

AS = Full Aid Station

25k—1 lap 5 & 9.75 miles—Water & Gatorade

**50k— 2 laps 5, 9.75, 15.5, 20.5, & 25.25—
Food, Water, Gatorade, Hammer Gel**

Additional Unmanned Water at Miles

25k—3.5, 7.5 & 13

50k—3.5, 7.5, 13, 19, 23, 28.5

Start & Finish at Red Oak Picnic Area for both 25k & 50k

50k is 2 laps

