

# ROCKY 50 AID STATION CHARTS



All cutoff times figured from the mass start of the longest distance offered on that day.

Slowest Pace Possible = 17:24

50 Miles									
Name	Sequence	Split	Mile	Drop Bag	Crew	Parking	Served	Cutoff	Cutoff Hours
<b>Lap 1 (Full Lap)</b>									
Raven	0	Start	0	Self Serve	Y	Y	Water, Tailwind, Gels		
Nature Center	1	5.66	5.66	Self Serve	Y	Y - a few in parking lot only	Full		
Dam Nation	2	5.08	10.74	Yes	Y	Y - a few in Coloneh lot only	Full		
Raven	3	5.95	16.69	Self Serve	Y	Y	Full		
<b>Lap 2 (Full Lap)</b>									
Nature Center	4	5.66	22.35	Self Serve	Y	Y - a few in parking lot only	Full		
Dam Nation	5	5.08	27.43	Yes	Y	Y - a few in Coloneh lot only	Full		
Raven	6	5.95	33.38	Self Serve	Y	Y	Full	4:40 PM	9 hrs, 40 min
<b>Lap 3 (Full Lap)</b>									
Nature Center	7	5.66	39.04	Self Serve	Y	Y - a few in parking lot only	Full	6:20 PM	11 hrs, 20 min
Dam Nation	8	5.08	44.12	Yes	Y	Y - a few in Coloneh lot only	Full	7:45 PM	12 hrs, 45 min
Raven	9	5.95	50.07	Self Serve	Y	Y	Full	9:30 PM	14 hrs, 30 min

50K									
Name	Sequence	Split	Mile	Drop Bag	Crew	Parking	Served	Cutoff	Cutoff Hours
<b>Lap 1 (Modified Short 1st Lap)</b>									
Raven	0	Start	0	Self Serve	Y	Y	Full		
Nature Center	1	3.61	3.61	Self Serve	Y	Y - a few in parking lot only	Full		
Dam Nation	2	5.08	8.69	Yes	Y	Y - a few in Coloneh Parking lot only	Full		
Raven	3	5.95	14.64	Self Serve	Y	Y	Full	4:40 PM	9 hrs, 10 min
<b>Lap 2 (Full Lap)</b>									
Nature Center	4	5.66	20.3	Self Serve	Y	Y - a few in parking lot only	Full	6:20 PM	10 hrs, 50 min
Dam Nation	5	5.08	25.38	Yes	Y	Y - a few in Coloneh Parking lot only	Full	7:45 PM	12 hrs, 15min
Raven	6	5.95	31.33	Self Serve	Y	Y	Full	9:30 PM	14 hrs, 0 min

13.1 Miles									
Name	Sequence	Split	Mile	Drop Bag	Crew	Parking	Served	Cutoff	Cutoff Hours
<b>Lap 1 (Modified Lap)</b>									
Raven	0	Start	0	No	Y	Y	Full		
Bridge	1	2.59	2.59	No	Y - No Parking	N - Hike in from Nature Center	H2O & Gels Only	4:40 PM	8 hrs, 25 min
Dam Nation	2	4.49	7.08	No	Y	Y - a few in Coloneh Parking lot only	Full	6:20 PM	10 hrs, 5 min
Bridge	3	4.58	11.66	No	Y - No Parking	N - Hike in from Nature Center	H2O & Gels Only	7:45 PM	11 hrs, 30 min
Raven	4	1.46	13.12	No	Y	Y	Full	9:30 PM	13 hrs, 15 min