

10 Mile 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	Food, Water, Soda, Tailwind	3	4	no	no
ATM-5th crossing to Mores Creek	Food, Water, Soda, Tailwind	7	3.5	no	no
Start Finish	Food, Water, Beer	10.5M		yes	yes