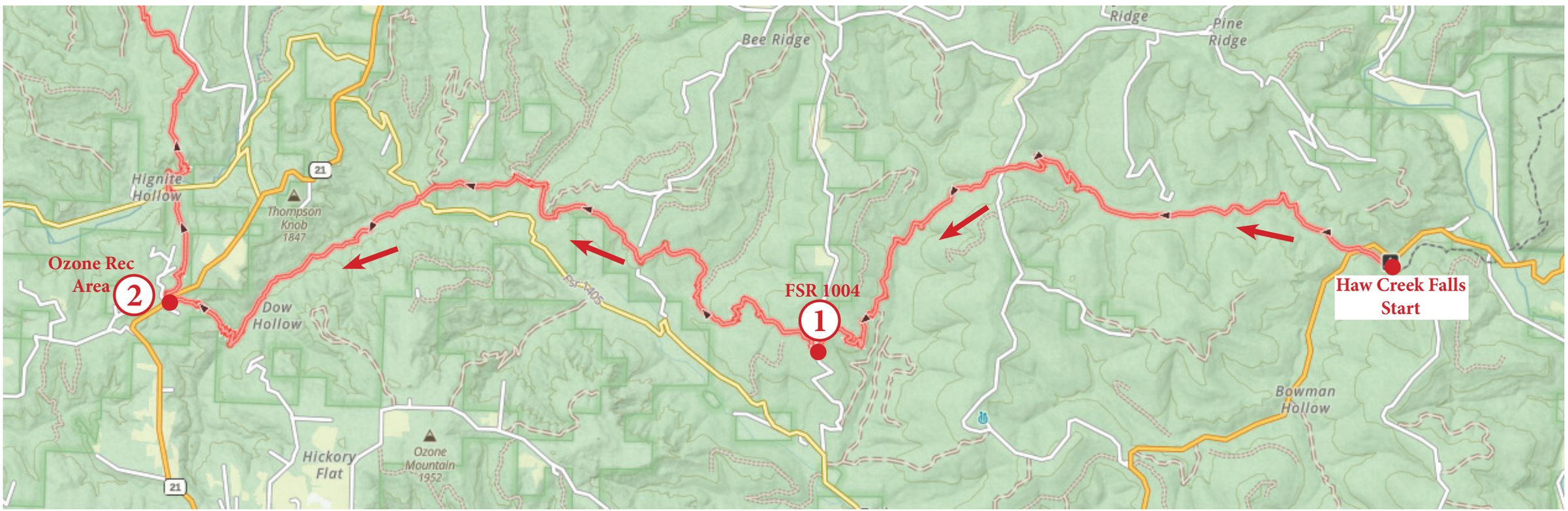
Hare Mountain 100

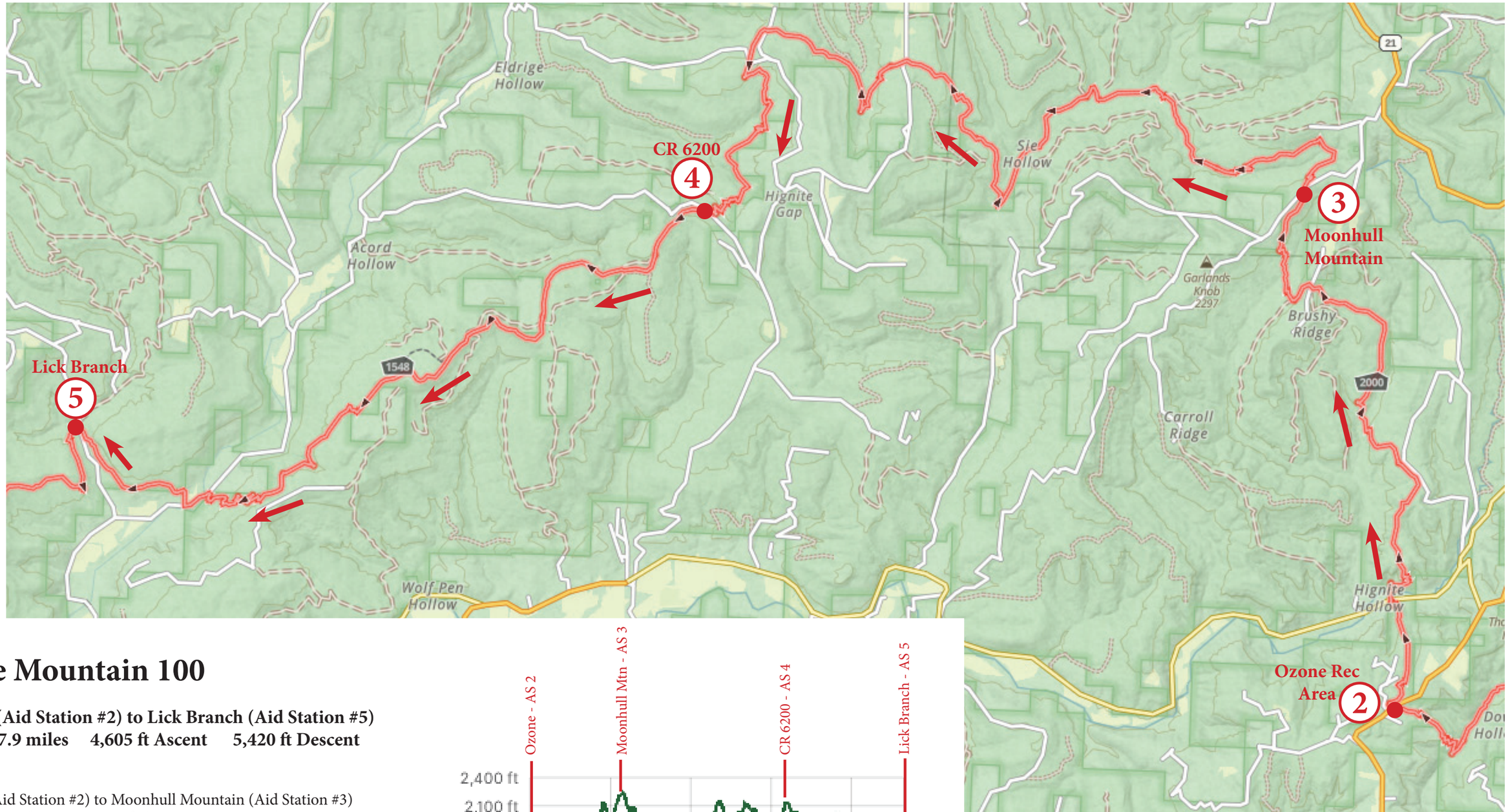
Haw Creek Falls (Start) to Ozone (Aid Station #2)
17.1 miles 3,906 ft Ascent 2,885 ft Descent

Haw Creek Falls (Start) to FSR 1004 (Aid Station #1)
8.0 miles 1,901 ft Ascent 1,213 ft Descent

FSR 1004 (Aid Station #1) to Ozone (Aid Station #2)
9.1 miles 2,005 ft Ascent 1,672 ft Descent

Elevation Profile — East to West





Hare Mountain 100

Ozone (Aid Station #2) to Lick Branch (Aid Station #5)
27.9 miles 4,605 ft Ascent 5,420 ft Descent

