

CREW DIRECTIONS TO AID STATIONS

Start/Finish to Lapland – Proceed north through Cassoday on 177. Make a right turn and proceed east on the last blacktop road on the north edge of Cassoday for approximately 12 3/4 miles. The intersection will be marked with signs and you will make a right turn and proceed south for 3.3 miles to the Lapland Aid Station.

Lapland to Teterville Road – Turnaround and proceed north 3.3 miles back to the Teterville Road intersection. Make a right turn and proceed east 5 miles to the aid station. Please drive slowly as the last 1½ miles of the road is on the course the runners will be using.

Teterville Road to Ridge Line – Turnaround and proceed approximately 17 ¾ miles back to Cassoday. Make a right turn on 177 and proceed north 10 ¾ miles to the town of Matfield Green. Make a right turn at the sign and proceed ¼ mile into town to the intersection by the old school. Take a right at the sign for the Ridge Line aid station and proceed 10 ¾ miles to the aid station.

Ridge Line to Matfield Green – Turnaround and proceed back to the town of Matfield Green. At the intersection by the old school, turn right at the sign for the Matfield Green aid station and proceed 3 miles to the aid station.

Matfield Green to Ridge Line – Turnaround and proceed back to the town of Matfield Green. At the intersection by the old school, turn left and proceed 10 ¾ miles to the Ridge Line aid station.

Ridge Line to Teterville Road – Turnaround and proceed back to Matfield Green. Make a left turn at the old school house and go ¼ mile west to 177. Turn left on 177 and head south 10 ¾ miles to Cassoday. Make a left turn on the blacktop road on the north edge of Cassoday and proceed east 17 ¾ miles to the Ridge Line aid station. Be careful on the last 1 ½ miles as you will be on the road with the runners and it will most likely be at night.

Teterville Road to Lapland – Turnaround and proceed west 5 miles. Turn left at the signs and proceed south 3.3 miles to the Lapland aid station.

Lapland to Start/Finish – turnaround and proceed north 3.3 miles to the signs. Turn left and proceed 12 ¾ miles back to Cassoday. Turn left on 177 and proceed back to the old high school.

Heartland 100 Aid Stations

AID STATION	RACE DISTANCE MILES	MILES TO NEXT AID STATION	30 HOUR CUTOFF TIMES	CREW ACCESS
Unmanned (NE135th)	4.6	3.6		
Battle Creek	8.2	4.4	8:20 AM	
Unmanned (Lapland Rd)	12.6	4.2		

AID STATION	RACE DISTANCE MILES	MILES TO NEXT AID STATION	30 HOUR CUTOFF TIMES	CREW ACCESS
Lapland	16.8	4.3	10:45 AM	X
Unmanned (Thrall)	21.1	3.9		
Teterville Road	25.0	6.2	1:00 PM	X
Texaco Hill	31.2	5.3	2:45 PM	*
Ridge Line	36.5	6.0	4:15 PM	X
Matfield Green	42.5	5.0	6:00 PM	X
Unmanned (Towers)	47.5	2.5		
Lone Tree	50.0	2.5	8:00 PM	
Unmanned (Towers)	52.5	5.0		
Matfield Green	57.4	6.0	10:25 PM	X
Ridge Line	63.4	5.3	12:20 AM	X
Texaco Hill	68.7	6.7	2:00 AM	*
Teterville Rd	74.9	3.9	4:00 AM	X
Unmanned (Thrall)	78.8	4.3		
Lapland	83.1	4.2	6:40 AM	X
Unmanned (Lapland Rd.)	87.3	4.4		
Battle Creek	91.7	3.6	9:20 AM	
Unmanned (NE135th)	95.3	4.7		
Cassoday	100.0		Noon	X

* Crews can have access to the Texaco Hill aid station; however the road is of fair quality. There is also not sufficient time for crews to go to both Texaco Hill and Ridge Line and meet their runners. Unless a runner is utilizing two crew vehicles it is not recommended that crews go to Texaco Hill.

Heartland 50 Aid Stations

AID STATION	RACE DISTANCE MILES	MILES TO NEXT AID STATION	CREW ACCESS
Unmanned (NE135th)	4.6	3.6	
Battle Creek	8.2	4.4	
Unmanned (Lapland Rd)	12.6	4.2	
Lapland	16.8	4.3	X
Unmanned (Thrall)	21.1	3.9	
Teterville Road Turnaround	25.0	3.9	X
Unmanned (Thrall)	28.9	4.3	
Lapland	33.2	4.2	X
Unmanned (Lapland Rd)	37.4	4.4	
Battle Creek	41.8	3.6	
Unmanned (NE135th)	45.4	4.6	
Cassoday	50.0		