

Crystal Springs - Aid Stations

	Distance (mi)	Next Aid (mi)
8K		
1. Werder Shelter (Finish)	4.7	
Half Marathon		
1. Kings Mountain	6.0	2.5
2. Kings Mountain	8.5	4.6
3. Werder Shelter (Finish)	13.1	
35K		
1. Kings Mountain	6.0	5.7
2. Bear Gulch	11.7	5.7
3. Kings Mountain	17.4	4.6
4. Werder Shelter (Finish)	22.0	
Marathon		
1. Kings Mountain	6.0	5.7
2. Bear Gulch	11.7	4.4
3. Bear Gulch	16.1	5.7
4. Kings Mountain	21.8	4.6
5. Werder Shelter (Finish)	26.4	
50K		
1. Kings Mountain	6.0	5.7
2. Bear Gulch	11.7	8.9
3. Bear Gulch	20.6	5.7
4. Kings Mountain	26.3	4.6
5. Werder Shelter (Finish)	30.9	