



2009 Mt Disappointment 50k & 50M Cut-off Times

Location	50k Distance	50k Cutoff	Clock time	50M Distance	50M Cutoff	Clock time
Start			6:30am			6:30am
Red Box #1	5.7			5.7		
Clear Creek	10.7	3hr 0min	9:30am	10.7	2hr 30min	9:00am
Josephine #1	13.4			13.4	3hr 30min	10:00am
Red Box #2	21.2	6hr 30min	1:00pm	21.2	6hr 0min	12:30pm
Westfork	26.2	8hr 30min	3:00pm	26.2	7hr 0min	1:30pm
Newcomb #1	N/A			30.0	8hr 45min	3:15pm
Newcomb #2	N/A			31.9	9hr 30min	4:00pm
Shortcut	N/A			40.9	11hr 30min	6:00pm
Westfork #2	N/A			44.7	13hr 0min	7:30pm
Finish	31.3	11hr 0min	5:30pm	50.0	15hr 0min	9:30pm

AC 100 (comparison)

Location	Distance	Cutoff	Clock time
Start	0	0	5:00am
Inspiration Pt.	9.3	3hr 15min	8:15am
Vincent Gap	13.85	4hr 20min	9:20am
Islip Saddle	25.91	8hr 5min	1:05am
Eagle's Roost	29.98	9hr 35min	2:35pm
Cloud Burst	37.54	11hr 30min	4:30pm
Three Points	42.72	13hr 0min	6:00pm
Mt. Hilyer	49.08	15hr 0min	8:00pm
Chilao	52.8	16hr 10min	9:10pm

 = absolute cut-offs

 = suggested cut-offs

 = 50M cut-off - MUST go finish on the 50k course