Ozone (Aid Station #2) to Moonhull Mountain (Aid Station #3)
7.0 miles 1,715 ft Ascent 1,362 ft Descent

Moonhull Mountain (Aid Station #3) to CR 6200 (Aid Station #4)
12.2 miles 2,008 ft Ascent 2,126 ft Descent

CR 6200 (Aid Station #4) to Lick Branch (Aid Station #5)
8.7 miles 882 ft Ascent 1,932 ft Descent

Elevation Profile — East to West

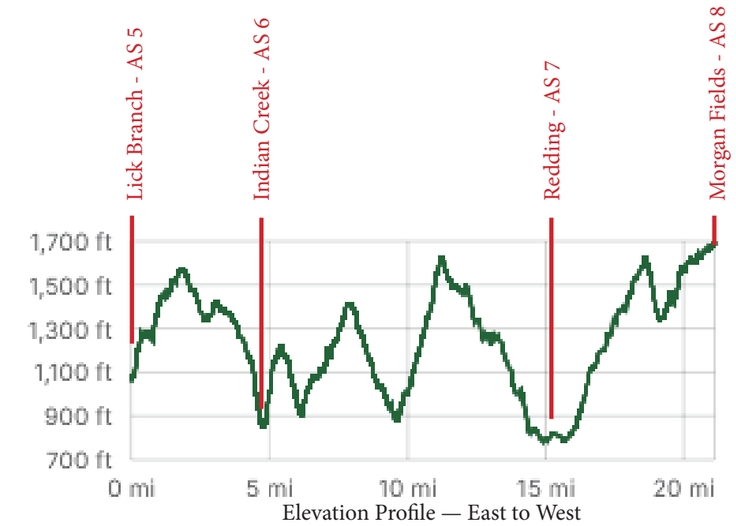
Hare Mountain 100

Lick Branch (Aid Station #5) to Morgan Fields (Aid Station #8)
20.5 miles 4,949 ft Ascent 4,514 ft Descent

