



Aid Station Food & Hydration

- Water
- Gatorade
- Soda
- Peanut Butter Tortillas
- Banana Bread
- Chips
- Pretzels
- Bananas
- Oranges
- Oreos
- Rice Krispie Treats
- Candy-Chocolate
- Gummies & Smarties
- Jelly Belly Sports Beans
- Pickles
- Cheese Quesadillas (select aid stations)
- Potatoes & Salt (select aid stations)
- Ice (select aid stations)

50k

Aid Station Number	Aid Station	Miles	Miles to Next AS	Cut Off Time
1	Backdoor	5	4.6	
2	Josie's	9.6	4	
3	Powerline	13.6	1.7	
4	Powerline	15.3	3.5	Noon
5	Bambi	18.8	4	
6	Josho's	22.8	3.7	2 PM
7	Josho's	26.5	4.3	
	Finish	30.8		4:15 PM

28k

Aid Station Number	Aid Station	Miles	Miles to Next AS
1	Backdoor	5	4
2	Josie's	9.6	3.2
3	Josho's	12.8	4.3
	Finish	17.1	

13k

Aid Station Number	Aid Station	Miles	Miles to Next AS
1	Backdoor	5	3
	Finish	8	