

# 2018 Lean Horse Schedule of Events

## Thursday, August 16, 2018

3:00 PM – 6:00 PM – 100M, 5 Person Relay Packet Pick-Up (Custer YMCA, 644 Crook Street)

3:00 PM – 6:00 PM – 100M, 5 Person Relay Drop Bags Due (Custer YMCA, 644 Crook Street)

## Friday, August 17, 2018

10:00 AM – 100M, 5 Person Relay Pre-Race Briefing (Custer Football/Track Complex)

11:00 AM – 100M, 5 Person Relay Check-In at Start Line

12:00 PM – 100M, 5 Person Relay Start

2:00 PM – 6:00 PM – 20M, 30M, 50M Packet Pick-Up (Custer YMCA, 644 Crook Street)

2:00 PM – 6:00 PM – 30M, 50M Drop Bags Due (Custer YMCA, 644 Crook Street)

## Saturday, August 18, 2018

3:30 AM – 50M Bus leaves Custer Football/Track Complex

6:00 AM – 50M Start

6:15 AM – 30M Bus leaves Custer Football/Track Complex

8:00 AM – 30M Start

8:15 AM – 20M Bus leaves Custer Football/Track Complex

9:30 AM – 20M Start

7:00 PM – 100M Awards at Custer Football/Track Complex

8:00 PM – Finish Line Cut-Off Time

## Awards Ceremonies

for the 100M and 5 Person Relay events will be held at 7:00 PM on Saturday, August 18 at the Custer Football/Track Complex.

Awards for the 20M, 30M and 50M events will be handed out to you upon the finish of your event. Please check-in with the Finish Line Staff to receive your overall and age group awards.

## Lean Horse 100 Aid Stations & Cutoff Times

<b>Aid Station</b>	<b>Mileage</b>	<b>Distance Between</b>	<b>Cutoffs</b>	<b>Comments</b>
Custer Track (Start)	0			
Mountain	5.0	5.0		
Orville	10.6	5.6		Drop Bag
Hill City	15.7	5.1		
High Country	20.6	4.9		
Horse Creek	24.8	4.8		Drop Bag
Mystic	30.4	4.8		
Gimlet Creek	34.6	4.2		
Rochford	38.2	3.6		Drop Bag
Nahant	44.3	6.1		
DMTM Exchange	50.3	6.0	4:00 AM	Drop Bag
Nahant	56.3	6.0	5:45 AM	
Rochford	62.4	6.1	7:30 AM	Drop Bag
Gimlet Creek	66.0	3.6	8:45 AM	
Mystic	70.2	4.2	10:30 AM	
Horse Creek	75.0	4.8	12:00 PM	Drop Bag
High Country	80.0	4.8	1:30 PM	
Hill City	84.9	4.9	3:00 PM	
Orville	90.0	5.1	4:30 PM	Drop Bag
Mountain	95.6	5.6	6:30 PM	
Custer Track (Finish)	100	4.4	8:00 PM	

## Lean Horse 50 Mile Aid Stations & Cutoff Times

Aid Station	Mileage	Distance Between	Cutoffs	Comments
DMTM Exchange (Start)	0			
Nahant	6.0	6.0		
Rochford	12.1	6.1		Drop Bag
Gimlet Creek	15.7	3.6		
Mystic	20.3	4.6		
Horse Creek	25.1	4.8	12:00 PM	Drop Bag
High Country	30.0	4.8	1:30 PM	
Hill City	34.9	4.9	3:00 PM	
Orville	40.0	5.6	4:30 PM	Drop Bag
Mountain	45.6	5.6	6:30 PM	
Custer Track (Finish)	50.0	4.4	8:00 PM	

## Lean Horse 30 Mile Aid Stations & Cutoff Times

Aid Station	Mileage	Distance Between	Cutoffs	Comments
Mystic (Start)	0			
Horse Creek	5.1	5.1		
High Country	10.0	4.8		
Hill City	14.9	4.9	3:00 PM	
Orville	20.0	5.1	4:30 PM	Drop Bag
Mountain	25.6	5.6	6:30 PM	
Custer Track (Finish)	30.0	4.4	8:00 PM	

## Lean Horse 20 Mile Aid Stations & Cutoff Times

Aid Station	Mileage	Distance Between	Cutoffs	Comments
High Country (Start)	0			
Hill City	4.9	4.9	3:00 PM	
Orville	10	5.1	4:30 PM	
Mountain	15.6	5.6	6:30 PM	
Custer Track (Finish)	20	4.4	8:00 PM	

### Aid Station Goodies

Hammer Nutrition Products – Assorted Hammer Gels Flavors, Assorted Heed Flavors, Endurolytes

Fluids – Water, Assorted Powerade Flavors, Coke, Mt. Dew, Ginger Ale, Instant Tea, Instant Coffee

Food – Watermelon, Bananas, Pretzels, Potato Chips, M&M's, Chicken Broth, Vegetable Broth, Assorted Flavors of Ramen Noodles, Bread, Peanut Butter, Jelly, Turkey, Ham, Sliced Cheese, Assorted Cookies, Boiled Potatoes, Salt

Extras – Many of the aid stations will have specialty items along the way to help you with some variety to keep you going!