

# MELLOW TRAIL RACE AID STATION CHARTS



All cutoff times figured from the mass start of the longest distance offered on that day.

Slowest Pace Possible = 20:36

## MELLOW 26.2

Name	Sequence	Split	Mile	Drop Bag	Crew	Parking	Served	Cutoff	Cutoff Hrs
<b>Lap 1</b>									
Mudd		Start	0.00	Y	Y	Y	Full Aid		
Well (A)	1	1.26	1.26	N	Y	N	Full Aid		
Abby Rd	2	2.93	4.19	Y	Y	Y	H2O, Ice, Gels		
Well (B)	3	3.13	7.32	N	Y	N	Full Aid		
Croton	4	1.69	9.01	Y	Y	Y	Full Aid		
Pancho	5	2.86	11.87	Y	Y	Y	H2O, Ice, Gels		
Mudd	6	1.22	13.10	Y	Y	Y	Full Aid	11:30 AM	4 hrs, 30 min
<b>Lap 2</b>									
Well (A)	7	1.26	14.36	N	Y	N	Full Aid	11:56 AM	4 hrs, 56 min
Abby Rd	8	2.93	17.29	Y	Y	Y	H2O, Ice, Gels	12:56 PM	5 hrs, 56 min
Well (B)	9	3.13	20.42	N	Y	N	Full Aid	2:00 PM	7 hrs, 0 min
Croton	10	1.69	22.11	Y	Y	Y	Full Aid	2:35 PM	7 hrs, 35 min
Pancho	11	2.86	24.97	Y	Y	Y	H2O, Ice, Gels	3:34 PM	8 hrs, 34 min
Mudd	12	1.22	26.19	Y	Y	Y	Full Aid	4:00 PM	9 hrs, 0 min

## MELLOW 13.1

Name	Sequence	Split	Mile	Drop Bag	Crew	Parking	Served	Cutoff	Cutoff Hrs
Mudd		Start	0.00	Y	Y	Y	Full Aid		
Well	1	1.26	1.26	N	Y	N	Full Aid	11:56 AM	4 hrs, 56 min
Abby Rd	2	2.93	4.19	Y	Y	Y	H2O, Ice, Gels	12:57 PM	5 hrs, 57 min
Well	3	3.13	7.32	N	Y	N	Full Aid	2:01 PM	7 hrs, 1 min
Croton	4	1.69	9.01	Y	Y	Y	Full Aid	2:36 PM	7 hrs, 36 min
Pancho	5	2.86	11.87	Y	Y	Y	H2O, Ice, Gels	3:34 PM	8 hrs, 34 min
Mudd	6	1.22	13.09	Y	Y	Y	Full Aid	4:00 PM	9 hrs, 0 min

## MELLOW 10K

Name	Sequence	Split	Mile	Drop Bag	Crew	Parking	Served	Cutoff	Cutoff Hrs
Mudd		Start	0.00	Y	Y	Y	Full Aid		
Well	1	1.26	1.26	N	Y	N	Full Aid		
Mudd	2	1.94	3.20	Y	Y	Y	Full Aid	11:30 AM	4 hrs, 30 min
Well	3	1.26	4.46	N	Y	N	Full Aid	2:01 PM	7 hrs, 1 min
Mudd	4	1.94	6.30	Y	Y	Y	Full Aid	4:00 PM	9 hrs, 0 min

## MELLOW 5K

Name	Sequence	Split	Mile	Drop Bag	Crew	Parking	Served	Cutoff	Cutoff Hrs
Mudd	1	Start	0.00	Y	Y	Y	Full Aid		
Well	2	1.26	1.26	N	Y	N	Full Aid	2:01 PM	7 hrs, 1 min
Mudd	3	1.94	3.20	Y	Y	Y	Full Aid	4:00 PM	9 hrs, 0 min