

Cascade Crest 100

Aid Station Summary

<u>AID STATION</u>	<u>MILE</u>	<u>CREW?</u>	<u>DROP BAG?</u>	<u>CUT-OFF</u>	<u>NOTES</u>
Goat Peak	4.5	NO	NO	~	Water only.
Cole-Blowout Saddle	12.5	NO	NO	1:00 PM	Fuel up. Next major aid at Tacoma Pass.
Little Bear	19.7	NO	NO	~	Minimal aid, hike-in station.
Tacoma Pass	25.4	NO	YES	5:00 PM	Full service, no crew access, 12in x 12in max drop bag
Snowshoe Butte	31.9	NO	NO	~	Limited supplies: hike-in aid station.
Stampede Pass	36.2	YES	YES	8:30 PM	You must leave with lights!!
Meadow Mtn	43.2	NO	NO	~	No crew access.
Olallie Meadows	49.1	YES	NO	~	Recommended that crew skips this aid station. Road is in bad shape.
Hyak	54.3	YES	YES	3:00 AM	Ideal crew access point.
Keechelus Ridge	62.4	NO	NO	~	NO CREW VEHICLES on the course between Hyak and Lake Kachess!!
Lake Kachess	69.2	YES	YES	8:00 AM	PLEASE PARK PAST AID STATION.
Mineral Creek	75	YES	YES	~	Crew must park 2.5 miles up hill.
No Name Rd	78.6	NO	NO	~	Unmanned water stop.
No Name Ridge	81.6	NO	NO	12:30 PM	Prepare for The Cardiac Needles!!
Thorp Mtn	86.4	NO	NO	~	Limited supplies: hike-in aid station.
French Cabin	89.2	NO	NO	~	No crew access. Road is in bad shape.
Silver Creek	96	YES	NO	6:15 PM	Limited aid – only flat 4 miles to go!!
Finish	100	YES	YOUR CAR	7:00 PM	DONE!! Time to soak your feet ☺

**Please see the Runner's Manual for more detail about each aid station.*