

50K Resort to Rock Aid Stations

Aid Station	Aid	Distance from Start 50k	Distance to next Aid	Drop Bag	Crew Access
Start Finish	Water, coffee		4.37	yes	yes
DB Connector	Food, Water, Soda, Tailwind	4.37	3.88	no	no
Freddys	Water, Limited nutrition	8.25	2.36	no	no
DB Connector	Food, Water, Soda, Tailwind	10.61	4.37	no	no
Start Finish	Food, Water, Soda, Tailwind	14.98	2.82	yes	yes
ATM-2nd rd crossing to Mahalo	Food, Water, Soda, Tailwind	17.8	6	no	yes
ATM-2nd rd crossing from Mahalo	Food, Water, Soda, Tailwind	23.8	4.16	no	yes
ATM-4th crossing to Mores Creek	Food, Water, Soda, Tailwind	27.96	3.5	no	no
Start Finish	Food, Water, Beer	50k		yes	yes