



2025 RUN RABBIT RUN RUNNER'S MANUAL

#	Aid Station	Miles	Total Miles	Elevation	Drop Bag	Crew	Lead Runner 7 1/2 hour pace	Last Runner 15 hour pace	Absolute Cutoff (All)
	Start	0	0	6886	Yes	Yes	6:00 am	6:00 am	
1	Mount Werner	6.4	6.4	10372	No	No	7:00 am	8:00 am	-
2	Long Lake	6.8	13.2	9946	No	No	8:00 am	10:00 am	-
3	Base Camp	5.2	18.4	9950	Yes	No	8:45 am	11:30 am	-
4	Dumont	3.9	22.3	9508	No	Yes	9:15 am	12:30 pm	-
5	Rabbit Ears Turnaround (No Aid)	2.7	25.0	10534	-	-	9:45 am	1:15 pm	-
6	Dumont	2.7	27.7	9508	No	Yes	10:00 am	2:00 pm	2:30 pm
7	Base Camp	3.9	31.6	9950	Yes	No	10:45am	3:30 pm	4:00 pm
8	Long Lake	5.2	36.8	9946	No	No	11:45am	5:00 pm	5:30 pm
9	Mount Werner	6.8	43.6	10372	No	No	12:45 pm	7:15 pm	7:45 pm
10	Finish	6.4	50.0	6886	Yes	Yes	1:30 pm	9:00 pm	9:00 pm