

# RUNNING YOUR FIRST ULTRA

## RACE TIME SHEET

This sheet will help you plan your splits and the gear necessary for all aid stations and crew spots along the route. I think it is a good idea to plan the entire race and then par down the spreadsheet to the specific aid station information that is relevant for your crew. (Ex: From the following sheet, only include Aid Station 2/Crew 1 and Aid Station 5/Crew 2 on a separate spreadsheet.)

Providing each persons' contact information will allow your crew members to remain in contact before and during your race.

START	AID STATION 1	AID STATION 2/ CREW 1	EX: AID STATION 2/ CREW 1	AID STATION 3	AID STATION 4	AID STATION 5/ CREW 2	AID STATION 6
RACE MILE			29.7				
SEGMENT (miles from previous aid station)			5.9				
SUB-24 HR			11:20 AM				
SUB-30 HR			12:55 PM				
CUT-OFFS			1:50 PM				
PACER			N/A				
HYDRATION			New hydration pack & 1 hand- held. Both filled with ice & water. Handheld with electrolyte drink.				
NUTRITION			4 Energy Gels, 2 pkgs Chews, 5 TB filled dates, Electrolytes				
ADDITIONAL GEAR			Sunglasses, Visor. Apply sunscreen. Please take headlamp.				

CREW PERSON	EMAIL	PHONE	ARRIVAL	DEPARTURE