

50M	50K	AS	Next AS	Cut-Off	Drop-Bag
<i>Start</i>	<i>Start</i>	Forestville Trailhead	6	-	-
6	6	BLP Wooden Bridge (GELS, FLUIDS)	5	-	-
11	11	Forestville Trailhead	4	9:00 AM (50K/50M)	YES
15	15	Sugarloaf Mountain Parking Lot	7	11:00 AM (50K/50M)	-
22	22	Harlow Lake 1st Bridge	3.5	1:00 PM (50K/50M)	YES
25.5	25.5	Harlow Lake Old Railroad Grade	5.5	-	-
31	31	Forestville Trailhead	5.5	2:00 PM (50M)	YES
36.5	-	Harlow Lake Old Railroad Grade	3.5	-	-
40	-	Harlow Lake 1st Bridge	7	4:45 PM (50M)	YES
47	-	Sugarloaf Mountain Parking Lot	4	7:00 PM (50M)	-
51	-	Forestville Trailhead	<i>Finish</i>	8:30 PM (50M)	YES