

Folsom Lake Ultra Trail 110k
Counterclockwise Aid Station Chart

Times highlighted in green are final cutoff times. All other times are expected time for the last runner.

see chart below)

Aid Station	Mile	Next Aid	Drop Bag	Crew	Absolute Cutoff **	Pacer	Relay Exchange
Beals Point Start	0	8.0	YES	YES	10:00am	----	(Next leg 22.4mi)
Browns Ravine AS	8.0	6.7	NO	YES	12pm(last runner expected)	----	----
New York AS	14.7	7.7	NO	NO	2pm (last runner expected)	----	----
Salmon Falls Bridge AS	22.4	6	YES	YES	4pm (16:05min/mi)**	----	YES (Leg 24.4mi)
Flafstaff Hill AS	28.4	6.6	NO	NO	5:40pm (16:13min/mi)	----	----
Oakview Dr. AS	35.0	4.4	NO	NO	7:42pm (16:37min/mi)**	----	----
Cool AS	39.4	3.3	YES	YES	9pm (16:46min/mi)**	YES	---
No Hands AS	42.8	4.1	NO	YES (Walk in)	10pm (16:48min/mi)(last runner)	YES	----
Gate 142 AS	46.9	8.4	NO	YES (Walk in)	11:20pm (17:06min/mi)**	YES	YES (Leg 21.6mi)
Oregon Bar (Cancelled)							----
Rattlesnake Bar AS	55.3	2.7	YES	YES	2:06am (17:30min/mi)**	YES	----
Horseshoe Bar AS.	58.0	6.4	NO	NO	2:55am (17:30min/mi)(last runner expected)	----	
Granite Bay AS	64.4	3.7	NO	YES	5am (17:42min/mi)**	YES	----
Beals Point	68.1~	----	YES	YES	6:15am (17:42min/mi)		

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