Lick Branch (Aid Station #5) to Indian Creek (Aid Station #6)
4.8 miles 890 ft Ascent 1,104 ft Descent

Indian Creek (Aid Station #6) to Redding (Aid Station #7)
11.0 miles 2,583 ft Ascent 2,829 ft Descent

Redding (Aid Station #7) to Morgan Fields (Aid Station #8)
5.7 miles 1,476 ft Ascent 581 ft Descent



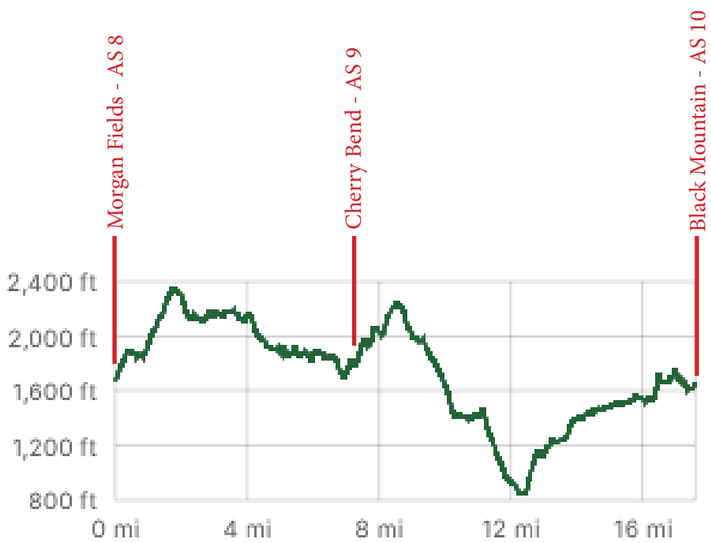
Elevation Profile — East to West

Hare Mountain 100

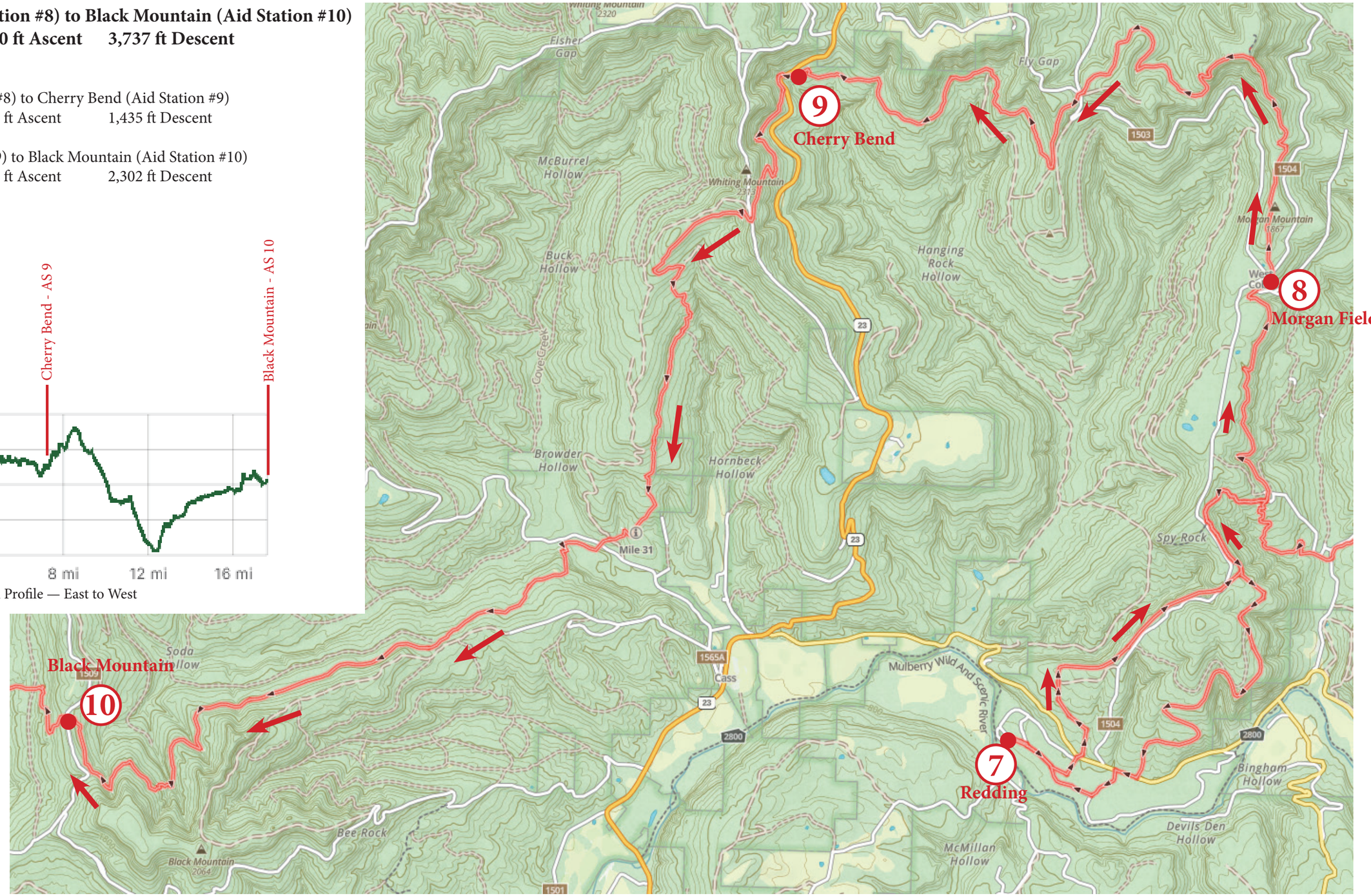
Morgan Fields (Aid Station #8) to Black Mountain (Aid Station #10)
17.6 miles 3,710 ft Ascent 3,737 ft Descent

