ash Cave	25.95	2.65	Yes	No	6:40:00 1:40:00 PM	3:19:37	4:59:25	6:39:14	39.39603, -82.54542
	11	Cedar Falls 2	28.75	2.8	Yes*	No	7:25:00 2:25:00 PM	3:41:10	5:31:44	7:22:19	39.41875, -82.52401
	12	Start/Finish Old Man's Cave	31.2	2.45	Yes	Yes	8:00:00 3:00:00 PM	4:00:00	6:00:00	8:00:00	39.43392, -82.54205
	Race Start: 7:00AM Start Time										
	Crew Access Notes: *For crewing at the Cedar Falls Aid Station crews must park in the large Cedar Falls parking lot and walk the 0.3-0.5 mile distance to the exact aid station location.										
	Cut-off Notes: Runners must leave the aid station prior to the stated times to make cut-offs. **Runners will not be allowed to start their second loop if they don't leave prior to 2:50:00 elapsed time. ***Runners will not be allowed to start their third loop if they don't leave prior to 5:30:00 elapsed time.										