



2025 Runners Manual

**Friday, September 19 at 11:00am
48 Hour & 46 Minute Cut Off (22-minute mile)**

**Start Line Located:
N5854 Kettle Moraine Dr.
Greenbush, WI**

Welcome to our little tour on foot of the Kettle Moraine State Forest. All miles are those marked by yellow blazes notating you are on the Ice Age National Scenic Trail. This event took 4 years to get where we will be on September 19th, 2025. This area is sacred, cherished and highly protected. We can't wait to show you our favorite little slice that's so near and dear to us.

The 136 distance is the mileage from the start of the Northern Kettle Moraine State Forest to the end of the Southern Kettle Moraine State Forest. The run was inspired by a local trail running legend. Years ago, we emailed back and forth after he had completed this twice on his own. I was initially just planning to do this Soulo.....then a lightbulb went off. The beaming light in real life is now your start line. We are a bit short of the entire Northern Unit due to parking and space. Then with trail work since the original 136 the mileage will be closer to 132ish miles. Thank you, Robert, for being the natural relentless OG that you are. Why does it say "125" they ask? Well, that's because 2025 will celebrate 125 years that Wisconsin State Parks have been established. The DNR asked if we would incorporate that into our title and I happily obliged.

"Fallinline", what's the meaning? Like everything we do here a lot of thought went into the name. In military context when exclaimed to "fall in" it means to physically arrange yourself in a line. Then all will move in a synchronized march. The blaze that denotes the Ice Age Trail is essentially a line, but when zoomed in it's a solid rectangle. We march and although will become separated along the way we are all still together following the line. A combined movement with purpose while synchronized-ish.

This manual lists details and specs one may want while preparing and traversing. Sections are arranged in order of information gathered between aid stations. The event will host 10 aid stations, with 11 segments. It can be easier to digest if broken up into smaller parts. Your job is to move from the first aid station to the last aid station.

It'll be fun.....they said 😊.

Before that, we'll go through our terms and conditions. These are in cooperation with the Wisconsin Department of Natural Resources, the Ice Age Trail Alliance and us here at TYDISH Running.

No No's by the Race Director

- NO ALCOHOL, COWBELLS and we are CUPLESS. Please provide your own reusable cups, flasks, water bottles to be refilled at the aid stations. We do

not serve alcohol at all anywhere. Then incessant noise makers are not welcomed. Please clap, cheer, hoot and holler as you'd like. Also abide by "quiet time" between the hours of 10pm and 7am.

Athlete expectations

- You must have a FarOut/Gaia/something navigational App downloaded on your phone or a map of the Ice Age Trail on you. The course is "marked" by blazes but will not be further marked for the event. You are in charge of your own navigation.
- We have a coupon code for the full IAT on FarOut, use "FIL20" for 20% the \$29.99 fee.
- Entrants must be over the age of 18 years old.
- You will be assigned a volunteer to share your location with while on the course. This is for extra precaution and individualized attention given amongst the masses.

Safety

- Runner tracking will be done by cell phone location sharing. Each registered entrant will be assigned a volunteer for location management.
- Your bib number must be visible at all times with emergency contact information clearly written on the backside.
- Entrants are to vocally check in and out of each aid station. This will be simply announcing your bib number to a volunteer with a clipboard.
- If an emergency incident is reported to emergency responders, we will then give that information immediately to DNR personnel to complete a "Visitor Accident Report" form.

Traffic and Parking

- All motor vehicles stopping on DNR-owned land must have a current year admission pass on their windshield (state park pass [link here](#)).
- All motor vehicles must oblige to posted parking signage in lots and never on grass field areas. If not, vehicle is subject to be towed and at owner's expense.
- We will not have hired traffic controllers. Please cross roads and lots with extreme awareness.
- Entrants will receive ONE "crew pass" to display inside their vehicle. Only one crew car is allowed to support one entrant. Therefore, no more than 100 Fallinline event vehicles are allowed in the Greenbush Recreation area lot.

- Please have crew be prompt at aid stations. Support given then once you are back on the trail, they need to also leave that lot.
- Mauthe Lake needs special attention for crew. The aid station is near the entrance, but the parking lot is about 1/4 mile up. Crew will have to park, then walk with caution to the AS.
- If any of these are not observed and we at TYDISH are informed, I will immediately disqualify you.

Inclement Weather

- The DNR has the right to cancel or adjust the route if trail preservation is at risk, facilities need protecting or participant safety is a concern.
- Weather thresholds are rainfall of 2 inches or more within 24 hours of event start time.
- Soil conditions are considered saturated due to previous rainfall.
- Any severe weather information issued by the National Weather Service will be observed to our areas of use.

Trail Disburbance and Damage

- Just don't, please and thank you.
- No temporary structures are allowed to be placed by entrants along the route.
- Trail naps are allowed just as the athlete is and not obstructing the trail path.
- All areas you traverse are open to the public. We are not granted sole use of the trail. Please announce yourself as you approach another person and of course be polite as you pass them.

Etiquette

- Per DNR, see [DNR Guidance](#)
- Leave no Trace, with that you were never there.....please leave no sign you were. Garbage's will be available at each AS for you to dispose wrappers, blown out shoes, bad ideas, etc in.
- [7 Principles - Leave No Trace](#)

Cut off times and Did Not Finish procedures

- Upon arrival to an aid station, if you cannot continue to go on anymore, please alert a volunteer that you are "dropping". We will be recording athletes as they come in and leave stations so you will be properly noted as such.

- While at an aid station, please monitor posted closing/cutoff times. If you have not vacated an AS before the cutoff, you will be pulled from the event. Rules are rules and they will be enforced.
- If deciding to not go on outside of an aid station you must reach out to the Race Directors. Those phone numbers will be provided at a later time. If you need assistance off trail, we can also assist. IN THE EVENT OF AN EMERGENCY, CALL 911 FIRST!!! We will assist in extractions and aid the emergency responders in any/all ways possible. You will not be allowed to return to your registered event if emergency care is needed at any time.

Sleep Stations

- At Aid Stations 6, 7, 8, and 9 will also host “sleep stations”. These are basic multi person tents with cots or mats with blankets inside. No other amenities will be provided but your crew is allowed to assist. You may also rest and seek aid at your crews’ vehicles. Vehicles you are resting in must stay at aid station location. If you leave the property, you are immediately disqualified.

Pacers

- Pacers are allowed at Aid Station #5/Emerald Dr. and every AS after. Pacer bibs will be available at packet pick up for athletes to distribute. You are allowed one pacer at a time, unless one is a minor, then you may have two. After AS #8 you may have two adults and one minor to assist you into triple digits and that finish line.
- Please exercise “quiet hours” after 10pm when your crew is parking/supporting.

Mandatory Gear

- FarOut App or another map (Gaia, etc) with the full Ice Age Trail downloaded for offline use. You must show us you know how to navigate it. If not the app, an actual physical map of the Ice Age Trail. No Map=No Run.
- Waterproof poncho.
- One pair of gloves with two hand warmers and a warm hat.
- Refillable water bottle, then +/- collapsible cup for AS drinks.

