

Aid Station #	40 Mile	Marathon	Half Marathon	5 Mile	Food	Supplies	Drop Bags	Porta John	Relay Exchange	Cutoff*
<u>#1 – Entrance to Far End of Owl's Roost Trail</u>	6.25	6.25	6.25/9.1	1.2	Water, Tailwind, Coke, Bananas, Trail Mix, Pickles, Hummus Wraps, Pretzels, gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline			yes	
<u>#2 – Old Battleground Nat Greene Entrance</u>	8	8	8		Water, Tailwind, Coke, PB/Cheese Crackers, Chocolate covered nuts, dried fruit, gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline		yes	yes	
<u>#3 – Nat Greene Ext Trailhead on Lake Brandt</u>	11.5	11.5			Water, Tailwind, Coke, ginger ale, Potatoes, Cuties, Cookies, Pretzels, Gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline		yes	yes	
<u>#4 – Laurel Bluff Trailhead (Church)</u>	14.6	14.6			Water, Tailwind, Coke, Pickles, Bacon, Grapes, Jelly Beans, PB/Cheese Crackers, Gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline			yes	Marathon 2:46pm
<u>#5 – Nat Greene Ext Trailhead on Lake Brandt (Same as 3)</u>		18.4			Water, Tailwind, Coke, ginger ale, Potatoes, Cuties, Cookies, Pretzels, Gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline		yes	yes	
<u>#6 – Entrance to Far End of Owl's Roost Trail (Same as 1)</u>		21.6			Water, Tailwind, Coke, Bananas, Trail Mix, Pickles, Hummus Wraps, Pretzels, gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline			yes	
<u>#7 -Townsend Trailhead (Yanceyville)</u>	18				Water, Tailwind, Coke, Ginger Ale, PB &J, Chips, Pickles, Rice Krispies, Bananas, Gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline	yes		yes	40 Mile 1: 25PM
<u>#8 -Townsend Trailhead (Yanceyville Same as 7)</u>	23.3				Water, Tailwind, Coke, Ginger Ale, PB &J, Chips, Pickles, Rice Krispies, Bananas, Gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline	yes		yes	40 Mile 3: 00PM
<u>#9 - Laurel Bluff Trailhead (Church St) (Same as 4)</u>	26.7				Water, Tailwind, Coke, Pickles, Bacon, Grapes, Jelly Beans, PB/Cheese Crackers, Gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline			yes	40 Mile 4: 05PM
<u>#10 – Nat Greene Ext Trailhead on Lake Brandt (Same as 3/5)</u>	30.5				Water, Tailwind, Coke, Ginger Ale, Potatoes, Cuties, Cookies, Pretzels, Gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline		yes	yes	
<u>#11 – Old Battleground Nat Greene Entrance</u>	34				Water, Tailwind, Coke, PB/Cheese Crackers, Chocolate covered nuts, dried fruit, gels,	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline		yes	yes	40 Mile 6: 12PM
<u>#12 – Entrance to Far End of Owl's Roost Trail (Same as 1/6)</u>	35.7				Water, Tailwind, Coke, Bananas, Trail Mix, Pickles, Hummus Wraps, Pretzels, gels	Med Kit, Feminine Products, Electrolyte Tabs, Salt Tabs, Vaseline			yes	
Finish	40	26.2	13.1							

Parking
Park on Owls Roost Rd and walk on <u>Greenway</u> until you get to aid station.
Park at Trailhead
Park at Laurel Bluff Trailhead and cross <u>the road or at Lake Brandt Marina lot</u>
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.
Park at Laurel Bluff Trailhead and cross <u>the road or at Lake Brandt Marina lot</u>
Park on Owls Roost Rd and walk on <u>Greenway</u> until you get to aid station.
Park at Trailhead or Osprey Trail Parking Lot and walk to trailhead
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Park at Laurel Bluff Trailhead and cross <u>the road or at Lake Brandt Marina lot</u>
Park at Trailhead
Park on Owls Roost Rd and walk on <u>Greenway</u> until you get to aid station.
Plenty of parking in Bur-Mil Park