



Aid Station Distances Fat Dog 2019

120 Mile and Relay

Aid Station	Next Location	Distance km	Distance miles	Gain m	Loss m
Start	Bonnevier Junction	18.3	11.4	1447	947
Bonnevier Junction	Nicomen Aid	15.4	10	507	745
Nicomen Aid	Cayuse Flats	17	11	197	1177
Cayuse Flats	Cascade	5.5	3.4	259	260
Cascade	Whatcom/Dewdney	15.4	10	1180	543
Whitecloud out & back	Dewdney Trail	13.1	8.1	420	437
Dewdney Trail	Dick's Cabin	18	11.2	769	311
Dick's Cabin	Nicomen Lake	11.8	7.3	357	463
Nicomen Lake	Blackwall Aid	26.3	16.3	923	934
Blackwall Aid	Frosty Aid	10.5	6.5	38	612
Frosty Aid	Tom's Bench	23.6	14.7	1226	1158
Tom's Bench	Strawberry Flats 6 km and to Finish	21	13	867	905
	Overall	195.9	122.9	8190/26,870 ft	8492/27,860 ft

Relay Additional Leg

Aid Station	Next Location	Distance km	Miles	Gain m	Loss m
Bonnevier	Blackwall Aid	10.7	6.7	182	469
Blackwall Aid	Bonnevier	10.7	6.7	469	182

70 Mile

Aid Station	Next Location	Distance km	Distance miles	Gain m	Loss m
Start	Cascade	5.5	3.4	259	260
Cascade	Whatcom/Dewdney	15.4	10	1180	543
Dewdney	Dick's Cabin	18	11.2	769	311
Dick's Cabin	Nicomen Lake	11.8	7.3	357	463
Nicomen Lake	Blackwall Aid	26.3	16.3	923	934
Blackwall Aid	Frosty Aid	10.5	6.5	38	612
Frosty Aid	Tom's Bench	23.6	14.7	1226	1158
To finish		0.3	0.2	4752/15,590 ft	4281/14,045 ft
	Overall	111.4	69.6		

50 Mile

Aid Station	Next Location	Distance km	Distance miles	Gain m	Loss m
Start	Whatcom/Dewdney	15.4	10	1180	543
Dewdney	Dick's Cabin	18	11.2	769	311
Dick's Cabin	Nicomen Lake	11.8	7.3	357	463
Nicomen Lake	Blackwall Aid	26.3	16.3	923	934
Blackwall Aid	Frosty Aid	10.5	6.5	38	612
Frosty Aid	Finish	2	1.2	3267/10,718 ft	2863/9393 ft



	Overall	84	52.5		
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40 Mile

Aid Station	Next Location	Distance km	Distance miles	Gain m	Loss m
Start	Cayuse Flats	5.5	3.4	260	259
Cayuse Flats	Nicomen Lake	17	11	1177	197
Nicomen Lake	Blackwall Aid	26.3	16.3	923	934
Blackwall Aid	Frosty Aid	10.5	6.5	38	612
Frosty Aid	Finish	2	1.2	2398/7867 ft	2002/6568 ft
	Overall	61.3	38.4		