Drop Bags

- AS #3/ Paradise Drive, mile 38.8 (no crew is allowed at this aid station).
- AS #5/ Emerald Drive, mile 60.7.
- AS #8/ Scuppernong Trailhead, mile 99.5.

- Please have your last name AND bib number on each bag you leave.
- Drop bags will then need to be placed on a tarp that reads “DONE” when you are done with it. They will NOT be carried on to the next drop bag location, but taken to the finish line in groups.
- Sizes allowed are 16”x24”x14”. Please use best durability judgement when choosing yours. Consider the trip they’ll also take and set them up for success.
- We will NOT mail bags after the event has concluded.

Menu

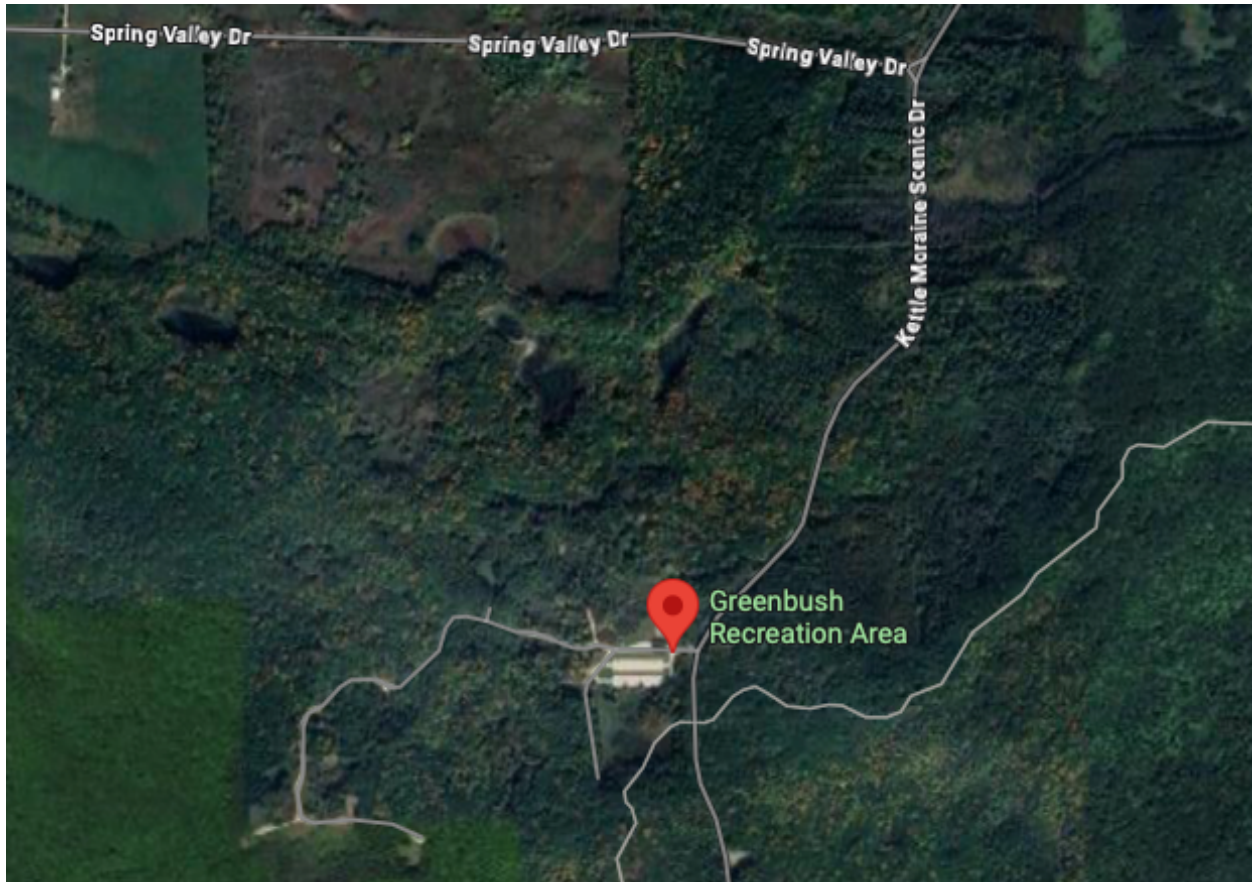
- We will be aware of dietary indiscretions; vegan/vegetarian and gluten free when providing aid stations with food. Each one will have one predetermined main course along with your basic staple ultra running snacks and drinks.

Transportation

- Start line [N5854 Kettle Moraine Dr, Glenbeulah, WI 53023](#)
- Finish line [N8660 Clover Valley Rd, Whitewater, WI 53190](#)
- Shuttle transportation will be provided at \$20 cash day of per person. It’s a two-hour drive from the finish line to the start line. Transportation will be via bus or multi passenger vans.
- Vehicles will leave The Fuzzy Pig promptly at 8am.

Start Line

- 11am sharp we start the journey. Please arrive early enough to do so. Packet pickup will close at 10:55am. The parking lot is a generous size and is still open to the public. With this only 1 car per runner is allowed there. Please carpool with friends and family who’d all like to see you off.
- Pit toilets are available here.
- We will have only water to offer athletes to fill bottles with. It’s 16 miles to your first aid station. Please plan accordingly.
- Search this address for more info regarding Greenbush Rec: [N5854 Kettle Moraine Dr, Glenbeulah, WI 53023](#)



Finish Line

- Fuzzy Pig: N8660 Clover Valley Rd, Whitewater, WI 53190
- Due to the length of this event, your finish line experience may not be a very busy/exciting one. There's a chance a small group of people may be around, or no one just the barn lights in the distance.
- You will be able to grab breakfast items being served, change, and rest if needed. The building will remain open only for crew and spectators, not the general public.
- If you finish alone, I will say cheers, hoots and hollers are there for you loudly in spirit.
- It's time for sleeps and wow have you earned it!!!

Awards

- All finishers will get a custom medallion to commemorate the weekend with.
- Top 3 Women and Men will also receive a podium placement award. More details on those later.

Transfers/Refunds

- Transfers, distance changes or self-cancellations are allowed until 9/12/2025 through your UltraSignUp account.
- Full refunds will NOT be given, but if the event is cancelled by a way that's out of our control, I'll grant all entrants 50% to 2026's event.

Disqualifications

- You know what to do and what not to do. If you or your crew does something in the "what NOT to do" category I will pull your bib and DNF you right in front of you. I take protecting my brand very seriously and will not allow anything to blatantly jeopardize it.

Now, onto the course.....**Section 1. Greenbush start to Mauthe Lake**

- AS 1: [Mauthe Lake: N1490 Co Rd GGG, Campbellsport, WI 53010](#)
- 16 miles all single-track trails. The Northern Kettles will be your most remote areas and technical miles of the course. With that they are immensely beautiful as well.
- Total elevation gain= 2,140 ft, loss= 2,213 ft.
- All single-track trails.
- FarOut mileage points 994.8-978.8

Major roads crossed: STH-67, CTH-U, Scenic Dr., CTH-V, CTH-F, Division Rd., CTH-SS, CTH-GGG.



