

Eastern States 100: Aid Stations

Aid Station	Seg Dist	Total Dist	Support			Cutoffs					#	Open	Close	
			Drop Bag	Crew	Pacer Swap	Time of Day	Total Time	Time from last Cutoff	Min Pace from last Cutoff	Min Overall Pace				
Start		0.0				5:00 AM								
AS1 Ramsey Rd	5.8	5.8										AS1	0545	0700
AS2 Ramsey	5.5	11.3										AS2	0630	0930
AS3 Lower Pine Btm	6.5	17.8		x								AS3	0700	1130
AS4 Browns Run	8.0	25.8	x									AS4	0900	1400
AS5 Happy Dutchman	5.8	31.6										AS5	1000	1600
AS6 Ritchie Rd	6.9	38.5		x								AS6	1100	1800
AS7 Hyner Run	4.7	43.2	x	x	x	7:45 PM	14:45	14:45	20:29	20:29		AS7	1200	1945
AS8 Dry Run	8.0	51.1				10:30 PM	17:30	2:45	20:38	20:33		AS8	1345	2230
AS9 Halfway House	3.5	54.7	x		x	11:30 PM	18:30	1:00	17:09	20:18		AS9	1430	2330
AS10 Callahan Run	4.7	59.4	water only									AS10	1515	0100
AS11 Slate Run	4.4	63.8	x	x	x	3:00 AM	22:00	3:30	23:05	20:41		AS11	1600	0300
AS12 Algerines	5.3	69.1										AS12	1700	0500
AS13 Long Branch	6.5	75.6										AS13	1800	0700
AS14 Blackwell	4.7	80.3	x	x	x	9:00 AM	28:00	6:00	21:49	20:55		AS14	1900	0900
AS15 Sky Top	4.5	84.8				10:45 AM	29:45	1:45	23:20	21:03		AS15	2000	1045
AS16 Barrens	8.1	92.8	x	x	x	1:00 PM	32:00	2:15	16:40	20:41		AS16	2100	1300
AS17 Hacketts	6.2	99.1				4:00 PM	35:00	3:00	29:02	21:11		AS17	2200	1600
Finish	3.8	102.9				5:00 PM	36:00	1:00	15:47	20:59		Finish	2300	1700

Times in *italics* are Sunday
 Sunrise: 0614 (6:14 AM)
 Sunset: 2009 (8:09 PM)