Morgan Fields (Aid Station #8) to Cherry Bend (Aid Station #9)
7.2 miles 1,569 ft Ascent 1,435 ft Descent

Cherry Bend (Aid Station #9) to Black Mountain (Aid Station #10)
10.4 miles 2,141 ft Ascent 2,302 ft Descent



Elevation Profile — East to West

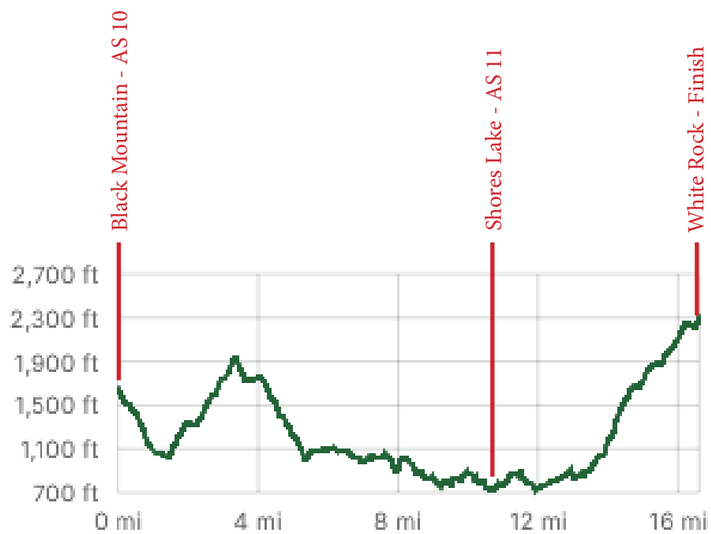


Hare Mountain 100

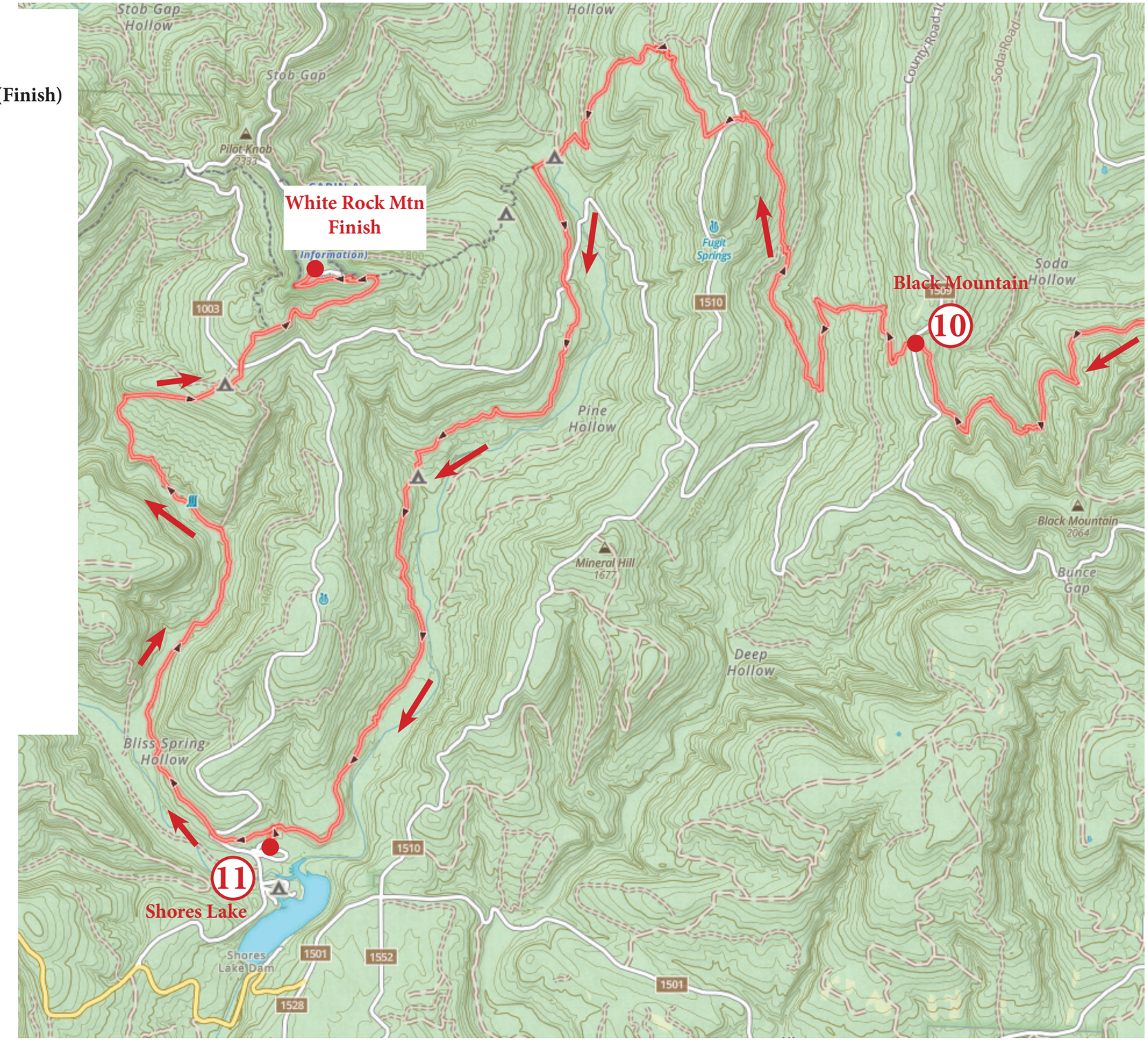
Black Mountain (Aid Station #10) to White Rock Mountain (Finish)
16.6 miles 3,990 ft Ascent 3,319 ft Descent

Black Mountain (Aid Station #10) to Shores Lake (Aid Station #11)
10.7 miles 1,872 ft Ascent 2,812 ft Descent

Shores Lake (Aid Station #11) to White Mountain Mountain (Finish)
5.9 miles 2,118 ft Ascent 507 ft Descent

