

KODIAK 100 • MATT FISTONICH

CARD 1 • FRONT

Start Fri Oct 9, 1:00 PM • target 33 h • finish ≈9:56 PM Sat • hard cutoff 1:00 AM Sun

AID STATION	MI	TARGET	CUTOFF	NEXT LEG	FILL	GEL	WAF	CAP/CAF
START Rim Nordic B C	0.0	1:00p Fri	—	8.4 +1,182	1.5	2	1	1/-
K1 Crab Flats	8.4	3:08p Fri	—	11.0 +2,170	2.5	3	2	3/-
K2 Camp Whittle B	19.4	6:20p Fri	7:15p Fri	7.3 +1,000	1.0	2	1	1/-
K3 Van Dusen	26.7	8:27p Fri	—	6.8 +700	1.0	1	1	2/-
K4 Doble 1 B C BUS	33.5	10:20p Fri	11:30p Fri	6.2 +627	1.0	1	1	-/-
K5 Burns Cyn 1	39.7	12:13a Sat	—	7.8 +618	1.0	1	1	2/50
K6 Smarts Ranch	47.5	2:24a Sat	—	3.9 +300	1.0	1	1	-/-
K7 Cactus Flats C	51.4	3:34a Sat	5:30a Sat	4.0 +1,361	1.0	1	1	-/100
K8 Doble 2 B C BUS	55.4	5:19a Sat	7:30a Sat	6.0 +627	1.0	1	1	1/75

FILL litres to carry OUT GEL/WAF to carry OUT CAP/CAF salt caps / caffeine mg **B** drop bag**C** crew **BUS** crew shuttle only

TIGHTEST CUTOFF ON THE COURSE

Camp Whittle, mile 19.4 — only ~55 min of slack. You start at 1 PM in the heat and climb 3,350 ft in 19 miles. Don't bank time by running hard; bank it by **not stopping**. First three aid stations under 4 minutes each.

KODIAK 100 · MILES 55 → 100

CARD 1 · BACK

X1 / X2 spare flasks come out of the Sugarloaf bag at mile 68.8 — you need 3.0 L for the summit

AID STATION	MI	TARGET	CUTOFF	NEXT LEG	FILL	GEL	WAF	CAP/CAF
K9 Burns Cyn 2	61.4	7:25a Sat	—	7.4 +1,301	1.5	2	1	2/-
K10 Sugarloaf 1 B C BUS	68.8	9:56a Sat	1:00p Sat	9.0 +3,321	3.0	3	2	4/100
K11 Balky Horse	77.8	1:59p Sat	—	5.3 +15	1.0	1	1	2/-
K12 Sugarloaf 2 B C BUS	83.1	3:30p Sat	7:00p Sat	6.0 +859	1.5	2	1	1/50
K13 Bear Mtn C	89.1	5:46p Sat	9:00p Sat	6.3 +1,769	1.5	2	1	-/100
K14 Snow Summit C LIFT	95.4	8:27p Sat	11:30p Sat	4.6 +250	1.0	1	1	-/-
FINISH Village B C	100.0	9:56p Sat	1:00a Sun	—	—	—	—	-/-

SNOW SUMMIT, MILE 95.4 — NO CREW, NO BAG

Aid station is at the **peak**; crew can only reach it by chairlift, 7 AM–6 PM. You arrive ≈8:27 PM. **Load everything for the last 10.9 miles at Bear Mountain (mile 89.1)** — that is your last crew contact of the race.

LIGHT

Dark 6:46 PM Fri → 6:24 AM Sat (11 h 38 m), then again from 6:45 PM Sat. ≈14 h 50 m on headlamp. Fresh batteries at Camp Whittle (19.4), Doble 2 (55.4), Sugarloaf 2 (83.1). Two lamps + spares carried all race — mandatory.

