

Course Details

Aid Station Food

Aid Station #1 – Horseshoe Bay

SPUD.ca

- Bananas, Oranges

Planet Foods

- Honey Stinger Gels, Waffles & Chews, Ultima Replenisher Electrolyte Drinks

Aid Station #2 – Galileo Coffee

SPUD.ca

- Bananas, Oranges

Planet Foods

- Honey Stinger Gels, Waffles & Chews, Ultima Replenisher Electrolyte Drinks, organic dried fruit

Additional

- Galileo Coffee and Goodie

Aid Station #3 – Alice Lake Pull Out (Squamish)

SPUD.ca

- Bananas, Oranges

Planet Foods

- Honey Stinger Gels, Waffles & Chews, Ultima Replenisher Electrolyte Drinks, organic dried fruit

Bearfoot Bistro

- Petite baguette sandwich and wine



Course Details

Aid Station Food

Aid Station #4 – Salt Shed

SPUD.ca

- Bananas, Oranges

Planet Foods

- Honey Stinger Gels, Waffles & Chews, Ultima Replenisher Electrolyte Drinks, organic dried fruit

Additional

- M&M's



Aid Station #5 – Brandywine Falls

SPUD.ca

- Bananas, Oranges

Planet Foods

- Honey Stinger Gels, Waffles & Chews, Ultima Replenisher Electrolyte Drinks, organic dried fruit

Additional

- Salted Snacks

Finish Area Aid Station

SPUD.ca

- Bananas, Oranges

Planet Foods

- Honey Stinger Gels, Waffles & Chews, Ultima Replenisher Electrolyte Drinks, organic dried fruit

Additional

- Pasta provided by Bearfoot Bistro and chocolate milk by Dairyland