

AID STATIONS – 50 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.

- Five well stocked aid stations along the course. Aid stations will have 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. We will also have one “mini aid station” (Jackson Creek Aid Station) with: water, Hammer Gel; HEED; Perpetuem; Endurolytes; and encouragement.
- **NO DROP BAGS ALLOWED AT ANY AID STATIONS.**
- For runner's and volunteer's safety, there will be strict enforcement of the 2:00 pm cut off time at Elk Park Aid Station (1st time through).
- Runners dropping out at Tepee Creek or Elk Park Aid Stations will have to get back to the finish area on foot.
- We will not be able to give rides to runners dropping out at Tizer Creek Aid Station until Aid Station volunteer's shift is done. You may be waiting a long time. **DROPPING OUT AT THESE AID STATIONS IS STRONGLY DISCOURAGED.**
- 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. **THIS IS ESPECIALLY IMPORTANT FOR TIZER CREEK AID STATION.** Also, make sure you leave aid stations in the correct direction. You are responsible for staying on course.

AID STATION	DISTANCE	DROP BAGS	SPECTATOR ACCESS	CUT OFF
JACKSON CREEK	4 MILES (6.5K)	NO	¾ MILES ON FOOT	NONE
TEPEE CREEK	12 MILES (19K)	NO	2 MILES ON FOOT	NONE
ELK PARK	16 MILES (26K)	NO	NOT RECOMMENDED	2:00 pm*
TIZER CREEK	21.5 MILES (34.5K)	NO	NOT RECOMMENDED	NONE
ELK PARK	26 MILES (42K)	NO	NOT RECOMMENDED	NONE
TEPEE CREEK	30 MILES (48K)	NO	2 MILES ON FOOT	NONE
FINISH	32 MILES (51.5K)	NO	YES	10:00 PM

*Runners missing the Elk Park Aid Station cut off will have to get back to the finish area on foot.