Section 2. Mauthe Lake to Sunburst Lot

- AS 2: [Sunburst Ski Area: 8355 Prospect Dr, Kewaskum, WI 53040](#)
- 11.8 miles. Single track outside of a 300 ft road connector to the Milwaukee River segment.
- The beauty continues with technical terrain.
- Total elevation gain= 1,180ft., loss= 1291 ft.
- All single-track trails.
- FarOut mileage points 978.8-967.0

Major roads crossed: CTH-S, CTH-DD, Kettle Moraine Dr., E. Moraine Dr., STH-28, CTH-28, Sandy Ridge Road, UNDER US 45 to Sunburst Hill.

******As you cross Prospect Dr. in front of Sunburst ski hill, please cross into the parking lot and head left/south to AS2.*



Section 3. Sunburst Lot to Paradise Dr

- AS3: [Paradise Drive \(West Bend\)](#)
- AS 3 is a NO CREW lot. Drop bags only with food and liquid support
- 11 miles (2.25 road miles shortly after leaving Sunburst).
- Total elevation gain= 1,195 ft., loss= 1087 ft.
- FarOut mileage points 967.0-956.0

Major roads crossed: Traveling east on Ridge Rd, south on Town Hall Rd to Wildwood Road until Kewaskum trail head. Back on the IAT you'll reach Friendly Dr. then you'll cross CTH-DD, Beaver Dam Rd., Park Ave. As you reach Washington St (Culver's restaurant as a landmark) you'll go West on Washington St. until the next light CAREFULLY cross southbound back onto IAT. The West Bend section can be very confusing as there are also mountain bike trails intertwined.



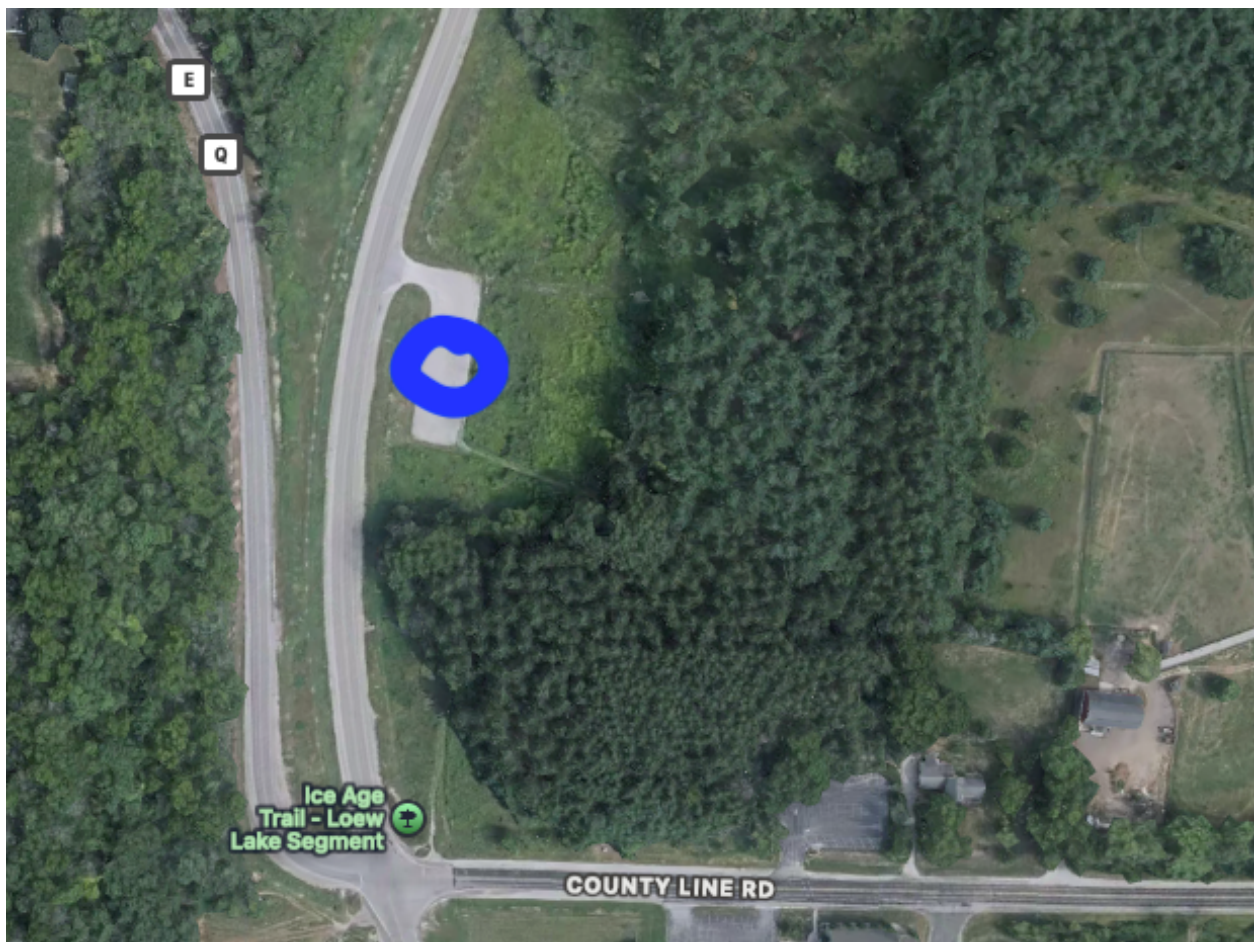
Section 4. Paradise Dr., to Pike Lake (nature trail lot)

- AS 4: [Nature Trail Parking Lot: 3532-3646 Powder Hill Rd, Slinger, WI 53086](#)
- 10.8 miles (5.3 miles of road leaving Paradise Dr. AS) After the first mile the roads become narrow, hilly and completely lack a safe shoulder for pedestrian traffic. PLEASE USE EXTRA CAUTION!! This is luckily only less than a half mile to traverse, but again be careful.
- Total elevation gain = 712 ft., loss = 654 ft.
- FarOut mileage points 956.0 – 945.2



Section 5. Pike Lake to Monches/Hwy K Lot.

- AS 5: **Coordinates: 43.193220, -88.345850**
- 15.1 miles (2.2 miles are road)
- Total elevation gain=1,160 ft., Loss= 1,319 ft.
- FarOut mileage points 945.2-930.1
- 1.8 miles of trail (crossing Powder Hill Rd., Kettle Moraine Dr., before a small road section on Glassgo Rd. Then hopping back on to the IAT.
- Will cross CTH-E on trail until another small road section on Glassgo Dr.
- Single track trail until reaching Pleasant Hill Road connector. A half mile of road until returning to the IAT continuing on the Holy Hill section.
- Single track trail for 3.5 miles before reaching Donegal Dr. Roads crossed are Shannon Road, Holy Hill Road and Carmel Rd.,
- Road section on Donegal Road is 1.2 miles before reaching the trail entrance of the Loew Lake segment.



