Mileage / Aid Station								
Aid Station	Segment distance	Segment Gain	Total distance	"A" Goal	"B" Goal	Actual	Crew	Pacer

Crew Aid Instructions											
Aid Station		Food to eat in aid station	Nutrition to pack / pack	Hydration	Headlamp	Poles	Shoe change	Feet	Clothing change	Medical	
A: 1 O: 1:			01 1 0 0 1 11 1 11	11.1.2		D 1	01 1		0		N .
Aid Station		Food	Check & Pack Nutrition	Hydration	Headlamp	Poles	Shoe change	Feet	Clothing change	Medical	Notes
								-			
Aid Station		Food	Nutrition	Hydration	Headlamp	Poles	Shoe change	Feet	Clothing change	Medical	Notes
Aid Station		Food	Nutrition	Hydration	Headlamp	Poles	Shoe change	Feet	Clothing change	Medical	Notes
Aid Station		Food	Nutrition	Hydration	Headlamp	Poles	Shoe change	Feet	Clothing change	Medical	Notes
ria ciadon		1 000	redution	Trydiation	Пеаааапр	1 0100	Choc change	1 001	Clothing change	Wicdiodi	Notes
Solid Food Options	Liquid Nutrition	Real Food	Drinks								

Race strategy an	d notes		
Nutrition / hydrati	ion plan		
Thoughts			
O N 1			
Crew Notes			
One and Trail / O			
General Trail / Co	ourse Into		

Gear & Organization Notes			
Race Day Clothing	Notes	Night Bag	
Future plathese Day	Notes	Marros Clathas Dan	Notes
Extra clothes Bag	Notes	Warm Clothes Bag	Notes
Medical Bag	Notes	Misc	Notes

Crew Menu and Food
Breakfast
Broaktaot
Lunch
Dinner
On a ship
Snacks

Drinks		

Date	Time	Activity	Location	Location Link