



# 2019 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	2:30pm
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	4:30pm (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)	8.3	31.3	10316	Yes	No/No	6:00pm	7:00pm	4:15pm	5:45pm	8:00pm	10:00pm
6	Billy's Rabbit Hole*	4.3	35.6	10040	No	No/No						
7	Dry Lake (via Flash of Gold)***	9.6	45.2	8272	No	Yes/Yes	7:30pm	8:40pm	6:00pm	8:15pm	11:00pm	
8	Olympian Hall	6.2	51.4	6669	Yes	Yes/Yes	8:15pm	9:30pm	7:00pm	9:30pm	12:30am	2:30am
9	Lane of Pain*	3.2	54.6	8180	No	No/No						
10	Lane of Pain*	4.1	58.7	8180	No	No/No						
11	Olympian Hall	6.1	64.8	6669	Yes	Yes/Yes	10:10pm	12:30am	10:15pm	1:00am	5:00am	7:00am



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12	Dry Lake (via Spring Creek)***	6.2	71.0	8272	No	Yes/Yes	12:20am	2:00am	11:50pm	2:50am	8:30am	9:30am
13	Billy's Rabbit Hole*	5.5	76.5	10040	No	No/No						
14	Summit Lake (via Grouse Trail)	4.3	80.8	10316	Yes	No/No	2:30am	4:45am	3:20am	7:00am	12:50pm	1:30pm
15	Long Lake (via Wyoming Trail)	8.3	89.1	9850	Yes	No/No	4:00am	6:40am	5:20am	9:40am	4:00pm	5:00pm
16	Mount Werner	6.4	95.5	10372	No	No/No	5:15am	8:10am	7:00am	12:40pm	6:30pm	7:00pm
17	Finish	6.4	101.9	6886	Yes	Yes	6:00am	9:00am	8:00am	2:00pm	8:00pm	6:00pm (Hares) 8:00pm (Tortoises)

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

\*\* NO CREW PARKING, NO CREW VEHICLES ON FISH CREEK FALLS ROAD; Shuttle to and from the Trailhead Aid Station may be picked up at Olympian Hall Aid Station.

\*\*\* MINIMAL PARKING; CREW SHOULD DROP OFF/PICK UP PACERS OR CREW AND CAR POOL IF POSSIBLE.