

## Grand Traverse 2023 Aid Stations

27 Mile Aid Stations	Distance	Distance Between stations	Aid Station Options
Munger Trail - 123 Ave W. TH Aid Station #1	5.3	5.3	Food and Drink - Drop Bag
Spirit Mountain Grand Ave Aid Station #2	11	5.7	Food and Drink - Drop Bag
Highland/Getchell TH Aid Station #3	16.4	5.3	Food and Drink - Drop Bag
N 24th Ave W (Piedmont) TH Aid Station #4	21.7	5.4	Food and Drink - Drop Bag
Fitger's Finish Line	26.5	4.8	Finish!
21 Mile Aid Stations	Distance	Distance Between stations	Aid Station Options
Spirit Mountain Grand Ave Aid Station #2	5.7	5.7	Food and Drink - Drop Bag
Highland/Getchell TH Aid Station #3	11.2	5.3	Food and Drink - Drop Bag
N 24th Ave W (Piedmont) TH Aid Station #4	16.9	5.4	Food and Drink - Drop Bag
Finish	21.2	4.8	Finish!
17 Mile Aid Stations	Distance	Distance Between stations	Aid Station Options
Spirit Mountain Grand Ave Aid Station #2	1.8	1.8	Food and Drink - Drop Bag
Highland/Getchell TH Aid Station #3	5.3	5.3	Food and Drink - Drop Bag
N 24th Ave W (Piedmont) TH Aid Station #4	12.6	5.4	Food and Drink - Drop Bag
Finish	17.3	4.8	Finish!
10 Mile Aid Stations	Distance	Distance Between stations	Aid Station Options
N 24th Ave W (Piedmont) TH Aid Station #4	5.4	5.4	Food and Drink
Finish	10.2	4.8	Finish!