



Aid Station Menu

GRANDVIEW JCT. sponsored by Shelby Kawell and family

30/50/75/100...all go past this station twice; 20k once

Specialty Breakfast: Fruit Loops

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

Water and Heed

Porta pottie

SEVEN OAKS TRAIL @ THE RADFORD CLIMB

75/100k...twice

Hydration only....water on side of trail (unmanned)

SART sponsored by Ride the Rocks

75/100k

Fresh Fruit, Boiled Potatoes, Celery, Fig Newtons

Pretzels

Water and HEED

Porta pottie

GLASS ROAD @ SART sponsored by Ridgecrest

75/100k

Hydration only...water and HEED

7OAKS RESORT CAMPSITE sponsored by Big Bear Cycling Assoc

75/100k

Specialty: S'mores

Fresh Fruit, Boiled Potatoes, Celery, Fig Newtons

Water and HEED

Restrooms Available

CONVERSE STATION sponsored by BB Trails Foundation/High Trails

75/100k...twice

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

Wheat Thins, Pretzels

Water and HEED

Porta pottie/Disposable Drop Bags

HELL

75/100k

Iced Water and Heed

HEAVEN sponsored by BBMS Interact Club & Shoreline Web Marketing

20/30k once; 50/75/100k 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/Disposable Drop Bags

OASIS sponsored by Personal Training by Toni

75/100k

Protein Bars by Toni

water and HEED

FINISH sponsored by Big Bear Vacations

20/30/50/75/100k

Fresh Fruit

Peanut butter and Honey sandwiches

Brownie Bites w/ Peanut Butter