

Umit.net | Western States 100 Strategy Sheet 2025

■ Drop Bag Checklist by Station

Station	Mile	Gear to Pack
Robinson Flat	30.3	Ice bandana, socks, salt tabs
Michigan Bluff	55.7	Dry shirt, headlamp, shoes
Foresthill	62	Night gear, caffeinated gels
Rucky Chucky	78	Dry socks, towel, blister kit
Auburn Lake Trails	85.2	Last-minute fuel, quotes, Tylenol

■ Pacing Targets

Section	Goal Pace	Notes
Olympic Valley → Robinson	11:30/mi	Go easy, stay cold
Robinson → Foresthill	13:00/mi	Fuel well, ice at aid stations
Foresthill → Finish	14:00/mi	Stay upright, walk climbs

■ Emergency Notes

- Crew meeting points: Foresthill, Rucky Chucky (Near Side), Green Gate (on foot only)
- Key Cutoff Times: Robinson Flat - 2:10pm, Foresthill - 11:45pm, Finish - 11:00am
- What to say when I want to quit: "Not yet. Get to the next aid station."