



2018 Run Rabbit Run 100 Mile

Aid Stations, Mileage, Crews and Cutoffs

#	Aid Station	Miles	Total Miles	Elevation	Drop Bag	Crew/Pacer	Lead Male Hare 18:00 hour pace	Lead Female Hare 21:00 hour Pace	Tortoise 24 hour pace	Tortoise 30 hour pace	Tortoise 36 hour pace	Absolute Cut off
	Start	0	0	6886	Yes	Yes/No	Noon	Noon	8:00am	8:00am	8:00am	-
1	Mount Werner	4.4	4.4	10372	No	No/No	1:00pm	1:10pm	9:20am	9:40 am	10:00am	-
2	Long Lake	6.4	10.8	9850	Yes	No/No	2:00pm	2:20pm	10:40am	11:20am	12:00pm	-
3	Fish Creek Falls TH**	6.1	16.9	6952	No	Yes/No	3:00pm	3:30pm	Noon	1:00pm	2:00pm	4:00pm (Tortoises) 5:30pm (Hares)
4	Long Lake	6.1	23.0	9850	Yes	No/No	4:30pm	5:10pm	2:00pm	3:30pm	5:00pm	
5	Summit Lake (via Wyoming Trail)	8.6	31.6	10316	Yes	No/No	6:00pm	7:00pm	4:15pm	5:45pm	8:00pm	10:00pm
6	Flash of Gold*				No	No/No						
7	Dry Lake (via Flash of Gold)	13.1	44.7	8272	No	Yes/Yes	7:30pm	8:40pm	6:00pm	7:15pm	11:00pm	1:00am
8	Olympian Hall	6.2	50.9	6669	Yes	Yes/Yes	8:15pm	9:30pm	7:00pm	8:30pm	12:30am	2:00am
9	Lane of Pain*				No	No/No						
10	Olympian Hall	13.2	64.1	6669	Yes	Yes/Yes	10:10pm	12:30am	10:15pm	1:00am	6:00am	7:30am
11	Dry Lake (via Spring Creek)	6.2	70.3	8272	No	Yes/Yes**	12:20am	2:00am	11:50pm	2:50am	8:30am	10:00am



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12	Flash of Gold *				No	No/No						
13	Summit Lake (via Grouse Trail)	10.0	80.3	10316	Yes	No/No	2:30am	4:45am	3:20am	7:00am	12:50pm	2:00pm
14	Long Lake (via Wyoming Trail)	8.6	88.9	9850	Yes	No/No	4:00am	6:40am	5:20am	9:40am	4:00pm	5:30pm
15	Mount Werner	6.4	95.3	10372	No	No/No	5:15am	8:10am	7:00am	12:40pm	6:30pm	7:30pm
16	Finish	6.4	101.7	6886	Yes	Yes	6:00am	9:00am	8:00am	2:00pm	8:00pm	8:00pm

* May only be minimal aid. NO CREW ACCESS; NO VEHICLES ON BUFF PASS ROAD!

** NO CREW PARKING; Shuttle to and from the Trailhead Aid Station may be picked up at Olympian Hall Aid Station.

*** NO CREW PARKING; Shuttle to and from Dry Lake may be taken from Olympian Hall Aid Station.