

Aid Station #	40 Mile	Marathon	Half Marathon	Food	Supplies	Drop Bags	Porta John	Relay Exchange	Cutoff*	Parking
#1 – Entrance to Far End of Owl's Roost Trail	6.25	6.25	6.25/9.1	Water, Tailwind-Raspberry (C), Coke, Bananas, Trail Mix, Pickles, Hummus Wraps, Pretzels, gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline			yes		Park on Owls Roost Rd and walk on Greenway until you get to aid station.
#2 – Old Battleground Nat Greene Entrance	8	8	8	Water, Tailwind - Mandarin, Coke, PB/Cheese Crackers, Chocolate covered nuts, dried fruit, gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline		yes	yes		Park at Trailhead
#3 – Nat Greene Ext Trailhead on Lake Brandt	11.5	11.5		Water, Tailwind -Naked, Coke, Potatoes, Cuties, Cookies, Pretzels, Gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline		yes	yes		Park at Laurel Bluff Trailhead and cross the road or at Lake Brandt Marina lot
#4 – Laurel Bluff Trailhead (Church)	14.6	14.6		Water, Tailwind - Dauwatermelon, Coke, Pickles, Bacon, Grapes, Jelly Beans, PB/Cheese Crackers, Gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline			yes	Marathon 2:46pm	Park at watershed trailhead parking lot on Church. You can walk down Church St to the aid station, or there is a trail from the parking lot to Laurel Bluff Trail.
#5 – Nat Greene Ext Trailhead on Lake Brandt (Same as 3)		18.4		Water, Tailwind-Naked, Coke, Potatoes, Cuties, Cookies, Pretzels, Gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline		yes	yes		Park at Laurel Bluff Trailhead and cross the road or at Lake Brandt Marina lot
#6 – Entrance to Far End of Owl's Roost Trail (Same as 1)		21.6		Water, Tailwind-Raspberry (C), Coke, Bananas, Trail Mix, Pickles, Hummus Wraps, Pretzels, gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline			yes		Park on Owls Roost Rd and walk on Greenway until you get to aid station.
#7 -Townsend Trailhead (Yanceyville)	18			Water, Tailwind-Raspberry (C), Coke, PB &J, Chips, Pickles, Rice Krispies, Bananas, Gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline	yes		yes	40 Mile 1: 30PM	Park at Trailhead or Osprey Trail Parking Lot and walk to trailhead
#8 -Townsend Trailhead (Yanceyville Same as 7)	23.3			Water, Tailwind-Raspberry (C), Coke, PB &J, Chips, Pickles, Rice Krispies, Bananas, Gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline	yes		yes	40 Mile 3: 05PM	Park at Trailhead or Osprey Trail Parking Lot and walk to trailhead
#9 - Laurel Bluff Trailhead (Church St) (Same as 4)	26.7			Water, Tailwind-Dauwatermelon, Coke, Pickles, Bacon, Grapes, Jelly Beans, PB/Cheese Crackers, Gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline			yes	40 Mile 4: 08PM	Park at watershed trailhead parking lot on Church. You can walk down Church St to the aid station, or there is a trail from the parking lot to Laurel Bluff Trail.
#10 – Nat Greene Ext Trailhead on Lake Brandt (Same as 3/5)	30.5			Water, Tailwind-Naked, Coke, Potatoes, Cuties, Cookies, Pretzels, Gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline		yes	yes		Park at Laurel Bluff Trailhead and cross the road or at Lake Brandt Marina lot
#11 – Old Battleground Nat Greene Entrance	34			Water, Tailwind-Mandarin, Coke, PB/Cheese Crackers, Chocolate covered nuts, dried fruit, gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline		yes	yes	40 Mile 6: 17PM	Park at Trailhead
#12 – Entrance to Far End of Owl's Roost Trail (Same as 1/6)	35.7			Water, Tailwind-Raspberry(C), Coke, Bananas, Trail Mix, Pickles, Hummus Wraps, Pretzels, gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline			yes		Park on Owls Roost Rd and walk on Greenway until you get to aid station.
Finish	40	26.2	13.1	Breakfast						Plenty of parking in Bur-Mil Park