

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 Course Record Pace *	Estimated Time Closed	Cutoff	100MI Pacer	Toilet	Drop Bags	Crew Access
0.0	-	-	Gooseberry (100MI Start)	9.7	-	-	-	-	No	Yes	Yes	Yes
9.7	-	-	Split Rock	10.3	Fri 8:30 AM	Fri 9:07 AM	Fri 11:15 AM	Fri 11:00 AM	No	No	No	No
20.1	-	-	Beaver Bay	4.9	Fri 10:10 AM	Fri 10:37 AM	Fri 2:35 PM	Fri 2:20 PM	No	Yes	Yes	Yes
25.0	-	-	Silver Bay	9.9	Fri 10:55 AM	Fri 11:28 AM	Fri 4:15 PM	Fri 4:00 PM	No	Yes	Yes	Yes
34.9	-	-	Tettegouche	8.6	Fri 12:45 PM	Fri 1:12 PM	Fri 7:45 PM	Fri 7:30 PM	No	No	No	Yes
43.5	-	-	County RD 6	7.7	Fri 2:30 PM	Fri 3:02 PM	Fri 10:45 PM	Fri 10:30 PM	After 6:00 PM	Yes	Yes	Yes
51.2	0	-	Finland (50MI Start)	7.5	Fri 3:55 PM	Fri 4:28 PM	Sat 2:15 AM	Sat 2:00 AM	Yes	Yes	Yes	Yes
58.7	7.5	-	Sonju Lake Road	4.2	Fri 5:20 PM	Fri 5:50 PM	Sat 8:00 AM	No	Yes	No	Yes	No
62.9	11.7	-	Crosby-Manitou	9.4	Fri 6:10 PM	Fri 6:37 PM	Sat 9:25 AM	Sat 9:10 AM	Yes	Yes	Yes	Yes
72.3	21.1	-	Sugarloaf	5.6	Fri 8:10 PM	Fri 8:39 PM	Sat 12:25 PM	Sat 12:10 PM	Yes	Yes	Yes	Yes
77.9	26.7	0	Cramer RD (26.2MI Start)	7.1	Fri 9:10 PM	Fri 9:41 PM	Sat 2:00 PM	Sat 1:45 PM	Yes	Yes	Yes	Yes
85.0	33.8	7.9	Temperance	5.7	Fri 10:35 PM	Fri 11:05 PM	Sat 4:15 PM	Sat 4:00 PM	Yes	Yes	Yes	100MI Only
90.7	39.5	13.6	Sawbill	5.5	Sat 11:45 PM	Sat 12:14 AM	Sat 5:55 PM	Sat 5:40 PM	Yes	Yes	Yes	Yes
96.2	45	19.1	Oberg	7.1	Sat 12:50 AM	Sat 1:20 AM	Sat 7:25 PM	Sat 7:10 PM	Yes	Yes	Yes	Yes
103.3	52.1	26.2	Caribou Highlands	Race Finish	Sat 2:20 AM	Sat 2:56 AM	Sat 10:30 PM	Sat 10:00 PM	Yes	Yes	Yes	Yes

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

* Course record pace is figured off of Neal Collick's 2018 100 mile course record of 18:56:02. Aid station "in times" for every aid station listed are the fastest ever aid station "in times" ever recorded.