Section 6. Monches/Hwy K Lot to Centennial Park

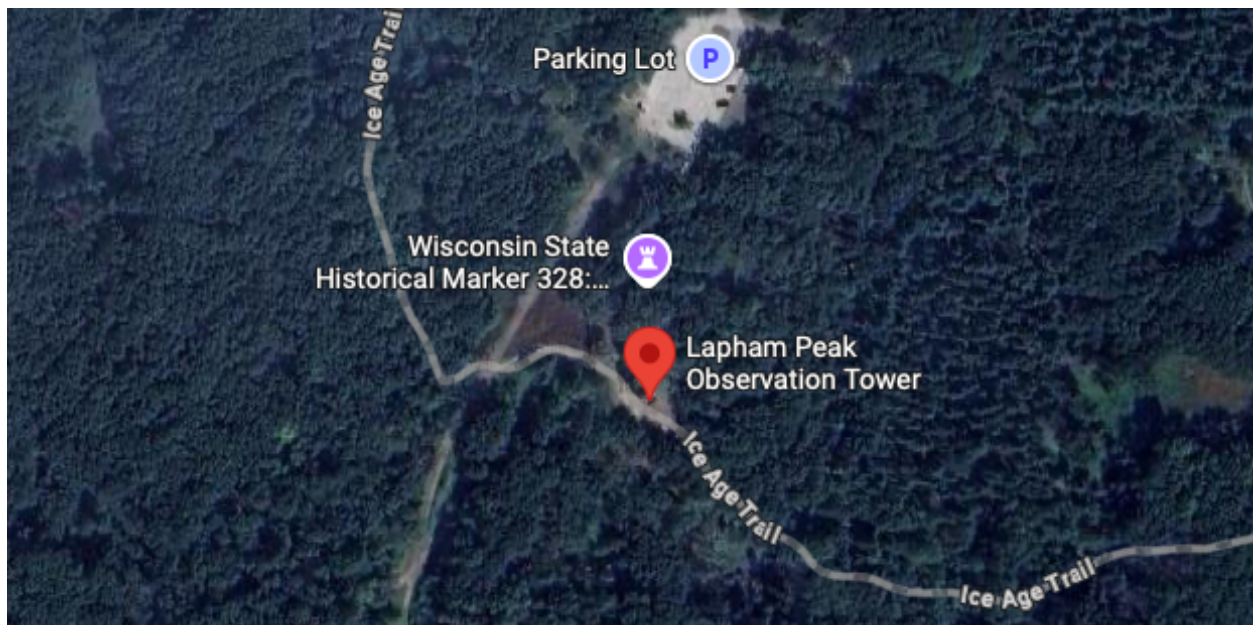
- AS 6 [Centennial Park](#): N55 W29505, Centennial Park, N55 W29505 County Trunk Hwy K, Hartland, WI 53029
- 8.4 miles (2.8 miles are road).
- As you leave Emerald AS you will mostly have single track or wide trails with a road crossing on Emerald Road then a short road section (0.4 miles) also on Emerald Road before arriving 4 miles later to the Q/E/K Hwy intersection. Please use caution for there are cars driving in multiple directions where the trail crosses the road.
- These next 3 miles are THE BEST!!! They are rocky, technical and go by water over a creek then marsh side. After though going into the Merton section, it gets a little choppy.
- From the trail along the Bug Line trail, you will be on and off the trail on roads, through neighborhoods with your longest single stretch of road of 1.4 miles on Dorn Road before arriving at Centennial Park in Hartland.
- There are too many road sections to list here, so PLEASE stay alert and directionally prepared.
- Total elevation gain=762 ft. Loss= 815 ft.
- FarOut mileage points 930.1-921.7



Section 7. Centennial Park to Lapham Peak Tower

- AS 7 [Lapham Peak Observation Tower](#): W329 N846, County C, Delafield, WI 53018

- ****NOTE*****the gates to the park close from 9pm to 6am. Have your crew be aware of this. They may leave whatever you need at the aid station for you, if you do not arrive there before the gates close.
- 13.27 miles
- These miles will by far be your messiest section. Through a park, city streets, bike paths to a small trail section, out into a subdivision, crossing a busy street in Delafield, more bike paths until single tracks take you up to the Lapham Peak Tower. This is your section in a Blazed nutshell.
- There are too many roads to list here....again be directionally prepared.
- Total elevation gain= 1,028 ft., Loss= 707 ft.
- FarOut mileage points 921.7-908.4



Section 8. Lapham Peak Tower to Scuppernong Trailhead

- AS 8 [Scuppernong Trailhead: S58 W35820 County Rd ZZ, Dousman, WI 53118](#)
- 13.2 miles (2.95miles are bike paths/road)
- Ok, back to the trails already! As you leave the tower you'll have 2.36 miles of gorgeous single tracks trail. You'll then cross Hwy 18 and join on to the Glacial Drumlin Trail as a shared section of the IAT. For about 2.10 miles you'll be on a bike path before returning to the trail again.
- Once back on the trail you are entering the Waterville section. You'll be back on trails for a bit less than 3 miles before a road section. The road section on Waterville Road is only about a 1/4 mile long before you are back on single tracks again.
- Did I lose you yet???

