

Aid Station	100 Mile Distance	100K Distance	Location Description	Location Coordinates	Parking	Relay Exchange	Drop Bag	Manned	Potty	Aid Available
1	10.2	N/A	Currituck County Southern Public Beach Access	36.27835, -75.79596	Public parking in Beach Access lot	Yes		Yes	Porta Potty	water, tailwind, grapes, trail mix, fig bars, coffee, huma gels
2	14.4	N/A	On sidewalk across from The Paper Canoe, Duck, NC	36.222076, -75.770962	Parking at the Paper Canoe on west side of NC 12			No		Water/Tailwind, huma gels
3	18.9	N/A	Aqua Spa Overflow Parking, 1167 Duck Rd, Duck, NC 27949	36.16098, -75.75194	Parking in aid station parking lot or at shopping center just north of aid station	Yes	Drop #1	Yes	Porta Potty	water, tailwind, coke/ginger ale, Bacon, gummy bears, popcorn, bananas, salt tablets, huma gels
4	24.9	N/A	E. Ekner St. Beach Access, N. Virginia Dare Trl at E. Ekner St, Kitty Hawk	36.08749, -75.70342	Public parking in Beach Access lot on west side of Virginia Dare Trl			No		Water/Tailwind, huma gels
5	29.4	N/A	Asheville Dr Beach Access, N. Virginia Dare Trl at AshevilleDr, Kill Devil Hills	36.02355, -75.66294	Public parking in Beach Access lot	Yes		Yes	Porta Potty	water, tailwind, oranges ,oreos, coke/ginger ale, pickles, salt tablets, huma gels, peanut butter and Jelly sandwich
6	35.4	N/A	E Dove St at Virginia Dare Trl, Nags Head, NC	35.94816, -75.61893	Short term parking in church parking lot, walk to aid station			No		Water/Tailwind, huma gels
7	38.6	N/A	Jenette's Pier, 7223 S Virginia Dare Trail, Nags Head, NC 27959	35.91007, -75.59553	Parking in Jenette's Pier lot	Yes	-	Yes	Porta Potty	water, tailwind, coke/ginger ale, pierogi and salt, trail mix, fig bars, gummy bears, pop corn, salt tablets, huma gels
8	44.6	6	Coquina Beach Parking Lot on NC Hwy 12	35.829377, -75.558121	Public Parking Lot		Drop #2	Yes	Porta Potty	water, tailwind, coke, ginger ale, hummus wraps, hot dogs, oranges, potato chips, salt tablets, huma gels
9	50.1	11.5	Lifeboat Station Rd at NC 12, Rodanthe	35.76497, -75.52013	Parking in aid station parking lot	Yes		Yes	Porta Potty	water, tailwind, coke, ginger ale, chicken & veggie broth, wraps (meat and vegan(hummus)), gummy bears, pickles, salt tablets, huma gels
10	56.7	18.1	Pea Island Wildlife Refuge, New Inlet Parking Area	35.67524, -75.48084	Parking in aid station parking lot	Yes		Yes	Porta Potty	water, tailwind, coke, ginger ale, Pizza, pretzels, melon, salt tablets, huma gels
11	62.7	24.1	Town of Rodanthe, 23532 NC Hwy 12, Just off Jughandle Bridge	35.597232, -75.466872	Parking in aid station Lot	Yes	Drop #3	Yes	Porta Potty	water, tailwind, coke, ginger ale, quesadilla, chicken/vegetable broth, oranges, salt tablets,huma gels,
12	66.8	28.2	Clarks Bethel Methodist Church 27775 North Carolina Hwy 12, Salvo, NC	35.536870, -75.473377	Parking in aid station parking lot or in Salvo Day Use Area	Yes		Yes	Porta Potty	water, tailwind, coke, ginger ale, pickles, chicken & Veggie broth, bananas, candy, pierogi and salt, salt tablets, huma gels
13	72	33.4	Avon, Beach Parking Lot on Hwy 12 (south of Off Road Ramp 27)	35.458199, -75.484482	Parking in aid station parking lot			Yes	Handwashing Station, Porta Potty	water, tailwind, coke, ginger ale, bacon, gummy bears, grapes, peanut butter and jelly sandwich, chicken and veggie broth, salt tablets, huma gels
14	78.3	39.7	Ocean Air Sports, 39450 NC Hwy 12, Avon, NC	35.369417, -75.498841	Parking in Aid Station Parking Lot	Yes		Yes	Porta Potty	Water, tailwind, coke, ginger ale, chicken & veggie broth, vegan chili, oranges, potato chips, salt tablets, huma gels
15	82.5	43.6	Off Road Beach Access, 1 Way Rd, Avon, NC	35.308496, -75.511685				No		Water/Tailwind, huma gels
16	86.1	47.2	Entrance to Hatteras Park, NC 12 at Lighthouse Rd, Buxton	35.26454, -75.52499	Limited parking along Lighthouse Rd, Overflow parking at Buxton baseball diamond West of aid station	Yes	Drop #4	Yes	Handwashing Station, Existing porta potty near turnaround	water, Tailwind, coke, ginger ale, coffee, cup o'noodles, oreos, gummy bears, pretzels, pickles, hummus wraps, chicken & veggie broth, salt tablets, huma gels
17	88	49.1	Exit of Hatteras Park	same as above				Yes		same as above
18	91.8	52.9	Dare County Health Dept 50344 NC HWY 12, Frisco, NC	35.260907, -75.580125	Parking Available in Lot			No		Water/Tailwind, huma gels
19	95.5	56.6	Frisco Woods Campground, 53124 NC Hwy 12, Frisco, NC	35.239380, -75.619933	Parking in aid station parking lot	Yes		Yes	Bathroom	water, tailwind, coke, ginger ale, coffee, trail mix, chicken and vegtable broth, grits, candy, salt tablets, huma gels