

32K Resort to Rock Aid Stations

Aid Station	Aid	Distance from Start	Distance to next Aid	Drop Bag	Crew Access
Start Finish	Food, Water, Soda, Tailwind	0	3	yes	yes
ATM-2nd rd crossing to Mahalo	Food, Water, Soda, Tailwind	3	6	no	no
ATM-2nd rd crossing from Mahalo	Food, Water, Soda, Tailwind	9	4	no	no
ATM-5th crossing to Mores Creek	Food, Water, Soda, Tailwind	13	3	no	no
ATM-5th crossing from Mores Creek	Food, Water, Soda, Tailwind	16	3.8	no	no
Start Finish	Food, Water, Beer	32k		yes	yes