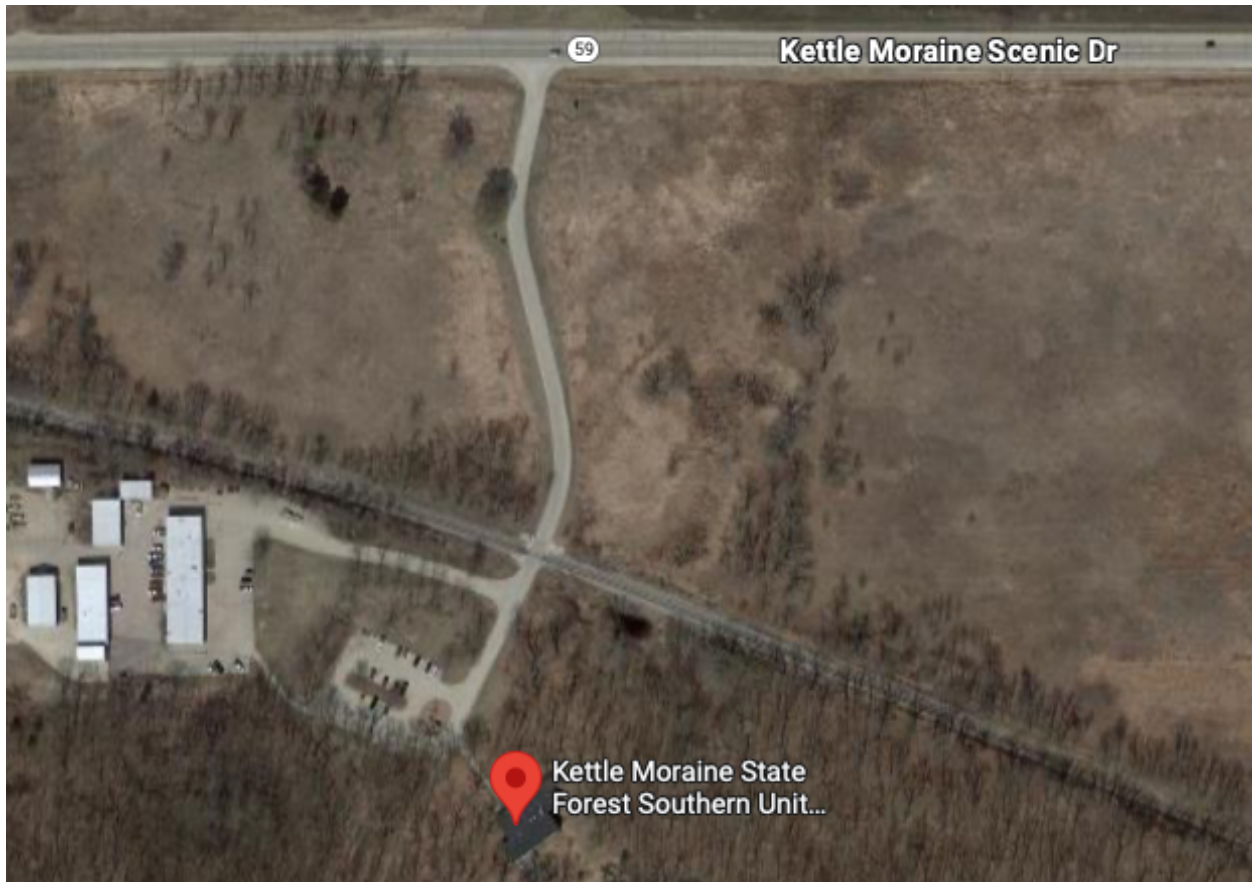
- In about 2.25 miles you'll cross Cty D, approaching then crossing Cty C/D. You'll run on trail parallel to Cty C/D until the trail comes out onto the road. Here starts the 0.6 miles road connector back to the trail. Once back on the single track, welcome to the Scuppernong section. The next 3.25 miles are amazing and beloved in these parts. You will run through Pinewoods campground where pit bathrooms are available for your use as well.
- Once you get to the Scuppernong trailhead lot, you will have to make the 0.17-mile journey to the shelter for mandatory check in.
- Roads crossed; STH-18, Tallgrass Ct., CTH-D, CTH-C.
- Total elevation gain= 1,018 ft., Loss= 1,264 ft.
- FarOut mileage points 908.4-895.2



Section 9. Scuppernong Trailhead to Southern Kettle Headquarters lot.

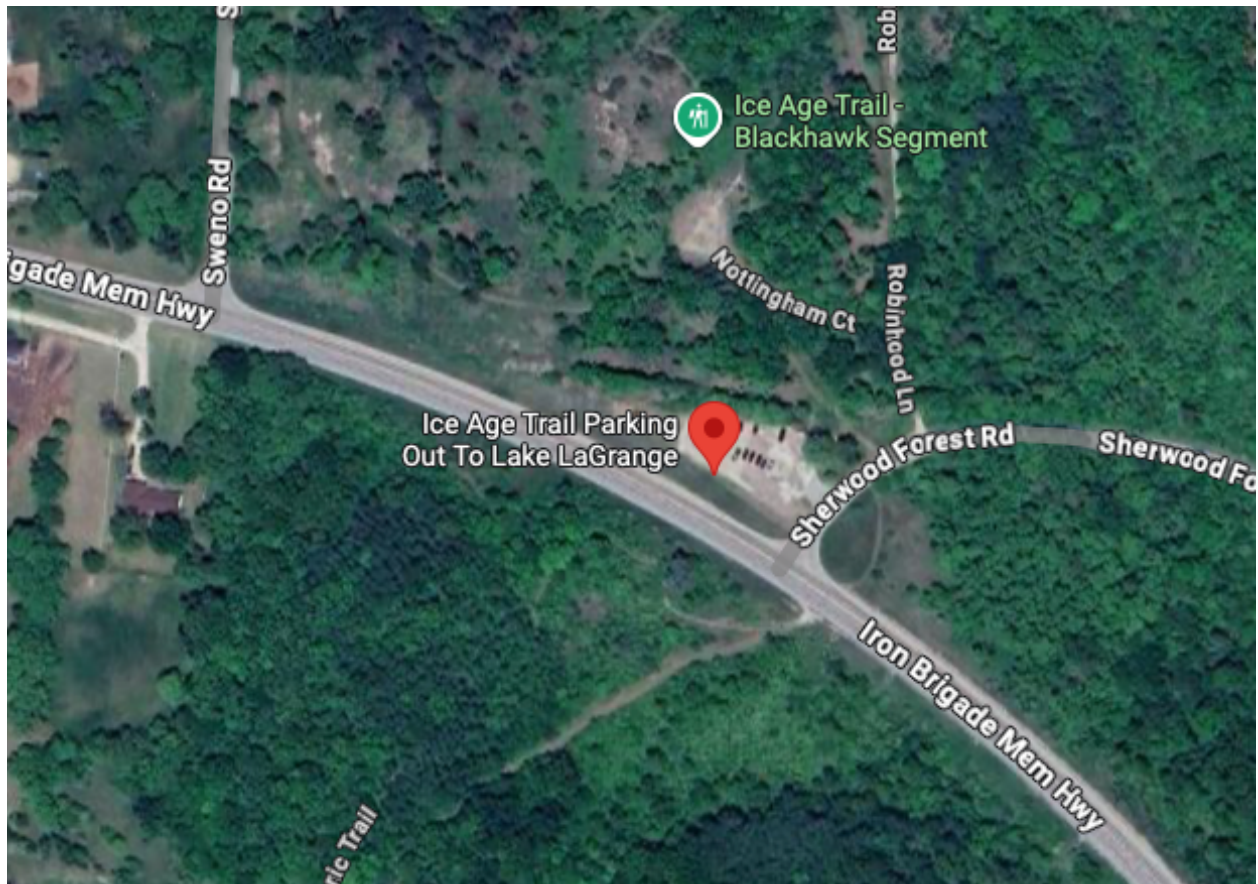
- AS 9 [KM Southern Unit HQ: S91W39091 WI-59, Eagle, WI 53119](#)
- 9.73 miles (0.10 road).
- These are all single-track trails, good chunks of prairies, lots of wood plank bridges, with a very small random section that's gravel in the Stoney Ridge area. There's one road section on Wilton Road that is only about 1/10th of a mile.
- The section is remote and forgiving as you count down "one more aid station" then on to that finish line.
- Roads crossed; CTH ZZ, Piper Rd., STH 67, Wilton Rd., CTH-N, STH-59, CTH-S.
- Total elevation gain= 611ft., Loss= 696 ft.

