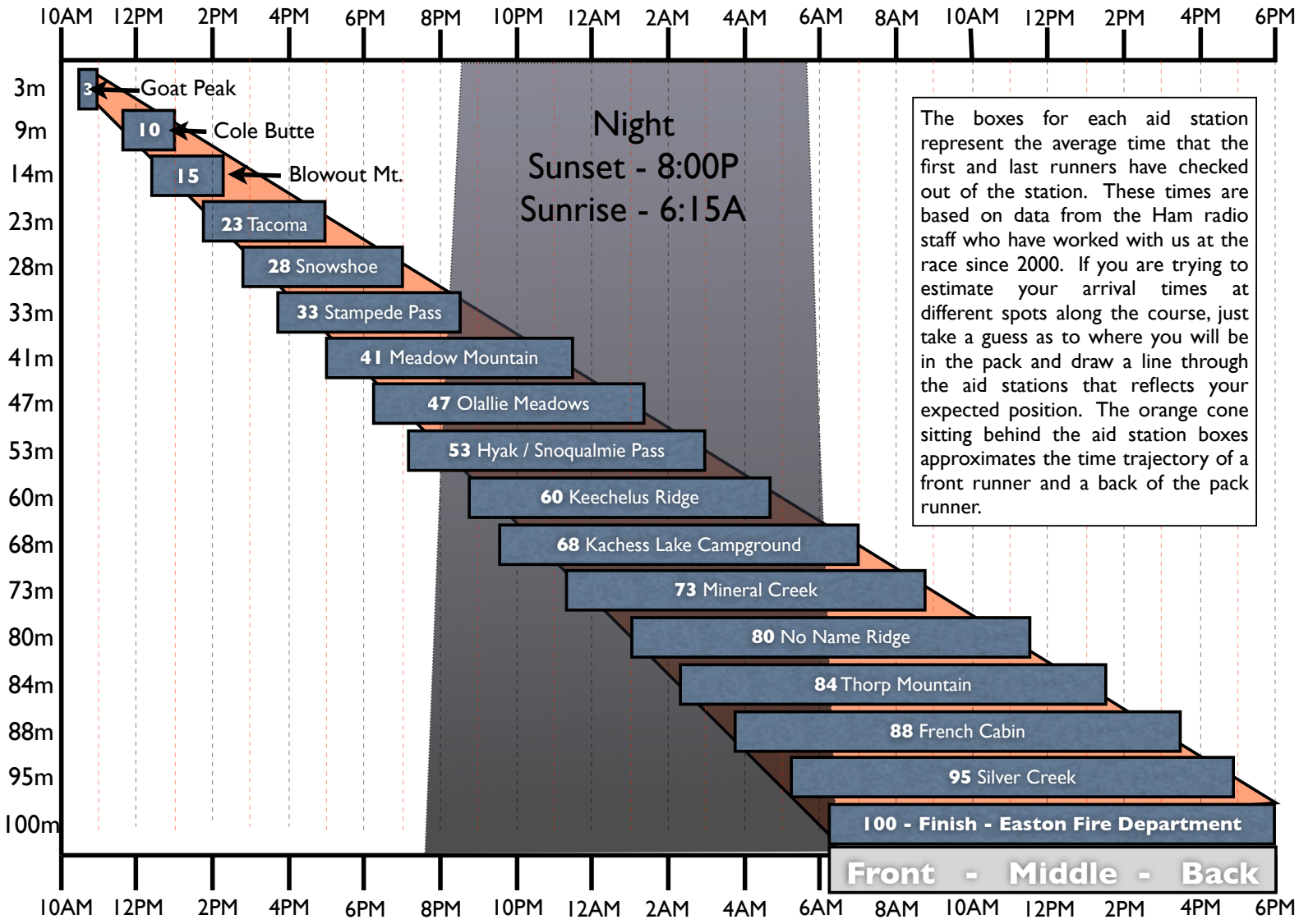
Cascade Crest - Runner Times Thru Aid Stations



The boxes for each aid station represent the average time that the first and last runners have checked out of the station. These times are based on data from the Ham radio staff who have worked with us at the race since 2000. If you are trying to estimate your arrival times at different spots along the course, just take a guess as to where you will be in the pack and draw a line through the aid stations that reflects your expected position. The orange cone sitting behind the aid station boxes approximates the time trajectory of a front runner and a back of the pack runner.

Prepared by Charlie Crissman - March '07