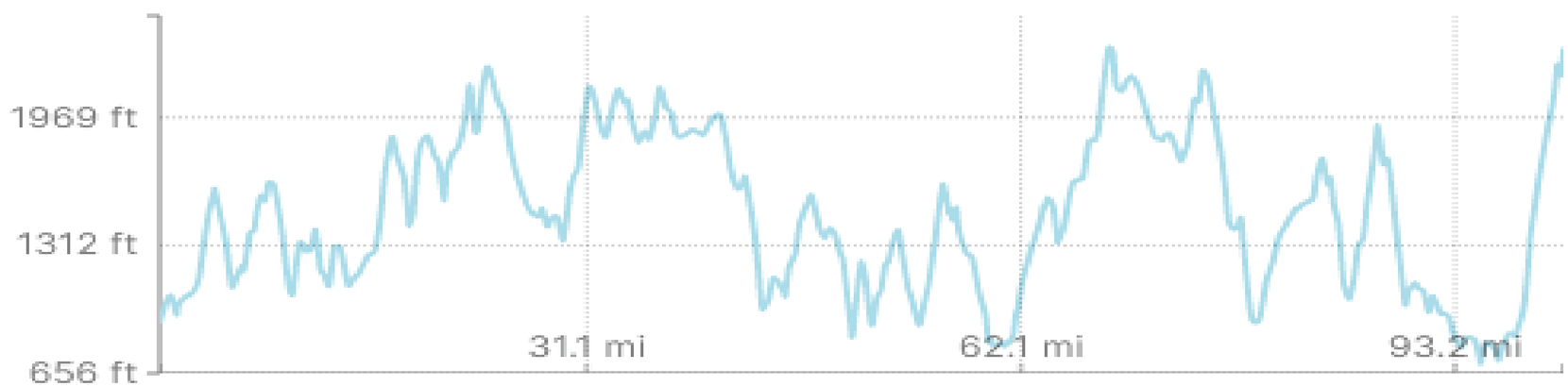


Elevation Profile — East to West



Hare Mountain 100 - Mileage & Ascent/Descent														
	Start	AS #1	AS #2	AS #3	AS #4	AS #5	AS #6	AS #7	AS #8	AS #9	AS #10	AS #11	Finish	Total
Cumulative Miles	0	8	17	24	36	45	50	61	67	74	84	95	101	
Miles from previous Aid Station	0	8	9	7	12.2	8.7	4.8	11	5.7	7.2	10.4	10.7	5.9	100.6
Ascent (ft) from previous Aid Station	0	1901	2005	1715	2008	882	890	2583	1476	1569	2141	1872	2118	21160
Descent (ft) from previous Aid Station	0	1213	1672	1362	2126	1932	1104	2829	581	1435	2302	2812	507	19875

Hare Mountain 100 - Pacing Chart													
	Start	AS #1	AS #2	AS #3	AS #4	AS #5	AS #6	AS #7	AS #8	AS #9	AS #10	AS #11	Finish
Cumulative Miles	0	8	17	24	36	45	50	61	67	74	84	95	101
7:00/hr	0:00	0:56	1:59	2:48	4:12	5:15	5:50	7:07	7:49	8:38	9:48	11:05	11:47
8:00/hr	0:00	1:04	2:16	3:12	4:48	6:00	6:40	8:08	8:56	9:52	11:12	12:40	13:28
9:00/hr	0:00	1:12	2:33	3:36	5:24	6:45	7:30	9:09	10:03	11:06	12:36	14:15	15:09
10:00/hr	0:00	1:20	2:50	4:00	6:00	7:30	8:20	10:10	11:10	12:20	14:00	15:50	16:50
11:00/hr	0:00	1:28	3:07	4:24	6:36	8:15	9:10	11:11	12:17	13:34	15:24	17:25	18:31
12:00/hr	0:00	1:36	3:24	4:48	7:12	9:00	10:00	12:12	13:24	14:48	16:48	19:00	20:12
13:00/hr	0:00	1:44	3:41	5:12	7:48	9:45	10:50	13:13	14:31	16:02	18:12	20:35	21:53
14:00/hr	0:00	1:52	3:58	5:36	8:24	10:30	11:40	14:14	15:38	17:16	19:36	22:10	23:34
15:00/hr	0:00	2:00	4:15	6:00	9:00	11:15	12:30	15:15	16:45	18:30	21:00	23:45	25:15
16:00/hr	0:00	2:08	4:32	6:24	9:36	12:00	13:20	16:16	17:52	19:44	22:24	25:20	26:56
17:00/hr	0:00	2:16	4:49	6:48	10:12	12:45	14:10	17:17	18:59	20:58	23:48	26:55	28:37
18:00/hr	0:00	2:24	5:06	7:12	10:48	13:30	15:00	18:18	20:06	22:12	25:12	28:30	30:18
19:00/hr	0:00	2:32	5:23	7:36	11:24	14:15	15:50	19:19	21:13	23:26	26:36	30:05	31:59
20:00/hr	0:00	2:40	5:40	8:00	12:00	15:00	16:40	20:20	22:20	24:40	28:00	31:40	33:40
21:00/hr	0:00	2:48	5:57	8:24	12:36	15:45	17:30	21:21	23:27	25:54	29:24	33:15	35:21



Hare Mountain 100 - Elevation Profile