Oil Creek 100 Trail Runs

							50K cut-offs		100K cut-offs		100 cut-offs	
Loop	**AS**	**Description**	**Dist.**	**Cum.**	**Ascent**	**Descent**	**Elapsed**	**Clock**	**Elapsed**	**Clock**	**Elapsed**	**Clock**
1		h2o only (no cups) - Boughton Acid Works	3.5	3.5	436	278						
	WK1	Wolfkill Run **AS # 1**	3.6	**7.1**	600	836						
		h2o only (no cups) - Pioneer	3.4	10.5	820	653						
	PC1	Petroleum Center **AS # 2**	3.4	**13.9**	462	682	**7:36**	**2:36 PM**				
		h2o only (no cups) - Cow Run shelters	4.9	18.8	1148	879						
	MF1	Miller Farm **AS # 3**	3.9	**22.7**	685	898	**12:24**	**7:24 PM**				
		h2o only (no cups) - Toy Run	2.5	25.2	826	426						
	TMS1	TMS **AS # 4** / **Finish**	5.9	**31.1**	482	807	**17:00**	**midnight**	**15:33**	**9:33 PM**	**9:53**	**2:53 PM**
50K					**5,459**	**5,459**						
2		h2o only (no cups) - Boughton Acid Works	3.3	34.4	544	365						
	WK2	Wolfkill Run **AS # 1**	3.6	38.0					**19:00**	**1:00 AM Sun**	**12:05**	**5:05 PM**
		h2o only (no cups) - Pioneer	3.4	41.4								
	PC2	Petroleum Center **AS # 2**	3.4	**44.8**					**22:25**	**4:25 AM Sun**	**14:15**	**7:15 PM**
		h2o only (no cups) - Cow Run shelters	4.9	49.7								
	MF2	Miller Farm **AS # 3**	3.9	**53.6**					**26:48**	**8:48 AM Sun**	**17:21**	**10:21 PM**
		h2o only (no cups) - Toy Run	2.5	56.1								
	TMS2	TMS **AS # 4** / **Finish**	5.9	**62.0**					**31:00:00**	**1 PM Sun**	**19:43**	**12:43 AM Sun**
100K					**11,026**	**11,026**						
3		h2o only (no cups) - Boughton Acid Works	3.3	65.3								
	WK3	Wolfkill Run **AS # 1**	3.6	**68.9**							**21:56**	**2:56 AM Sun**
		h2o only (no cups) - Pioneer	3.4	72.3								
	PC3	Petroleum Center **AS # 2**	3.4	**75.7**							**24:06**	**5:06 AM Sun**
		h2o only (no cups) - Cow Run shelters	4.9	80.6								
	MF3	Miller Farm **AS # 3**	3.9	**84.5**							**26:55**	**7:55 AM Sun**
		h2o only (no cups) - Toy Run	2.5	87.0								
	TMS3	TMS **AS # 4** / **Finish**	5.9	**92.9**							**29.32**	**10:32 AM Sun**
4		h2o only (no cups) - Boughton Acid Works	3.3	96.2								
100	FIN	**Finish**	4.4	**100.6**	1034	1034					**32:00:00**	**1 PM Sun**
					17,627	**17,627**						
										Aid station closes		
		50K = 32:48 / mile										
		100K = 30:00 / mile								**Warning**		
		100 = 19:06 / mile								**Stop**		