

Aid station	GPS	50 Mile Distance	50k Distance	Drop Bags	Toilets	Parking	Beverage	Food	Supplies
1. Deepwater – Loop Creek area	38.1264,-81.2616	5.9	-		No Toilet	Limited parking. Aid station is on the side of the road in a parking lot.	Water, Tailwind	Bananas, trail mix, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
2. Kanawha Falls Overlook (on gravel road)	38.1406,-81.2065	9.7	-		Portable Toilet	NO PARKING! Runners will be DISQUALIFIED if crew and/or family/friends park at this aid station. This is an extremely narrow dirt road with a blind curve. RELAY TEAMS CAN DROP RUNNERS OFF, BUT NOT PARK!	Water, Tailwind	Potato Chips, Fruit Cups, Chocolate covered almonds/cashe ws, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
3. Top of Cotton Hill	38.1089,-81.1788	13.9	-		No Toilet	Limited parking. Crews/spectators must limit their time here.	Water, Tailwind, Coke	PB/Cheese Crackers, M&Ms, Pickles, Hummus wraps, bacon, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
4. Cotton Hill Damn Access (where athletes exit road section)	38.1146719012855,-81.14272576845295	17.9	-	-	Pit Toilet		NO Food	NO Food	
4. Hawks Nest State Park (gift shop)	38.1179,-81.1174	20		Drop Bag 1 - 2 50M	Public Restrooms	Parking near gift shop and Jetboat ride drop-off. One way dirt road. May be rough. Yield to oncoming traffic.	Water, Tailwind, Coke	PB&J, pickles, gummy bears, trail mix, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
5 Fayette Station Rd (after river crossing)	38.065511,-81.080270	25.7	7.2		Portable Toilet	Limited parking. Crews/spectators must limit their time here. Do NOT park on railroad tracks!	Water, Tailwind	Pretzels, Mixed Candy, Perogies, Grapes, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
6 Kaymoor Miners Trail Mountain Bike Parking Lot	38°02'40.3"N 81°04'03.3"W	31.6/33	14		Park Pit Toilet	Limited parking. Crews/spectators MUST limit their time here because it is inside the national park.	Water, Tailwind, Coke	Trail mix, gummy bears, grilled cheese, broth, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
7 Kaymoor Trailhead Cunard, near Brooklyn Campground	38.000277,-81.034060	39.4	20.8	Drop Bag 2 - 50M. Drop Bag - 50K	Portable Toilet	Limited parking. This station is on at a trailhead. There is some designated parking across the road. Do not park on the road.	Water, tailwind, coke	PB&J, pickles, gummy bears, bacon, bananas, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
8. Cunard River Access	37.98428814080619,-81.0280654869597	41.2	22.6		Public Restrooms	Limited parking. Crews/spectators MUST limit their time here so others can access the river.	Water, tailwind, ginger ale	PB/Cheese Crackers, Oreos, jelly beans, broth, Perogies, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
9 Southside Junction Trail	37.962252,-81.085673	46.2	27.6		No Toilet	NO PARKING! This aid station is 6 miles into the woods.	water, tailwind	Potato Chips, Dried Fruit, Rice Krispy treats, Jerky, huma	Med Kit, Feminine Products, Salt Tabs, Vaseline
FINISH LINE	37.9534,-81.0769	50	31.1	Finish Drop Bag	Public Restrooms & Portable Toilets	Limited parking for crew/spectators. Follow parking attendant's directions and DO NOT park on the side of the road! You may have to walk to get to the finish area.		burgers/hotdogs	Med Kit, Feminine Products, Salt Tabs, Vaseline