

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	2.32	yes	yes
ATM-2nd rd crossing to Mahalo	Food, Water, Soda, Tailwind	2.32	6	no	yes
ATM-2nd rd crossing from Mahalo	Food, Water, Soda, Tailwind	8.32	4.16	no	yes
ATM-4th crossing to Mores Creek	Food, Water, Soda, Tailwind	12.42	2.9	no	no
ATM-4th crossing from Mores Creek	Food, Water, Soda, Tailwind	15.32	4.56	no	no
Start Finish	Food, Water, Beer	32k		yes	yes