

					carbs				
			3:30	Breakfast	Bagel/banana and almond butter	40			
			4:00	Breakfast	With group	40			
			6:30		Start				
			7:00		Gu before St. Kevins	25	100		
			7:00		Bottle	173	721	Last until back from Columbine then replace	
2:45	2:45		9:15		START - PL				
					Blocks 1 every 15 min	48	200	Pipeline	
					Refill skratch/ salt stick				
					Rice cakes/ coke	40	167		
1:00	3:45	10:15			PL - TL				
					Blocks 1 every 15 min	48	200	Columbine outbound	
3:15	7:00	13:30			TL - COLUMBINE -TL	334	1,388	7 hours	48 198 per hour
					Refill skratch/ salt stick			Columbine inbound	
					Rice cakes/ coke	40			
					Bottle	120		assuming not finishing	
					Mojo bar	20			
					Blocks 1 every 15 min	48			
1:25	8:25	14:55			TL - PL				
					Rice cakes/ coke	40			
					Blocks 1 every 15 min	24			
					Fill up skratch/ salt stick				
3:20	11:45	18:15				292	5 hours		58.4 per hour

PL

SPARE BLOCKS
MOJO
HAND WARMERS

TL

SPARE BLOCKS
MOJO

CL

SPARE BLOCKS
MOJO
WARM GLOVES
RAIN COAT
SOCKS
HAND WARMERS
NECK GATOR

PACK

BLOCKS
MOJO
HAND WARMERS
WIPE
TOOLS
SKRATCH
THINNER GLOVES
CHEAP RAIN JACKET?
HELMET COVER
NECK GATOR

AID	MILE	TIME	TOTAL
CT	11		
SP	20		
PL	26	2:45	2:45
TL	40	1:00	3:45
TL2	60	3:30	7:15
PL2	74	1:25	8:40
FINISH	103	3:15	11:55