

AID STATION DETAILS

Aid Station	Half Marathon Mile Location	7 Miler Mile Location	Water	Gatorade	Oranges	Gu	Candy/Soda	Cold Sponges
1	1.6	1.6	X	X				
2	3.5		X	X				
3	5.4		X	X	X			
4	7.6		X	X		X		
5	9.1	3	X	X				
6	10.5	4.4	X	X			X	X
7	11.4	5.3	X	X			X	
8	12.3	6.2	X	X				