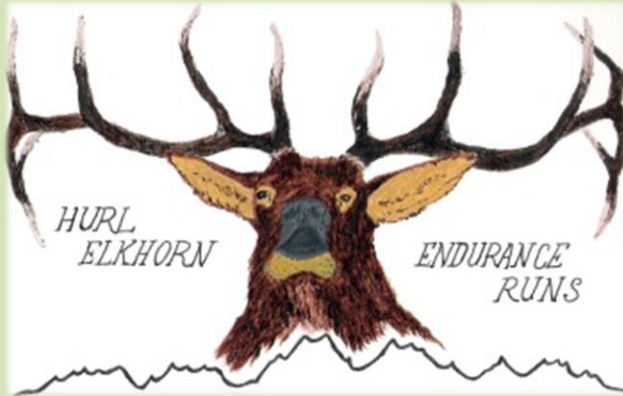


AID STATIONS – 23 K



Aid stations are staffed by volunteers. Most of our aid stations require volunteer access by backpack, horseback, or ATV over rough roads to help you. Abuse of aid station volunteers will not be tolerated, and will result in disqualification. If you have a problem, please bring it to the attention of race management. We can't put on this race without our volunteers.

- Jackson Creek Aid Station will have limited supplies: water; Hammer Gel; HEED; Perpetuem; and Endurolytes.
- Tepee Creek Aid Station is a full aid station with typical ultra aid station items: Hammer Gel; HEED; Perpetuem; Endurolytes; watermelon; bananas; PB&J; cookies; crackers; chips; boiled potatoes; jerky; trail mix; water; soda, etc.
- Be sure that aid station personnel record your presence at each aid station; otherwise, race management will assume that you did not complete the entire course. Also, make sure you leave aid stations in the correct direction. You are responsible for staying on course.

AID STATION	DISTANCE	SPECTATOR ACCESS
JACKSON CREEK	4 MILES	¾ MILES ON FOOT
TEPEE CREEK	12 MILES	2 MILES ON FOOT
FINISH	14.3 MILES	YES