

Log of Attempted 50-mile Hike (2/14/2023)

Trip Leg	Time of Day		Leg Time	Total Elapsed		Moving Pace	
	Start	Finish		Time	Leg Miles		Total Miles
Home to Fry Road Turnaround	4:35am	7:41am	3:06:33	3:06:33	12.65	12.65	0:14:45
Fry Road to Panera Rest Stop	7:41am	7:47am	0:06:25	3:12:58	0.43	13.08	0:14:55
Rest Stop	7:47am	8:10am	0:23:06	3:36:04	0	13.08	
Panera Rest Stop to Home	8:10am	11:05am	2:54:59	6:31:03	12.22	25.3	0:14:19
Rest Stop	11:05am	11:51am	0:45:57	7:17:00	0	25.3	
Home to I610 (10-miler)	11:51am	2:21pm	2:29:26	9:46:26	9.9	35.2	0:15:06
Rest Stop	2:21pm	3:05pm	0:44:00	10:30:26	0	35.2	
Home to HedNew (7-miler)	3:05pm	4:53pm	1:48:18	12:18:44	6.8	42	0:15:56
		Average Moving Pace	Overall Average Pace				
Total Moving Time	10:25:41	0:14:54					
Total Resting Time	1:53:03						
Total Time	12:18:44		0:17:35				

Note: My plan was to do two 4-mile Home Loops to complete the 50-mile goal but I was cramping and had the chills after completing 42 miles. I might have been able to gut out another 4 miles after a bit of rest but 8 miles seemed out of the question. I woke up at 1:30am and concluded that I could do another couple of 4-mile laps to complete the goal within 24-hours but at that point it seemed a useless gesture.