**Aid Stations & Cut-Off Times**

All aid stations on the racecourse will be manned by volunteers and CEMP (California Emergency Mobile Patrol). Aid stations will serve water, ice, race drink and sweet and salty ultra food.

**50K**

The 50k is 31.07 miles with 5411’ of elevation gain and loss.

The following cut-off times will be established to insure runners have the ability to complete the course in the required time. \*30K runners must also make these cut-off times when they pass through the stations although they start one hour after the 50K. Runners must depart the aid station before the cut-off time or they must be driven back to the finish line when the aid station breaks down.

* Chumash Trail Station (Mile 5.5) no cutoff
* Marr Land Station (Mile 8.5) no cutoff
* Tapo Open Space Aid Station (Mile 14.5) by 11:00am
* Marr Land Aid Station (Mile 19.5) by 12:30pm
* Chumash Aid Station (Mile 25.5) by 2:30pm

Drop bags will be driven to the Marr Land aid station (mile 9 & 20) for all 50k runners and returned after the last cut off at 12:50 p.m. Please make sure and drop off your bag at registration and put your runner # or name on your bag. All unclaimed drop bags will be donated approximately 1-week after race date.

**30K**

The 30k is 18.63 miles with 3458’ of elevation gain and loss.

* Chumash Trail Station (Mile 4.5) no cutoff
* Marr Land Station (Mile 7.5) no cutoff
* Chumash Aid Station (Mile 13.5) by 2:30pm

There are no drop bags for the 30K.

**15K**

The 30k is 9.2 miles with 1838’ of elevation gain and loss. Runners have eight hours to complete the course. There is one aid station at mile 4.6