

Spooner's Cove - Aid Stations

	Distance (miles)	Next Aid (miles)
8K		
1. Spooner's Cove (Finish)	5.3	
13K		
1. Spooner's Cove (Finish)	8.0	
25K		
1. Spooner's Cove	7.8	7.7
2. Spooner's Cove (Finish)	15.5	
37K		
1. Spooner's Cove	7.8	7.7
2. Spooner's Cove	15.5	7.8
3. Spooner's Cove (Finish)	23.3	
50K		
1. Spooner's Cove	7.8	7.7
2. Spooner's Cove	15.5	7.8
3. Spooner's Cove	23.3	7.7
4. Spooner's Cove (Finish)	31.1	