

AID STATIONS – 50 MILE



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.

- Eight 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) with: water, Hammer Gel; HEED; Perpetuem; Endurolytes; and encouragement.
- Drop bags are only allowed at Elkhorn Town Aid Station at mile 30. **BRING DROP BAGS WITH YOU ON THE MORNING OF THE RACE.** This is also the only reasonable location a crew can drive to and see you along the course. See Directions Tab for driving directions to the Town of Elkhorn.
- For runner's and volunteer's safety, there will be strict enforcement of the 2:15 pm cut off time at Elkhorn Town Aid Station, 4:30 pm cut off time at Skyline Mine Aid Station, and 6:30 pm cut off time at Tizer Creek Aid Station.
- 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 Elkhorn Town, Tizer Lake or Tizer Creek Aid Stations 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. 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	NO	3/4 MILES ON FOOT	NONE
TEPEE CREEK	12 MILES	NO	2 MILES ON FOOT	NONE
ELK PARK	16 MILES	NO	NOT RECOMMENDED	NONE*
TIZER LAKE	23 MILES	NO	NOT RECOMMENDED	NONE
ELKHORN TOWN	30 MILES	YES	YES – SEE DIRECTIONS	2:15 PM**
SKYLINE MINE	36 MILES	NO	NOT RECOMMENDED	4:30 PM***
TIZER CREEK	42 MILES	NO	NOT RECOMMENDED	6:30 PM
ELK PARK	47 MILES	NO	NOT RECOMMENDED	NONE
TEPEE CREEK	51 MILES	NO	2 MILES ON FOOT	NONE
FINISH	53 MILES	NO	YES	10:00 PM

*Runners leaving Elk Park Aid Station (1st time thru) after 10:00 am are strongly encouraged to switch to the 50K.

**Runners leaving Elkhorn Town Aid Station after 1:30 pm must carry a working light.

***Runners dropping out at Skyline Mine Aid Station will likely have to get back to the Town of Elkhorn on foot for a ride back to the finish area.