

Aid Station #1- 3.9 miles in – water, granola bars, fruit cups

Aid Station #2 – 6.9 miles in – boiled potatoes and salt, gu’s, water and Gatorade

Aid Station #3 – 13 miles in - Water, trail mix, jelly bellies, candy bars

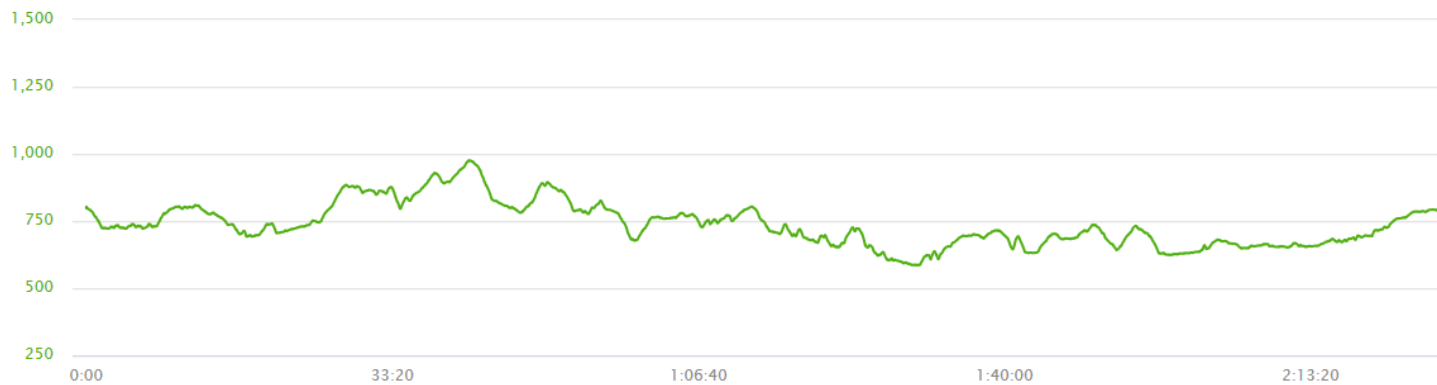
Aid Station #4 – 14.4 miles in - Water, Gatorade and bag drop (bags from the start line will be brought here. Anything left at the aid station will be brought back to the start/finish line

Aid Station #5 – 18.2 miles in - water, soda, pretzels, fruit cups, salt tablets, gu

Aid Station #6 – 24.6 miles in – water, Gatorade, candy, pb and J

Aid Station #7 – 27.8 miles in – water, soda, trail mix

Miles 0 – 14.5 – (elevation gain = 1,732 ft)



Miles 14.5 – 31 - (elevation gain = 1,155 ft)



Total Elevation Gain – 2887 ft