- FarOut mileage points 895.2-885.5



Section 10. Southern Kettle Headquarters to Highway 12/Blackhawk IAT Trailhead.

- AS 10 [Ice Age Trail Parking](#): 7206 US-12, Whitewater, WI 53190
- 15.2 miles.
- All single-track trails and they are scrumptious.
- *****You will run through Horseriders campground. It's a public campground with potable water and restrooms available. There will probably be horses here too, so we especially encourage you to be extremely quiet and respectful. ABSOLUTELY NO CREW IS ALLOWED HERE. If you need crew to pick you up in a non-emergency situation, we ask you walk to Little Prairie Road that is the entrance to the campground.
- Roads crossed; CTH-Z, Little Prairie Rd., Tamarack Rd., Young Rd., CTH-H, Bluff Rd., Duffin Rd.
- Total elevation gain= 1,790ft., Loss=1,712 ft.
- FarOut mileage points 885.5-870.3



Section 11. Welp.....this is it. To the finish line you go!!

- Meet us at the Fuzzy Pig [The Fuzzy Pig](#): N8660 Clover Valley Rd, Whitewater, WI 53190
- 7.2 miles (2.95 road). There is a road connector as a natural part of the IAT. You will veer off of Clover Valley road, onto Clover Valley Road. It's a bit confusing....where the turn is, is right before the road merges into Anderson Road. The IAT continues, but you are now for the first time officially off the Ice Age Trail. With 0.47 miles to go, the completion of your course awaits you.
- Hot Damn, YOU DID IT!!!!!!!
- FarOut mileage points 870.3-863.1 (then one right turn on Clover Valley Road to the Fuzzy Pig)
- Fuzzy Pig Address: N8660 Clover Valley Road, Whitewater, WI Phone – 262.473.4574



We will have our own private room reserved for the weekend. Food and drink will be provided while you snack and nap your way back into remembering how incredible you are!!! Take all the time you need to gather and celebrate what you just completed.

On behalf of myself and anyone in anyway involved with this day happening we can't thank you enough. Thank you for trusting us, sharing your life with us, your dedication to yourself and this event and choosing us. We will never be able to express our gratitude fully. Please know how much we appreciate YOU!!!

Nicole Diedrick.

Crew Access?	Drop Bag	Sleep Station	Mileage points from FarOut App	991.5	Start @ Greenbush		Elevation Gain (ft)	Elevation Loss (ft)
			16 miles to first aid station					
Yes	No	No	Aid Station #1	978.8	Mauthe Lake	Mile 16	2,140	2,213
			11.8 miles between aid stations					
Yes	No	No	Aid Station #2	967.0	Sunburst	Mile 27.8	1,180	1,291
			11 miles between aid stations					
No	Yes	No	Aid Station #3	956.0	Paradise Dr.	Mile 38.8	1,195	1,087
			10.8 miles between aid stations					
Yes	No	No	Aid Station #4	945.2	Nature Trail (Pike)	Mile 49.6	712	654
			15.1 miles between aid stations					
Yes	Yes	No	Aid Station #5	930.1	Monches/Hwy K Lot	Mile 64.7	1,160	1,319
			8.4 miles between aid stations					
Yes	No	Yes	Aid Station #6	921.7	Centennial Park	Mile 73.1	762	815
			13.27 miles between aid stations					
Yes	No	Yes	Aid Station #7	908.4	Lapham Tower	Mile 86.37	1,028	707
			13.2 miles between aid stations					
Yes	Yes	Yes	Aid Station #8	895.2	Scuppernong Lot	Mile 99.57	1,018	1,264
			9.73 miles between aid stations					
Yes	No	Yes	Aid Station #9	885.5	Southern KM HQ Lot	Mile 109.3	611	696
			15.2 miles between aid stations					
Yes	No	No	Aid Station #10	870.3	Hwy 12/Blackhawk	Mile 124.5	1,790	1,712
			7.2 miles to finish					
			Finish	863.1	Clover Valley Rd - Fuzzy Pig	Mile 131.7		

Runner Pace

10 Minute Mile	22 Minute Mile
Day 1	Day 1
1:40 PM	4:52 PM
Day 1	Day 1
3:38 PM	9:10 PM
Day 1	Day 2
5:28 PM	1:15 AM
Day 1	Day 2
7:15 PM	5:15 AM
Day 1	Day 2
9:45 PM	10:45 AM
Day 1	Day 2
11:10 PM	1:46 PM
Day 2	Day 2
1:24 AM	6:40 PM
Day 2	Day 2
3:35 AM	11:30 PM
Day 2	Day 3
5:13 AM	3:05 AM
Day 2	Day 3
7:40 AM	8:39 AM
Day 2	Day 3
9:20 AM	11:46 AM

10 Minute Mile Pace: Starting at 11:00 AM (22 hours & 20 minutes)

Mile	Time	Mile	Time	Mile	Time	Mile	Time	Mile	Time	Mile	Time
1	11:10 AM	23	2:50 PM	45	6:30 PM	67	10:10 PM	89	1:50 AM	111	5:30 AM
2	11:20 AM	24	3:00 PM	46	6:40 PM	68	10:20 PM	90	2:00 AM	112	5:40 AM
3	11:30 AM	25	3:10 PM	47	6:50 PM	69	10:30 PM	91	2:10 AM	113	5:50 AM
4	11:40 AM	26	3:20 PM	48	7:00 PM	70	10:40 PM	92	2:20 AM	114	6:00 AM
5	11:50 AM	27	3:30 PM	49	7:10 PM	71	10:50 PM	93	2:30 AM	115	6:10 AM
6	12:00 PM	28	3:40 PM	50	7:20 PM	72	11:00 PM	94	2:40 AM	116	6:20 AM
7	12:10 PM	29	3:50 PM	51	7:30 PM	73	11:10 PM	95	2:50 AM	117	6:30 AM
8	12:20 PM	30	4:00 PM	52	7:40 PM	74	11:20 PM	96	3:00 AM	118	6:40 AM
9	12:30 PM	31	4:10 PM	53	7:50 PM	75	11:30 PM	97	3:10 AM	119	6:50 AM
10	12:40 PM	32	4:20 PM	54	8:00 PM	76	11:40 PM	98	3:20 AM	120	7:00 AM
11	12:50 PM	33	4:30 PM	55	8:10 PM	77	11:50 PM	99	3:30 AM	121	7:10 AM
12	1:00 PM	34	4:40 PM	56	8:20 PM	78	12:00 AM	100	3:40 AM	122	7:20 AM
13	1:10 PM	35	4:50 PM	57	8:30 PM	79	12:10 AM	101	3:50 AM	123	7:30 AM
14	1:20 PM	36	5:00 PM	58	8:40 PM	80	12:20 AM	102	4:00 AM	124	7:40 AM
15	1:30 PM	37	5:10 PM	59	8:50 PM	81	12:30 AM	103	4:10 AM	125	7:50 AM
16	1:40 PM	38	5:20 PM	60	9:00 PM	82	12:40 AM	104	4:20 AM	126	8:00 AM
17	1:50 PM	39	5:30 PM	61	9:10 PM	83	12:50 AM	105	4:30 AM	127	8:10 AM
18	2:00 PM	40	5:40 PM	62	9:20 PM	84	1:00 AM	106	4:40 AM	128	8:20 AM
19	2:10 PM	41	5:50 PM	63	9:30 PM	85	1:10 AM	107	4:50 AM	129	8:30 AM
20	2:20 PM	42	6:00 PM	64	9:40 PM	86	1:20 AM	108	5:00 AM	130	8:40 AM
21	2:30 PM	43	6:10 PM	65	9:50 PM	87	1:30 AM	109	5:10 AM	131	9:00 AM
22	2:40 PM	44	6:20 PM	66	10:00 PM	88	1:40 AM	110	5:20 AM	132	9:10 AM
										133	9:20 AM

