

Aid Station Chart			
Aid Station:	Distance:	Crew/Spectators:	Cutoff Time:
Start (Palmer's) 5:00 am		Yes	
Highland (Outbound)	6.6 miles	No	16:30/mile pace= 6:50 am
Gaylord Nelson (Outbound)	13.1 miles	Yes	16:30/mile pace= 8:40 am
50/50 Mystery Ultra Turnaround	15.6 to 25 miles	No	Maintain 16:30/mile pace
Gaylord Nelson (Inbound)	25.5 to 34.9 miles	Yes	Maintain 16:30/mile pace
Highland (Inbound)	6.5 miles from Gaylord Nelson	No	Maintain 16:30/mile pace
Finish (Palmer's)	6.6 miles from Highland	Yes	Maintain 16:30/mile pace