



Aid Station Menu

Grandview Jct.

30/50/70/100...all go past this station twice; 20k once

Specialty Breakfast: Boiled Eggs, Fruit Loops, Bagels

Fresh Fruit, Peanut Butter and Honey sandwiches, Boiled Potatoes, Celery, Fig Newtons

Specialty: Edamame, Beets, Pickles

Water and Heed

Porta pottie

Seven Oaks Trail @ The Radford Climb (sponsored by Essentia Water)

70/100k...twice

Hydration only...water and HEED

SART

70/100k

Fresh Fruit, Peanut Butter and Honey sandwiches, Boiled Potatoes, Celery, Fig Newtons

Pretzels

Water and HEED

Porta pottie

Glass Road @ SART

70/100k

Hydration only...water and HEED

7Oaks Resort Campsite

70/100k

Specialty: S'mores

Fresh Fruit, Peanut Butter and Honey sandwiches, Boiled Potatoes, Celery, Fig Newtons

Water and HEED

Restrooms Available

Converse Station

70/100k...twice

Fresh Fruit, Peanut Butter and Honey sandwiches, Boiled Potatoes, Celery, Fig Newtons

Wheat Thins, Pretzels

Specialty: Birthday cake

Porta pottie

Hell

70/100k

Essentia Water

Iced Water and Heed

Heaven

20/30k once; 50/70/100k twice

Specialty: Frozen Fruit Smoothies , made on site with strawberries, whey protein and almond milk

Fresh Fruit, Peanut Butter and Honey sandwiches, Boiled Potatoes, Celery, Fig Newtons

Wheat Thins, Pretzels

Water and HEED

Porta pottie

2N10 @ 2N17

70/100k

Hydration only...water and HEED

Finish

20/30/50/70/100k

Fresh Fruit

Turkey Wraps

Brownie Bites w/ Peanut Butter