12 Minute Mile Pace: Starting at 11:00 AM (26 Hours & 36 Minutes)

Mile	Time	Mile	Time	Mile	Time	Mile	Time	Mile	Time	Mile	Time
1	11:12 AM	23	3:36 PM	45	8:00 PM	67	12:24 AM	89	4:48 AM	111	9:12 AM
2	11:24 AM	24	3:48 PM	46	8:12 PM	68	12:36 AM	90	5:00 AM	112	9:24 AM
3	11:36 AM	25	4:00 PM	47	8:24 PM	69	12:48 AM	91	5:12 AM	113	9:36 AM
4	11:48 AM	26	4:12 PM	48	8:36 PM	70	1:00 AM	92	5:24 AM	114	9:48 AM
5	12:00 PM	27	4:24 PM	49	8:48 PM	71	1:12 AM	93	5:36 AM	115	10:00 AM
6	12:12 PM	28	4:36 PM	50	9:00 PM	72	1:24 AM	94	5:48 AM	116	10:12 AM
7	12:24 PM	29	4:48 PM	51	9:12 PM	73	1:36 AM	95	6:00 AM	117	10:24 AM
8	12:36 PM	30	5:00 PM	52	9:24 PM	74	1:48 AM	96	6:12 AM	118	10:36 AM
9	12:48 PM	31	5:12 PM	53	9:36 PM	75	2:00 AM	97	6:24 AM	119	10:48 AM
10	1:00 PM	32	5:24 PM	54	9:48 PM	76	2:12 AM	98	6:36 AM	120	11:00 AM
11	1:12 PM	33	5:36 PM	55	10:00 PM	77	2:24 AM	99	6:48 AM	121	11:12 AM
12	1:24 PM	34	5:48 PM	56	10:12 PM	78	2:36 AM	100	7:00 AM	122	11:24 AM
13	1:36 PM	35	6:00 PM	57	10:24 PM	79	2:48 AM	101	7:12 AM	123	11:36 AM
14	1:48 PM	36	6:12 PM	58	10:36 PM	80	3:00 AM	102	7:24 AM	124	11:48 AM
15	2:00 PM	37	6:24 PM	59	10:48 PM	81	3:12 AM	103	7:36 AM	125	12:00 PM
16	2:12 PM	38	6:36 PM	60	11:00 PM	82	3:24 AM	104	7:48 AM	126	12:12 PM
17	2:24 PM	39	6:48 PM	61	11:12 PM	83	3:36 AM	105	8:00 AM	127	12:24 PM
18	2:36 PM	40	7:00 PM	62	11:24 PM	84	3:48 AM	106	8:12 AM	128	12:36 PM
19	2:48 PM	41	7:12 PM	63	11:36 PM	85	4:00 AM	107	8:24 AM	129	12:48 PM
20	3:00 PM	42	7:24 PM	64	11:48 PM	86	4:12 AM	108	8:36 AM	130	1:00 PM
21	3:12 PM	43	7:36 PM	65	12:00 AM	87	4:24 AM	109	8:48 AM	131	1:12 PM
22	3:24 PM	44	7:48 PM	66	12:12 AM	88	4:36 AM	110	9:00 AM	132	1:24 PM
										133	1:36 PM

15 Minute Mile Pace: Starting at 11:00 AM (33 Hours & 15 Minutes)

Mile	Time	Mile	Time	Mile	Time	Mile	Time	Mile	Time	Mile	Time
1	11:15 AM	23	4:45 PM	45	10:15 PM	67	3:45 AM	89	9:15 AM	111	2:45 PM
2	11:30 AM	24	5:00 PM	46	10:30 PM	68	4:00 AM	90	9:30 AM	112	3:00 PM
3	11:45 AM	25	5:15 PM	47	10:45 PM	69	4:15 AM	91	9:45 AM	113	3:15 PM
4	12:00 PM	26	5:30 PM	48	11:00 PM	70	4:30 AM	92	10:00 AM	114	3:30 PM
5	12:15 PM	27	5:45 PM	49	11:15 PM	71	4:45 AM	93	10:15 AM	115	3:45 PM
6	12:30 PM	28	6:00 PM	50	11:30 PM	72	5:00 AM	94	10:30 AM	116	4:00 PM
7	12:45 PM	29	6:15 PM	51	11:45 PM	73	5:15 AM	95	10:45 AM	117	4:15 PM
8	1:00 PM	30	6:30 PM	52	12:00 AM	74	5:30 AM	96	11:00 AM	118	4:30 PM
9	1:15 PM	31	6:45 PM	53	12:15 AM	75	5:45 AM	97	11:15 AM	119	4:45 PM
10	1:30 PM	32	7:00 PM	54	12:30 AM	76	6:00 AM	98	11:30 AM	120	5:00 PM
11	1:45 PM	33	7:15 PM	55	12:45 AM	77	6:15 AM	99	11:45 AM	121	5:15 PM
12	2:00 PM	34	7:30 PM	56	1:00 AM	78	6:30 AM	100	12:00 PM	122	5:30 PM
13	2:15 PM	35	7:45 PM	57	1:15 AM	79	6:45 AM	101	12:15 PM	123	5:45 PM
14	2:30 PM	36	8:00 PM	58	1:30 AM	80	7:00 AM	102	12:30 PM	124	6:00 PM
15	2:45 PM	37	8:15 PM	59	1:45 AM	81	7:15 AM	103	12:45 PM	125	6:15 PM
16	3:00 PM	38	8:30 PM	60	2:00 AM	82	7:30 AM	104	1:00 PM	126	6:30 PM
17	3:15 PM	39	8:45 PM	61	2:15 AM	83	7:45 AM	105	1:15 PM	127	6:45 PM
18	3:30 PM	40	9:00 PM	62	2:30 AM	84	8:00 AM	106	1:30 PM	128	7:00 PM
19	3:45 PM	41	9:15 PM	63	2:45 AM	85	8:15 AM	107	1:45 PM	129	7:15 PM
20	4:00 PM	42	9:30 PM	64	3:00 AM	86	8:30 AM	108	2:00 PM	130	7:30 PM
21	4:15 PM	43	9:45 PM	65	3:15 AM	87	8:45 AM	109	2:15 PM	131	7:45 PM
22	4:30 PM	44	10:00 PM	66	3:30 AM	88	9:00 AM	110	2:30 PM	132	8:00 PM
										133	8:15 PM

