



Frosty Mountain Ultra 2025 Aid Station Distance Information

50K	Distance (km) from start	To next AS			Cum Ascent (m)	Cum Descent (m)
Waypoint		Distance	Ascent	Descent		
Start	0	8	415	98		
Windy Joe (WS #1)	8	11.7	800	464	415	98
Frosty Camp (WS #2)	20	6.5	3	638	1215	562
Tom's Bench (AS#3)	26.5	11.2	841	264	1218	1200
Skyline (AS #4)	37.5	6	8	480	2059	1464
Strawberry Flats (AS#5)	43.5	6.5	71	194	2067	1944
Finish	50				2138	2138

27K	Distance (km) from start	To next AS			Cum Ascent (m)	Cum Descent (m)
Waypoint		Distance	Ascent	Descent		
Start	0	8	415	98		
Windy Joe WS#1	8	11.7	800	464	415	98
Frosty Camp WS #2	20.0	7.0	9	655	1215	562
Finish	27.0				1224	1217

13K	Distance (km) from start	To next AS			Cum Ascent (m)	Cum Descent (m)
Waypoint		Distance	Ascent	Descent		
Start	0	8.8	65	60		
Spruce Bay AS	8.8	3.4	37	42	65	60
Finish	12.2				102	102