DROP BAGS & CLOTHING

CARD 2 · FRONT

ONE bag per LOCATION, not per visit — Doble and Sugarloaf are each hit twice from one bag

WHERE THE BAGS ARE

BAG 1	Start line → Finish. Warm clothes, recovery food, charger, slides.	—
BAG 2	CAMP WHITTLE · night kit #1: long sleeve, beanie, gloves, buff, batteries, 3 gels + 2 waffles, salt, Vaseline, antacid	mi 19.4 6:20 PM
BAG 3	DOBLE CAMP · pack as TWO zip-locks. MILE 33: puffy, warm gloves, 4 gels + 3 waffles, salt, caffeine vial. MILE 55: SHOES ½ SIZE UP, 2 socks, full change of clothes, Leukotape + Vaseline, batteries, toothbrush, 75 mg caffeine, 2 gels + 2 waffles	mi 33.5 10:20 PM mi 55.4 5:19 AM
BAG 4	SUGARLOAF · pack as TWO zip-locks. MILE 69: X1 + X2 FLASKS , dump night kit, sunscreen SPF50, sunglasses, cap, fresh shirt + socks, 5 gels + 3 waffles, 100 mg caffeine, backup shoes. MILE 83: night kit #2, socks, batteries, 4 gels + 2 waffles, 50 mg caffeine, Tylenol	mi 68.8 9:56 AM mi 83.1 3:30 PM

CLOTHING — CHANGE HERE, NOT LATER

START 1 PM	Shorts, short sleeve, cap, sunglasses. Jacket + hat + gloves in the pack (mandatory, all race).	—
MI 19.4	NIGHT KIT #1 ON — long sleeve, beanie, light gloves, buff. Do it before you're cold; you arrive at sunset.	6:20 PM
MI 33.5	Add insulated layer + warmer gloves. Miles 33–55 are the coldest of the race.	10:20 PM
MI 55.4	FULL CHANGE + SHOES. Shirt, shorts, underwear, socks, shoes ½ size up. 20 min. Tape feet, Vaseline.	5:19 AM
MI 68.8	STRIP TO DAY KIT. Sunscreen, sunglasses, cap, fresh shirt + socks. Exposed above 9,600 ft.	9:56 AM
MI 83.1	Fresh socks, re-tape, stage night kit #2.	3:30 PM
MI 89.1	NIGHT KIT #2 ON. LAST CREW CONTACT. Dark in one hour, Snow Summit unsupported.	5:46 PM

24 gels + 17 waffles working · 2 gels + 4 waffles sealed as the 800 kcal mandatory reserve

EAT & DRINK

- **Small and often** — half a gel or half a waffle every 20 min. Sip gels over 2 min with water. Never chug.
- **F2 = drink mix at HALF strength.** A strong flask is what wrecks your stomach.
- **Broth at every station.** Best thing on the table for you — big sodium, warm, no acid, no fat.
- **Salt cap only WITH food**, 250 mg, max 1/hr. Never on an empty stomach.
- Salted potatoes, crackers, pretzels over sweets.
- Never two waffles back-to-back on a climb (7 g fat each).
- Walk out eating. Stay upright 10 min after food.

NEVER

- **SODA** — acid + carbonation + caffeine. It's on every table. Skip it.
- **COFFEE** — take caffeine as a tablet instead.
- **CITRUS / COLA gels** — use neutral 0-caffeine flavours only.
- Chocolate, mint, heavy peanut butter.
- **ANY NSAID** — no ibuprofen, Advil, Aleve. **Tylenol only**, max 3,000 mg / 24 h.

CAFFEINE — TOLERANCE RESET

MI 0–39.7	Nothing. Save it.	0
MI 39.7	Burns Cyn 1 · 12:13 AM	50 mg
MI 51.4	Cactus Flats · 3:34 AM	100 mg
MI 55.4	Doble 2 · 5:19 AM	75 mg
6–10 AM	Nothing — circadian rise	0
MI 68.8	Sugarloaf 1 · 9:56 AM	100 mg
MI 83.1	Sugarloaf 2 · 3:30 PM	50 mg
MI 89.1	Bear Mtn · 5:46 PM	100 mg

Tablets only, always with food, always followed by water. 50 mg will feel like 150. Caffeine is a reflux trigger — keep antacid in the same pocket.

STOP — HYPONATREMIA BEATS REFLUX FOR DANGER

Never let sodium drop below **~300 mg/hr** while drinking 400+ ml/hr. **Signs:** puffy fingers or tight ring · headache that won't quit · nausea **WITH** frequent clear peeing · stomach sloshing · confusion or clumsiness. **Two or more → stop drinking plain water, eat salt, tell a medic. More water makes it worse.**

ALWAYS IN THE FRONT POCKET

Cup · phone · **salt vial (12 caps)** · **Tylenol (4 × 500 mg)** · **caffeine vial** · antacid · ginger chews · **Vaseline tin** · next 2–3 h of food.

Back: hooded jacket · lamp #2 + spares · sealed 800 kcal reserve · blanket · whistle · hat · gloves · **BI ADDER**