

## **AID STATION NUTRITION AND HYDRATION**

***\*this list is subject to change. Entrants will be informed of any alterations***

***All Aid Stations will always have water, electrolyte, fruit, and lollies (except where noted)***

### ***100miles***

#### ***AS1/11 (17km/144km) Outside Track***

17km:

None

144km (**BAG DROP**):

Softdrink//tea/hot chocolate/noodles

#### ***AS 2/10 (32km/129km) Wilcolo Track***

32km:

Softdrink/cake/sandwiches

129km:

Softdrink/cake/tea/hot chocolate/vegetable soup/noodles

#### ***AS3 (53km)(**BAG DROP**) Trezona Campground***

Softdrink/cake/cheese and/or cucumber sandwiches/noodles

#### ***AS4/8 (68km/106km) (**BAG DROP both directions**) Aroona Ruins***

68km/106km:

In The Flinders Aid Station – you won't go hungry!

#### ***AS5/7 (80km/92km) **unmanned station** Heysen Trail***

80km:

WATER ONLY

92km:

WATER ONLY

#### ***AS6 (86km)(**BAG DROP**) Parachilna Gorge Road***

Softdrink/fruit cake/tea/hot chocolate/vegetable soup/noodles

#### ***AS9 (112km) **unmanned station** Aroona Road/Brachina Gorge Road intersection***

WATER ONLY

**100km**

AS1 (17km) Outside Track

None

AS2/5 (34km/85km) Wilcolo Track

34km:

Softdrink/cake/sandwiches

85km:

Softdrink/fruit cake/tea/hot chocolate/noodles/vegetable soup

AS3 (53km) (**BAG DROP**) Aroona Ruins

supplied by Alan and Quinten from In The Flinders – you won't go hungry!

CP4 (67km)(**BAG DROP**) Trezona Campground

Softdrink/fruit cake/tea/hot chocolate/noodles

**50km**

AS1 (19km) Wilcolo Track

None

AS2 (33km) (**BAG DROP**) Outside Track

Softdrink/fruit cake

**42.2km**

AS1 (8km) Wilcolo Track

None

AS2 (22km) (**BAG DROP**) Outside Track

Softdrink/fruit cake