

2017 San Diego 100 Endurance Run

AID STATION CHART w/ Distances, Times, Drop Bag, Crew, & Elevation Info

Start /Aid Station / Finish	LEG	TOTAL	AID Open/Close	Drop Bags	Crew	Alt Gain	Alt Loss	Mandatory Cutoff Times
(from) Lake Cuyamaca	0	0	Start at 6:00 am	YES	YES	0	0	Friday @ 6:00 am
1. (to) Paso Picacho	7.5	7.5	6:30 am / 8:30 am	NO	NO	1280	1089	Friday @ 8:30 am
2. (to) Chambers	5.0	12.5	7:30 am / 10:45 am	NO	NO	791	974	Friday @ 10:45 am
3. (to) Sunrise 1	8.5	21	8:45 am / 12:30 pm	YES	YES	692	354	Friday @ 12:30 pm
4. (to) Pioneer Mail 1	7.2	28.2	10:00 am / 3:00 pm	YES	YES	955	640	Friday @ 3:00 pm
5. (to) Pine Creek	8	36.2	11:15 am / 5:15 pm	NO	NO	607	2037	Friday @ 5:15 pm
6. (to) Penny Pines 1	7.6	43.8	1:00 pm / 8:00 pm	YES	NO	1952	413	Friday @ 8:00 pm
7. (to) Meadows	5	48.8	1:45 pm / 9:30 pm	NO	YES	719	669	Friday @ 9:30 pm
8. (to) Red Tailed Roost *	6.2	55	2:45 pm / 11:30 pm	YES	YES	1014	525	Friday @ 11:30 pm
10. (to) Cibbets Flat **	9	64	4:00 pm / 2:15 am	NO	YES	292	2115	Saturday @ 2:15 am
11. (to) Dale's Kitchen	7.7	71.7	5:00 pm / 5:00 am	YES	NO	2115	292	Saturday @ 5:00 am
12. (to) Todd's Cabin	3.6	75.3	5:30 pm / 6:00 am	NO	NO	354	548	Saturday @ 6:00 am
13. (to) Penny Pines 2 ***	5	80.3	6:15 pm / 7:15 am	YES	NO	531	919	Saturday @ 7:15 am
14. (to) Pioneer Mail 2	4	84.3	7:00 pm / 8:30 am	YES	YES	373	545	Saturday @ 8:30 am
15. (to) Sunrise 2	7.2	91.5	8:15 pm / 11:15 am	YES	YES	913	1194	Saturday @ 11:15 am
(to) Lake Cuyamaca Finish	9.0	100.5	10:00 pm / 2:00 pm	YES	YES	410	745	Saturday @ 2:00 pm
TOTAL		100.5				12998	13059	

RULES

*8. Pacers may begin pacing at Red Tailed Roost or Meadows after 8:00 pm

**10. Runners will pass Dales Kitchen on way to Cibbets, but no aid on first pass of Dales to Cibbets Flat

***13. Penny Pines 2 is non crew access aid station. But a pacer can be dropped off there to meet their runner to pace. Only one pacer at a time; pacers can only switch at Cibbets Flat, Penny Pines 2, Pioneer Mail 2, and Sunrise 2