

Location	Distance	How to get there	First Athlete	Last Athlete	Cut-Off	What is at this Station
Start	0	Campground Parking Lot	7:15 AM	N/A		
Aid Station #1	3.9	Just south of Yorkville-Shelby Rd on Battleground Rd	7:39 AM	8:35 AM		Water, Granola Bars, Fruit Cups
Aid Station #2	6.9	Piedmont road crossing	8:00 AM	9:35 AM		Boiled potatoes and salt, gu's, water and Gatorade
Aid Station #3	13	1 mile west of Equestrian Day Parking on main trail	8:45 AM	11:35 AM		Water, trail mix, jelly bellies, candy bars
Aid Station #4	14.5	Aid station .5 mile south of Equestrain Day Parking on Apple Road	8:55 AM	12:00 PM	12:15 PM	Water, Gatorade and your drop bag
Aid Station #5	18.2	Accessible only by hiking in	9:20 AM	1:15 PM		Water, soda, pretzels, fruit cups, salt tablets, gu
Aid Station #6	24.6	Accessible only by hiking in	10:05 AM	3:15 PM		Water, Gatorade, candy, PB&J
Aid Station #7	27.8	Camp Cherokee Road south of State Road S 46- 705	10:26 AM	4:15 PM	4:15 PM	Water, soda, trail mix
Finish	31	Campground Parking Lot	10:45 AM	5:15 PM		