

# SUPERIOR 100, 50 & 26.2 MILE - AID STATION CHART

100 Mile	50 Mile	26.2 Mile	Aid Station Name	Next Aid	Aid Station Setup By	2018 100M CR Pace	Estimated Time Closed	Cutoff	Crew Access	Toilet	Drop Bags	100MI Pacer
0	-	-	Gooseberry (100MI Start)	8.4	-	-	-	-	Yes	Yes	Yes	No
8.4	-	-	Split Rock	10.3	Fri 8:30 AM	Fri 9:07 AM	Fri 11:15 AM	Fri 11:00 AM	No	No	No	No
18.7	-	-	Beaver Bay	4.3	Fri 10:10 AM	Fri 10:37 AM	Fri 2:35 PM	Fri 2:20 PM	Yes	Yes	Yes	No
23	-	-	Silver Bay	10.1	Fri 10:55 AM	Fri 11:28 AM	Fri 4:15 PM	Fri 4:00 PM	Yes	Yes	Yes	No
33.1	-	-	Tettegouche	9.3	Fri 12:45 PM	Fri 1:12 PM	Fri 7:55 PM	Fri 7:40 PM	No	Yes	Yes	No
42.4	-	-	County RD 6	7.6	Fri 2:30 PM	Fri 3:02 PM	Fri 10:55 PM	Fri 10:40 PM	Yes	Yes	Yes	Yes
50	0	-	Finland (50MI Start)	7.7	Fri 3:55 PM	Fri 4:28 PM	Sat 2:25 AM	Sat 2:10 AM	Yes	Yes	Yes	Yes
57.7	7.7	-	Sonju Lake Road	4.3	Fri 5:20 PM	Fri 5:50 PM	Sat 8:00 AM	No	No	Yes	Yes	Yes
62	12	-	Crosby-Manitou	9.5	Fri 6:10 PM	Fri 6:37 PM	Sat 9:25 AM	Sat 9:10 AM	Yes	Yes	Yes	Yes
71.5	21.5	-	Sugarloaf	5.5	Fri 8:10 PM	Fri 8:39 PM	Sat 12:25 PM	Sat 12:10 PM	Yes	Yes	Yes	Yes
77	27	0	Cramer RD (26.2MI Start)	6.9	Fri 9:10 PM	Fri 9:41 PM	Sat 2:00 PM	Sat 1:45 PM	Yes	Yes	Yes	Yes
83.9	33.9	8.1	Temperance	5.3	Fri 10:35 PM	Fri 11:05 PM	Sat 4:15 PM	Sat 4:00 PM	100M Only	Yes	Yes	Yes
89.2	39.2	13.4	Sawbill	5.6	Fri 11:45 PM	Sat 12:14 AM	Sat 5:55 PM	Sat 5:40 PM	Yes	Yes	Yes	Yes
94.8	44.8	19	Oberg	7.2	Sat 12:50 AM	Sat 1:20 AM	Sat 7:25 PM	Sat 7:10 PM	Yes	Yes	Yes	Yes
102	52	26.2	Caribou Highlands	Finish	Sat 2:20 AM	Sat 2:56 AM	Sat 10:30 PM	Sat 10:00 PM	Yes	Yes	Yes	Yes

100MI Start 7:50AM Friday, 50MI Start 5:15AM Saturday, 26.2MI Start 8:00AM Saturday

\* Course record pace is from Neal Collick's 2018 race where he set the current course record of 18:56:02.

\* For the 2022 race only, the start time of the 100 has been moved from 8:00AM to 7:50AM and the cutoffs at Tettegouche, County 6 & Finland have each been extended by 10 minutes.