There are 17 aid stations (counting the start and finish lines) located every 5 to 10 miles throughout the course of the race. Each of the major aid stations is accessible by automobile, " DRIVE-TO" INSTRUCTIONS FOR MAJOR AID STATIONS
. The daytime aid stations will have water, an energy drink, fruit, and a salty item. The nighttime aid stations will have water, an energy drink, fruit, hot drinks, and soup. The cross-over aid stations will have all of the above items. In addition, most aid stations will have assorted food items that the aid station personnel will bring. If you have any specialty food or beverage needs they should be placed in your drop bags or provided by your crew. NOTE: Desolation Lake and Rock Springs may have only the basic supplies as they are hike-in stations.

A total of 36 hours is allotted for completing the Wasatch Front 100 Mile Endurance Run. CUT-OFF TIMES
have been established for select aid stations which are which are generous and provide safety to the runners and consideration to the aid station personnel. If a runner is pulled from the race or drops out because of missing a cut-off time, it is foolish to continue and the runner is no longer tracked or supported. The race officials, Sherrif's Office, and Search and Rescue all take a very dim view of a runner so selfishly risking everyone's safety and wasting time in this manner. All runners must finish the race by 5:00pm Saturday to receive the Finisher Award.

All aid stations are tied into a communications network via Amateur ("Ham") Radio. Runners check in and out of each aid station and their times are communicated to a communications station at the finish line. In this manner, each runner is tracked throughout the course and their position at any given time can be estimated within a couple of miles.

For information on each section, and included aid stations, click on the following links. We wish to thank Phil Lowry for providing the elevation profiles included with each section description.

CHINSCRAPER - Start Line, Francis Peak (18.76 miles, drop bags)

BOUNTIFUL PEAK - Bountiful "B" (23.95 miles)
SKYLINE - Sessions (28.23 miles), Swallow Rocks (34.91), Big Mountain (39.40, drop bags)
MULES EAR - Alexander Springs (47.44 miles), Lambs Canyon (53.13 miles, drop bags)
BEAR BOTTOM - Millcreek(Upper Big Water) (61.68 miles, drop bags)
DESOLATION - Desolation Lake (66.93 miles)
BRIGHTON - Scotts Peak (70.79 miles), Brighton Lodge (75.61 miles, drop bags)
SUPREME - Ant Knolls (80.27 miles), Pole Line Pass (83.39 miles, drop bags)
MILL CANYON PEAK - Rock Springs (87.39 miles), Pot Bottom (93.13 miles)
WASATCH MOUNTAIN STATE PARK -The Homestead-FINISH (100 miles, drop bags)