



Aid Station Information

Aid Station Supplies

All aid stations will have water, Gatorade Endurance Formula and restrooms available for runners.

Half Marathon			
Aid Station Number	Miles	Miles to Next AS	Cutoff
Goose Island	1.5	2	8:58AM (43 Min)
Wild Bill	3.5	1.5	9:34AM (1Hour 14Min)
Jackass Canyon	5	3	9:56AM (1Hour 36Min)
Jackass Canyon	8	1.5	10:42AM (2Hours 22Min)
Wild Bill	9.5	2	11:04AM (2Hours 44Min)
Goose Island	11.5	1.5	11:35AM (3Hours 16Min)
Finish	13.1	N/A	Noon

5 Mile			
Aid Station Number	Miles	Miles to Next AS	Cutoff
Goose Island	1.5	2	
Goose Island	3.5	1.5	
Finish	5	N/A	Noon