20 Minute Mile Pace: Starting at 11:00 AM (44 Hours & 20 Minutes)

Mile	Time	Mile	Time	Mile	Time	Mile	Time	Mile	Time	Mile	Time
1	11:20 AM	23	6:40 PM	45	2:00 AM	67	9:20 AM	89	4:40 PM	111	12:00 AM
2	11:40 AM	24	7:00 PM	46	2:20 AM	68	9:40 AM	90	5:00 PM	112	12:20 AM
3	12:00 PM	25	7:20 PM	47	2:40 AM	69	10:00 AM	91	5:20 PM	113	12:40 AM
4	12:20 PM	26	7:40 PM	48	3:00 AM	70	10:20 AM	92	5:40 PM	114	1:00 AM
5	12:40 PM	27	8:00 PM	49	3:20 AM	71	10:40 AM	93	6:00 PM	115	1:20 AM
6	1:00 PM	28	8:20 PM	50	3:40 AM	72	11:00 AM	94	6:20 PM	116	1:40 AM
7	1:20 PM	29	8:40 PM	51	4:00 AM	73	11:20 AM	95	6:40 PM	117	2:00 AM
8	1:40 PM	30	9:00 PM	52	4:20 AM	74	11:40 AM	96	7:00 PM	118	2:20 AM
9	2:00 PM	31	9:20 PM	53	4:40 AM	75	12:00 PM	97	7:20 PM	119	2:40 AM
10	2:20 PM	32	9:40 PM	54	5:00 AM	76	12:20 PM	98	7:40 PM	120	3:00 AM
11	2:40 PM	33	10:00 PM	55	5:20 AM	77	12:40 PM	99	8:00 PM	121	3:20 AM
12	3:00 PM	34	10:20 PM	56	5:40 AM	78	1:00 PM	100	8:20 PM	122	3:40 AM
13	3:20 PM	35	10:40 PM	57	6:00 AM	79	1:20 PM	101	8:40 PM	123	4:00 AM
14	3:40 PM	36	11:00 PM	58	6:20 AM	80	1:40 PM	102	9:00 PM	124	4:20 AM
15	4:00 PM	37	11:20 PM	59	6:40 AM	81	2:00 PM	103	9:20 PM	125	4:40 AM
16	4:20 PM	38	11:40 PM	60	7:00 AM	82	2:20 PM	104	9:40 PM	126	5:00 AM
17	4:40 PM	39	12:00 AM	61	7:20 AM	83	2:40 PM	105	10:00 PM	127	5:20 AM
18	5:00 PM	40	12:20 AM	62	7:40 AM	84	3:00 PM	106	10:20 PM	128	5:40 AM
19	5:20 PM	41	12:40 AM	63	8:00 AM	85	3:20 PM	107	10:40 PM	129	6:00 AM
20	5:40 PM	42	1:00 AM	64	8:20 AM	86	3:40 PM	108	11:00 PM	130	6:20 AM
21	6:00 PM	43	1:20 AM	65	8:40 AM	87	4:00 PM	109	11:20 PM	131	6:40 AM
22	6:20 PM	44	1:40 AM	66	9:00 AM	88	4:20 PM	110	11:40 PM	132	7:00 AM
										133	7:20 AM

22 Minute Mile Pace: Starting at 11:00 AM (48 Hours & 46 Minutes)

Mile	Time	Mile	Time	Mile	Time	Mile	Time	Mile	Time	Mile	Time
1	11:22 AM	23	7:26 PM	45	3:30 AM	67	11:34 AM	89	7:38 PM	111	3:42 AM
2	11:44 AM	24	7:48 PM	46	3:52 AM	68	11:56 AM	90	8:00 PM	112	4:04 AM
3	12:06 PM	25	8:10 PM	47	4:14 AM	69	12:18 PM	91	8:22 PM	113	4:26 AM
4	12:28 PM	26	8:32 PM	48	4:36 AM	70	12:40 PM	92	8:44 PM	114	4:48 AM
5	12:50 PM	27	8:54 PM	49	4:58 AM	71	1:02 PM	93	9:06 PM	115	5:10 AM
6	1:12 PM	28	9:16 PM	50	5:20 AM	72	1:24 PM	94	9:28 PM	116	5:32 AM
7	1:34 PM	29	9:38 PM	51	5:42 AM	73	1:46 PM	95	9:50 PM	117	5:54 AM
8	1:56 PM	30	10:00 PM	52	6:04 AM	74	2:08 PM	96	10:12 PM	118	6:16 AM
9	2:18 PM	31	10:22 PM	53	6:26 AM	75	2:30 PM	97	10:34 PM	119	6:38 AM
10	2:40 PM	32	10:44 PM	54	6:48 AM	76	2:52 PM	98	10:56 PM	120	7:00 AM
11	3:02 PM	33	11:06 PM	55	7:10 AM	77	3:14 PM	99	11:18 PM	121	7:22 AM
12	3:24 PM	34	11:28 PM	56	7:32 AM	78	3:36 PM	100	11:40 PM	122	7:44 AM
13	3:46 PM	35	11:50 PM	57	7:54 AM	79	3:58 PM	101	12:02 AM	123	8:06 AM
14	4:08 PM	36	12:12 AM	58	8:16 AM	80	4:20 PM	102	12:24 AM	124	8:28 AM
15	4:30 PM	37	12:34 AM	59	8:38 AM	81	4:42 PM	103	12:46 AM	125	8:50 AM
16	4:52 PM	38	12:56 AM	60	9:00 AM	82	5:04 PM	104	1:08 AM	126	9:12 AM
17	5:14 PM	39	1:18 AM	61	9:22 AM	83	5:26 PM	105	1:30 AM	127	9:34 AM
18	5:36 PM	40	1:40 AM	62	9:44 AM	84	5:48 PM	106	1:52 AM	128	9:56 AM
19	5:58 PM	41	2:02 AM	63	10:06 AM	85	6:10 PM	107	2:14 AM	129	10:18 AM
20	6:20 PM	42	2:24 AM	64	10:28 AM	86	6:32 PM	108	2:36 AM	130	10:40 AM
21	6:42 PM	43	2:46 AM	65	10:50 AM	87	6:54 PM	109	2:58 AM	131	11:02 AM
22	7:04 PM	44	3:02 AM	66	11:12 AM	88	7:16 PM	110	3:20 AM	132	11:24 AM
										133	11:46 AM

Pack List (Page provided to help jot down your thoughts)

Random Notes

Fallinline 125

Crew Support Vehicle

Go Runners, GO!!!