

2 Mile Markers

 **Aid Stations**

 **Half Marathon Course**

 **5K Run/Walk Course**

Aid Stations

Aid Station 1 (2.5 mile)
Water Only

Aid Station 2 (5 mile)
Energy Gel, Energy Drink, Water

Aid Station 3 (7 mile)
Energy Drink, Water

Aid Station 4 (9 mile)
Energy Gel, Energy Drink, Water

Aid Station 5 (10 mile)
Energy Drink, Water

Aid Station 6 (11 mile)
Energy Gel, Energy Drink, Water

Aid Station 7 (12 mile)
Energy Drink, Water

